



## **TULSA WORLD OF GYMNASTICS**

### **Est. 1976**

#### **FITNESS AND FUN THROUGH GYMNASTIC ORIENTED ACTIVITIES!**

Dear Parents and Friends,

We are your gymnastic professionals in Tulsa for almost 30 years! We have a deep love for children. Seeing the wonder on their faces as they develop a belief in themselves, trust in us, and attempt new challenges, is thrilling.

**OUR PHILOSOPHY:** Building your child's confidence and self-esteem through a fitness geared program is of high priority to us and we make a consistent attempt to have it be a positive experience. By keeping the student/teacher ratio low, effective instruction and care for each child is ensured. Our program includes lessons on all gymnastic apparatus **modified** to the special needs of the child. **"Teach Children that they Can Achieve, and they will Remember the Lesson for Life."**

**OBJECTIVES:** Body strength and coordination is developed through the use of balance beams, mini-trampolines, bars, Tumble-Trak, padded vault, and tumbling mats to name a few items. Upper body strength is developed with "pulling" their body weight as they climb the ropes. Cooperative group activities are included in our curriculum. Additionally, activities which involve partners provides the students with an awareness of others. These inter-active activities also help the children with their listening skills and following directions. All activities are structured to develop strength, balance, coordination, and flexibility.

We have created structured, progressive, and unique lesson plans for your child to grow through. Safety consciousness is a top priority of every staff member. Through our methods, sitting still for long periods of time and waiting in long lines is kept to a minimum!

We look forward to future activities that include parent visitation into the gym to share our "growing and learning" experiences.

Happy Headstands to All as we Grow Together!

Mrs. B. (Linda Bradshaw)  
Administrative Director



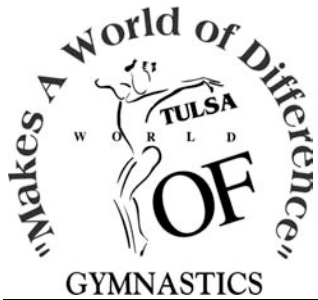
# Tulsa World of Gymnastics

## Progressive Development Skills



### Kinder-Gym

TUMBLING	STRENGTH, ROPE, BARS	BALANCE BEAM	LOCOMOTOR SKILLS	POSES/BODY POSITIONS
Log Roll	Hang on Bar (3 secs)	Walk Forward/Backward	Run Forward	Gymnastics Stretch
Fwd. Roll Down Wedge Mat	Show Over & Under Grip	Walk Sideways	Walk Backward	Tuck
Bridge-Hips Off Floor	Climb Up & Down Stall Bars	Jump Off to Safe Land	Jump Open/Close	Pike
Donkey Kicks Long Arms	Swing on Rope	Cartwheel Drill over Beam	Wampus Walk	Straddle
Straddle Fwd Roll Down Wedge	Jump Front Support on Bar	Walk Fwd/High Toe	Galloping Forward/Sideways	Butterfly
Bridge Head Off Floor	Swing in Tuck, Pike & Straddle	Knee Scale	Tuck Jumps on Trampoline	Safe Landing Position
Wampus Hop	Drop From Bar to Safe Land	Bunny Hops	Jump Fwd & Bwd across Floor	Long Arms/Short Arms
Cartwheel Over Mat	1 Possum Peek (chin-up)	Posse' Walks	Box/Squat on/Jump Off	V-Sit
Tuck Headstand Against Wall	Stand on Bottom knot	V-Sit (hold 3 secs)	Assemble into Hoop	Board Body
Backward Roll down Wedge	Slow Joe Roll to Toe Hold	Galloping	Grapevine Walk	Scale
Rocking Bridge	Skin the Cat on Bar	Pivot Turns	Seat Drop on Trampoline	Squat
Cartwheel Lunge	1 Leg Lift	Squat on Mount	Run Assemble on Board	Long Arms at Ears
Tuck Headstand on Floor	3 Possum Peeks (chin-ups)	Scale Hold (3 sec)	Jump 1/2 Turn/Floor & Tramp	Tuck a Chin
Fwd Roll, 1'2 turn Bwd. Roll	Climb to 2nd Knot on Rope	High Kicks	Arm Circles on Trampoline	Stretch-a-Chin
Spiderwalk	Pull-Over with Box	Wampus Walk	Jump Hurdle Run	Point and Flex
Kick-Over Off Mat	Cast	Jump Front Support	Split Jumps on Trampoline	Hollow Hold
Straddle Headstand on Floor	Hand Walk Monkey Bars	Squat Turn	Jump 1/1 on Trampoline	Lunge
Handstand Against Wall	3 Leg Lifts	Grapevine Walk	Run Hurdle/Squat Vault	Arms in Crown
Lever Cartwheel Lunge	Climb to 3rd Knot on Rope		Hop on on foot across floor	Arms in High V-Position
Standing Bridge	Pull Over			Candlestick
Straight Body Headstand	Cast Away to Safe Landing			Releve'
Kick to Handstand	5 second Chin Hold			Feet in Lock Position
	5 Leg Lifts			Arms Front Middle/Curve
	Climb to Top Knot on Rope			Arms Side Middle
				Lever
				Splits Right & Left
				Center Splits
				Tight Arch



# Tulsa World of Gymnastics

## Progressive Development Skills

### Main Gym



TUMBLING	STRENGTH, ROPE, BARS	BALANCE BEAM	LOCOMOTOR SKILLS	POSES/BODY POSITIONS
Log Roll	Hang on Bar (3 secs)	Walk Forward/Backward	Run Forward	Gymnastics Stretch
Fwd. Roll Down Wedge Mat	Show Over & Under Grip	Walk Sideways	Walk Backward	Tuck
Bridge-Hips Off Floor	Climb Up & Down Stall Bars	Jump Off to Safe Land	Jump Open/Close	Pike
Donkey Kicks Long Arms	Swing on Rope	Cartwheel Drill over Beam	Wampus Walk	Straddle
Straddle Fwd Roll Down Wedge	Jump Front Support on Bar	Walk Fwd/High Toe	Gallop Forward/Sideways	Butterfly
Bridge Head Off Floor	Swing in Tuck, Pike & Straddle	Knee Scale	Tuck Jumps on Trampoline	Safe Landing Position
Wampus Hop	Drop From Bar to Safe Land	Bunny Hops	Jump Fwd & Bwd across Floor	Long Arms/Short Arms
Cartwheel Over Mat	1 Possum Peek (chin-up)	Posse' Walks	Box/Squat on/Jump Off	V-Sit
Tuck Headstand Against Wall	Stand on Bottom knot	V-Sit (hold 3 secs)	Assemble into Hoop	Board Body
Backward Roll down Wedge	Slow Joe Roll to Toe Hold	Galloping	Grapevine Walk	Scale
Rocking Bridge	Skin the Cat on Bar	Pivot Turns	Seat Drop on Trampoline	Squat
Cartwheel Lunge	1 Leg Lift	Squat on Mount	Run Assemble on Board	Long Arms at Ears
Tuck Headstand on Floor	3 Possum Peeks (chin-ups)	Scale Hold (3 sec)	Jump 1/2 Turn/Floor & Tramp	Tuck a Chin
Fwd Roll, 1'2 turn Bwd. Roll	Climb to 2nd Knot on Rope	High Kicks	Arm Circles on Trampoline	Stretch-a-Chin
Spiderwalk	Pull-Over with Box	Wampus Walk	Jump Hurdle Run	Point and Flex
Kick-Over Off Mat	Cast	Jump Front Support	Split Jumps on Trampoline	Hollow Hold
Straddle Headstand on Floor	Hand Walk Monkey Bars	Squat Turn	Jump 1/1 on Trampoline	Lunge
Handstand Against Wall	3 Leg Lifts	Grapevine Walk	Run Hurdle/Squat Vault	Arms in Crown
Lever Cartwheel Lunge	Climb to 3rd Knot on Rope	Walk Forward/High Toe	Hop on one foot across floor	Arms in High V-Position
Standing Bridge	Pull Over	Walk Backward/High Toe		Candlestick
Straight Body Headstand	Cast Away to Safe Landing	Pique Turn		Releve'
Kick to Handstand	5 second Chin Hold	Stright Jump		Feet in Lock Position
Handstand Forward Roll	5 Leg Lifts	Stright Jump/Split		Arms Front Middle/Curve
Front Limber	Climb to Top Knot on Rope	Arabesque Hold		Arms Side Middle
Back Walkover	Bars: Single Leg Shoot	Scale		Lever
Cartwheel/Both Sides	Glide Swings	Split Leap		Splits Right & Left
Front Walkover	Stride Circle	Cartwheel		Center Splits
Back Handspring	Underswing Dismount			Tight Arch
	Glide Kip			Tripod Hold