

2017 Children's Calisthenics

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Fundamental Position:

Closefeet stand – closearm.

Fundamental Formation:

Columns of twos on markers (free interval). Girls and boys will be intermixed. No vacant markers between columns or rows. Gymnasts are divided into blocks of four and are designated as such:

| | | | | |
|--|---|----------------|---|---|
| | | Back of field | | |
| | 3 | 4 | 3 | 4 |
| | 1 | 2 | 1 | 2 |
| | | Front of field | | |

Music : "Life is a Highway" by: The Hit Factory

Intro: 4 Measures at 4/4 tempo

Part A: 20 Measures at 4/4 tempo

Part B: 8 Measures at 4/4 tempo

Part C: 26 Measures at 4/4 tempo

Part D: 17 Measures at 4/4 tempo

Part E: 20 Measures at 4/4 tempo

Part F: 27 Measures at 4/4 tempo

L = left

R = right

Introduction: Intro + 4 Measures at 4/4 tempo

Intro (2 counts) Hold

- | | | | |
|---|---|-----------|----------------------------|
| I | 1 | #1 and #2 | L marching step in place; |
| | | #3 and #4 | L marching forestep; |
| | 2 | #1 and #2 | R marching step in place; |
| | | #3 and #4 | R marching forestep; |
| | 3 | #1 and #2 | L marching step in place; |
| | | #3 and #4 | L marching forestep; |
| | 4 | #1 and #2 | R marching step in place; |
| | | #3 and #4 | Draw R to closefeet stand; |

(Moving gymnasts finish at half marker interval.)

- | | | | |
|----|---|-----------|---|
| II | 1 | #1 and #3 | 90* turn to L - L marching forestep; |
| | | #2 and #4 | L marching step in place; |
| | 2 | #1 and #3 | R marching forestep; |
| | | #2 and #4 | R marching step in place; |
| | 3 | #1 and #3 | L marching forestep; |
| | | #2 and #4 | L marching step in place; |
| | 4 | #1 and #3 | Draw R to closefeet stand with 90* turn R to face front; |

(Finish in formation 2.)

- | | | | |
|-----|-----|-----------|--------------------------|
| III | 1-2 | #1 and #3 | R uparm through sidearm; |
| | | #2 and #4 | L uparm through sidearm; |

- | | | | |
|----|-----|-----------|--|
| | 3-4 | ALL | Closearm through sidearm; |
| IV | 1 | # 1 | 90° turn R - L marching forestep; |
| | | #2 | L marching step in place; |
| | | #3 | 135° turn R - L marching forestep; |
| | | #4 | L marching rearstep; |
| | 2 | #1 and #3 | R marching forestep; |
| | | #2 | R marching step in place; |
| | | #4 | R marching rearstep; |
| | 3 | #1 and #3 | L marching forestep; |
| | | #2 | L marching step in place; |
| | | #4 | L marching rearstep |
| | 4 | # 1 | R marching forestep with 90° turn L to face front - closefeet stand; |
| | | #2 | R marching step in place; |
| | | #3 | R marching forestep with 135° turn L to face front - closefeet stand; |
| | | #4 | R marching rearstep; |

Part A : 20 measures at 4/4 tempo

- | | | |
|----|-----|--|
| I | 1-2 | L frontarm, palm down; |
| | 3-4 | L uparm, palm forward; |
| II | 1-2 | L sidearm, palm down – 90° head twist L, look at L hand; |
| | 3-4 | L closearm – head return to front; |

- III 1-2 R frontarm, palm down;
3-4 R uparm, palm forward;
- IV 1-2 R sidearm, palm down- 90° head twist R, look at R hand;
3-4 R closearm – head return to front;
- V 1-2 Jump astride – sidearm, palms down;
3-4 Jump to closefeet stand – uparm, palms in – head rearbow;
- VI 1-2 Jump astride – sidearm, palms down – head return to front;
3-4 Jump to closefeet stand – closearm;
- VII 1-2 Support squatting closefeet;
3-4 Jump to support lying;
- VIII 1-2 Jump to support squatting closefeet;
3-4 Rise to closefeet stand;
- IX 1-2 90 ° turn L - L forestep – frontarm downslant;
3-4 Draw R to closefeet stand – closearm;
- X 1-2 90° turn L - L forestep – sidearm, palms down;
3-4 Draw R to closefeet stand – closearm;
- XI 1-2 90° turn L - L forestep – frontarm upslant, palms down;
3-4 Draw R to closefeet stand – closearm;
- XII 1-2 90° turn L - L forestep – arc inward to uparm
outward, palms up;
3-4 Draw R to closefeet stand – closearm through sidearm;
- XIII 1-2 90° turn R - R forestep – frontarm downslant;

- 3-4 Draw L to closefeet stand – closearm;
- XIV 1-2 90° turn R - R forestep – sidearm, palms down;
- 3-4 Draw L to closefeet stand – closearm;
- XV 1-2 90° turn R - R forestep- frontarm upslant, palms down;
- 3-4 Draw L to closefeet stand – closearm;
- XVI 1-2 90 ° turn R - R forestep – arc inward to uparm
outward, palms up;
- 3-4 Draw L to closefeet stand – closearm through sidearm;
- XVII 1-2 #1 R reartouch across turn 180° R to closefeet stand (about
face) – arc inward to uparm outward, palms up;
- 3-4 #1 Support squat closefeet;
- 1-4 #2, #3, and #4 Hold;
- XVIII 1-2 #2 R reartouch across turn 180° R to closefeet stand (about
face) – arc inward to uparm outward, palms up;
- 3-4 #2 Support squat closefeet;
- 1-4 #1, #3, and #4 Hold;
- XIV 1-2 #3 R reartouch across turn 180° R to closefeet stand (about
face) – arc inward to uparm outward, palms up;
- 3-4 #3 Support squat closefeet.
- 1-4 #1, #2, and #4 Hold;
- XX 1-2 #4 R reartouch across turn 180° R to closefeet stand (about
face) – arc inward to uparm outward, palms up;

3-4 #4 Support squat closefeet.

1-4 #1, # 2, and #3 Hold;

PART B: 8 Measures at 4/4 tempo

(Measures I-IV run on off-beat - written as *and*.)

- I 1 Rise to closefeet stand
- and* Run forward L - halfbend closearm, hands in fists;
- 2 Hold;
- and* Run forward R - halfbend closearm, hands in fists;
- 3 Hold;
- and* Run forward L - halfbend closearm, hands in fists;
- 4 90° turn L - Jump to closefeet halfsquat (on marker)-
flex closearm, clap hands (in front of chest)
- II 1 Hold;
- and* Rise - Run forward L - halfbend closearm, hands in fists;
- 2 Hold;
- and* Run forward R - halfbend closearm, hands in fists;
- 3 Hold;
- and* Run forward L - halfbend closearm, hands in fists;
- 4 90° turn L - Jump to closefeet halfsquat (on marker)-
flex closearm, clap hands (in front of chest)
- III 1 Hold;
- and* Rise - Run forward L - halfbend closearm, hands in fists;

- 2 Hold;
- and* Run forward R - halfbend closearm, hands in fists;
- 3 Hold;
- and* Run forward L - halfbend closearm, hands in fists;
- 4 90° turn L - Jump to closefeet halfsquat (on marker)-
flex closearm, clap hands (in front of chest)
- IV 1 Hold;
- and* Rise - Run forward L - halfbend closearm, hands in fists;
- 2 Hold;
- and* Run forward R - halfbend closearm, hands in fists;
- 3 Hold;
- and* Run forward L - halfbend closearm, hands in fists;
- 4 90° turn R (face front) - Jump to closefeet halfsquat (on
marker)- flex closearm, clap hands (in front of chest)
- V 1-2 # 1 Rise - 45° turn L - L side lunge – L sidearm upslant, R
sidearm downslant, palms down;
- #2 Rise - 45° turn to R - R side lunge – R sidearm upslant,
L sidearm downslant, palms down;
- #3 Rise - 45° turn to R - L side lunge – L sidearm upslant,
R sidearm downslant, palms down;
- #4 Rise - 45° turn to L - R side lunge – R sidearm upslant,
L sidearm downslant, palms down;

#4 45° turn R - R side lunge – R sidearm upslant,
L sidearm downslant, palms down;

(All gymnasts should be lunging outward back on their marker.)

3-4 #1 45° turn to L forelunge – frontarm upslant
(R arm passes through closearm), palms down - look at hands;

#2 45° turn to R forelunge – frontarm upslant
(L arm passes through closearm), palms down - look at hands;

#3 45° turn to L forelunge – frontarm upslant
(R arm passes through closearm), palms down - look at hands;

#4 45° turn to R forelunge – frontarm upslant
(L arm passes through closearm), palms down - look at hands;

(All gymnasts should be facing outward from the center of their group of 4; return to formation 1.)

VIII 1-2 #1 and # 3 Draw R to closefeet stand – sidearm, palms down.

#2 and # 4 Draw L to closefeet stand – sidearm, palms down.

(All gymnasts should be facing outward from the center of their group of 4)

3-4 # 1 45° turn L to face front - closearm;

#2 45° turn R to face front - closearm;

#3 135° turn L to face front - closearm;

#4 135° turn R to face front - closearm;

PART C: 26 measures at 4/4 tempo

- I 1- 2 # 1 and #3 45° turn to R , Halfsquat L sidestride –
halfbend sidearm inward downslant, hands on tops of thighs,
fingers turned inward;
#2 and # 4 Halfsquat - halfbend sidearm downslant, hands
on hips in fists, knuckles forward;
- 3-4 #1 and #3 Rise with 45° turn L - draw R to
closefeet stand - Thrust to closearm;
#2 and #4 Rise to closefeet stand – Thrust to closearm;
- II 1-2 #1 and #3 L forestep – halfbend sidearm downslant, hands
on hips in fists, knuckles forward;
#2 and # 4 Halfbend sidearm downslant, hands on
hips in fists, knuckles forward;
- 3-4 #1 and #3 Draw R to closefeet stand – Thrust to closearm.
#2 and #4 Thrust to closearm;
- III 1-4 Repeat Measure I.
- IV 1-2 #1 and #3 L forestep – halfbend sidearm downslant, hands
on hips in fists, knuckles forward;
#2 and # 4 Halfbend sidearm downslant, hands on
hips in fists, knuckles forward;
- 3-4 #1 and #3 Turn 45° to R (to face forward) and draw R
to closefeet stand – Thrust to closearm;

#2 and #4 Thrust to closearm;

(Should be in a straight line with #1 a ½ marker in front of #2 and #3 a ½ marker in front of #4, see formation 4.)

- V 1-2 L side lunge – sidearm, palms down;
3-4 Draw L to R to closefeet stand– closearm;
- VI 1-2 R side lunge – sidearm, palms down;
3-4 Draw R to L to closefeet stand– closearm;
- VII 1-2 Sidearm;
3-4 Uparm, palms in – head rearbow;
- VIII 1-2 Frontarm, palms down – head upright;
3-4 Closearm;
- IX -XII Repeat Part A Measures XVII - XX.
- XIII 1 #1 Rise to closefeet stand, 45° turn L;
#2 Rise to closefeet stand;
#3 and #4 Hold;
- and* #1 Run forward L - halfbend closearm, hands in fists;
#2, #3, #4 Hold;
- 2 #1 Hold;
#2, #3, #4 Hold;
- and* #1 Run forward R;
#2, #3, #4 Hold;
- 3 #1 Hold;

- #2, #3, #4 Hold;
- and* #1 Run forward L;
- #2, #3, #4 Hold;
- 4 #1 45° turn R - Jump to closefeet halfsquat (on marker facing back) - flex closearm, clap hands (in front of chest);
- #2, #3, #4 flex closearm, clap hands (in front of chest);
- (See formation 5.)
- XIV 1 #1 and #2 Hold;
- #3 Rise to closefeet stand, 45° turn L;
- #4 Rise to closefeet stand;
- and* #1, #2, #4 Hold;
- #3 Run forward L - halfbend closearm, hands in fists;
- 2 #1, #2, #4 Hold;
- #3 Hold;
- and* #1, #2, #4 Hold;
- #3 Run forward R;
- 3 #1, #2, #4 Hold;
- #3 Hold;
- and* #1, #2, #4 Hold;
- #3 Run forward L;
- 4 #1, #2, #4 flex closearm, clap hands (in front of chest);
- #3 45° turn R - Jump to closefeet halfsquat (on marker

facing back) - flex closearm, clap hands (in front of chest);

(See formation 1, facing to the rear of the field.)

- XV 1 Halfbend closearm, hands in fists;
and Run forward L;
 2 Hold;
and Run forward R;
 3 Hold;
and Run forward L;
 4 180° turn L - Jump to closefeet halfsquat (on marker facing forward) - flex closearm, clap hands (in front of chest);

(See formation 6.)

- XVI 1 Halfbend closearm, hands in fists;
and Run forward L;
 2 Hold;
and Run forward R;
 3 Hold;
and Run forward L;
 4 Jump to closefeet halfsquat (on marker facing forward) - flex closearm, clap hands (in front of chest);
- XVII - XX Repeat Part B Measures V – VIII;
- XXI - XXVIII Repeat Part A Measures I – VIII.

PART D:

- I 1-4 90° turn to L - marching in place L, R, L, R;
- II 1 L Frontarm;
2 R Frontarm;
3 Halfsquat - Flex frontarm, palms in, hands in fists with thumbs extended (thumbs up);
4 Rise to closefeet stand – extend to frontarm, palms down, open fists;
- III 1 L closearm;
2 R closearm;
3 Halfsquat – bend sidearm hands in front of shoulders, palms down hands in fists;
4 Rise to closefeet stand – thrust to closearm, open fists;
- IV 1 – 4 90° turn to R - marching in place L, R, L, R;
- V 1 – 4 Repeat measure IV;
- VI – VII Repeat measures II and III;
- VIII 1-4 Repeat measure I;
- VIX 1 Jump astride;
2 Jump to R across L astride;
3 - 4 Toestand, pivot 180° to L (to face back);
- X - XVIII Repeat Part B.

Part E:

- I 1 – 2 Kneel L rearstride - closearm;
 3 Draw R to closefeet kneel;
 4 Sit on heels;
- II 1 Closearm inward R over L;
 2 Hold;
 3 Rise to kneel - sidearm;
 4 Closearm;
- III 1 Support kneeling;
 2 Jump to support squat closefeet;
 3 Rise to frontbow – reararm , palms rear;
 4 Upright to closefeet stand – closearm;
- IV 1- 2 Arc L arm inward to uparm outward, palm in;
 3-4 Arc R arm inward to uparm outward, palm in;
- V 1 Flex uparm outward, hands behind head, palms forward;
 2 Thrust to sidearm, palms up;
 3 Palms down;
 4 Closearm;
- VI 1 L Frontarm, palm down;
 2 R Frontarm, palm down;
 3 L uparm, palm front;
 4 R uparm, palm front;

- VII 1 L sidearm, palm down;
2 R sidearm, palm down;
3 L closearm;
4 R closearm;
- VII 1 L sidelunge – sidearm;
2 Flex sidearm, hands in front of shoulders, palms down;
3 Extend to sidearm;
4 Draw L to closefeet stand – closearm;
- VIII 1 R sidelunge - sidearm;
2 Flex sidearm , hands in front of shoulders, palms down;
3 Extend to sidearm;
4 Draw R to closefeet stand – closearm;
- IX – X Repeat Measures VI and VII.
- XI 1 L forelunge – frontarm, palms down;
2 Bend sidearm, hands in front of shoulders, palms down;
3 Thrust to frontarm, palms down;
4 Draw L to closefeet stand, closearm;
- XII 1 R forelunge – frontarm, palms down;
2 Bend sidearm, hands in front of shoulders, palms down;
3 Thrust to frontarm, palms down;
4 Pivot 180° to L foretouch – closearm , Draw R to closefeet stand;

XIII – XX Repeat Part B.

PART F:

- | | | |
|-----|-------|--|
| I | 1 | L sidearm downslant; |
| | 2 | R sidearm downslant; |
| | 3 | L closearm; |
| | 4 | R closearm; |
| II | 1 | L sidearm; |
| | 2 | R sidearm; |
| | 3 | L closearm; |
| | 4 | R closearm; |
| III | 1 | L frontarm, palm down; |
| | 2 | R frontarm, palm down; |
| | 3 | L closearm; |
| | 4 | R closearm; |
| IV | 1 | L uparm outward through frontarm, palm front; |
| | 2 | R uparm outward through frontarm, palm front; |
| | 3 – 4 | Circle outward to closearm; |
| V | 1 – 3 | Grapevine step to L crossing in rear - - halfbend sidearm downslant, hands on hips in fists (Travel ½ marker) |
| | 4 | Closefeet stand – Thrust to closearm; |
| VI | 1 | R forestep - flex closearm, hands in fists; |
| | 2 | Pivot 180° to L – closearm; |

- 3 R forestep - flex closearm, hands in fists;
- 4 Pivot 180° to L – closearm;
- VII 1 – 3 Grapevine step to R crossing in rear - - halfbend sidearm
downslant, hands on hips in fists (Travel back to marker)
- 4 Closefeet stand – Thrust to closearm;
- VIII 1 Jump astride – sidearm, palms down;
- 2 Jump to closefeet stand – uparm, palms in;
- 3 Jump astride – sidearm, palms down;
- 4 Jump to closefeet stand – closearm;
- IX 1 – 3 Grapevine step to R crossing in rear - - halfbend sidearm
downslant, hands on hips in fists (Travel ½ marker)
- 4 Closefeet stand – Thrust to closearm;
- X 1 L forestep - flex closearm, hands in fists;
- 2 Pivot 180° to R – closearm;
- 3 L forestep - flex closearm, hands in fists;
- 4 Pivot 180° to R – closearm;
- XI 1 – 3 Grapevine step to L crossing in rear - - halfbend sidearm
downslant, hands on hips in fists (Travel back to marker)
- 4 Closefeet stand – Thrust to closearm;
- XII Repeat Measure VIII.
- XIII-XIV Repeat Introduction, Measures I-II
- XV 1- 2 #1 and #2 Uparm outward through frontarm, palms front;

| | | | |
|------|-------|-----------|---|
| | | #3 and #4 | Hold; |
| | 3 | #1 and #2 | Frontbow – rear arm, palms rear; |
| | | #3 and #4 | Hold; |
| | 4 | #1 and #2 | Support squat closefeet – head frontbow; |
| | | #3 and #4 | Hold; |
| XVI | 1 – 2 | #1 and #2 | Hold; |
| | | #3 and #4 | Up arm outward through front arm, palms front; |
| | 3 | #1 and #2 | Hold; |
| | | #3 and #4 | Frontbow – rear arm, palms rear; |
| | 4 | #1 and #2 | Support kneeling; |
| | | #3 and #4 | Upright – close arm; |
| XVII | 1 – 4 | #1 and #2 | Rise to closefeet kneel – L side arm upslant, palm down; R bend side arm downslant hand in front of chest, palm down – Head twist 90° L to focus on L hand; |
| | | #3 and #4 | L side arm upslant, palm down; R bend side arm downslant hand in front of chest, palm down – Head twist 90° to L to focus on L hand. |

THE END

FORMATION CHANGES

Starting position / Formation 1

③ ④

① ②
(front of the field)

Formation 2

X X

 ③ ④
X ① ②

Formation 3

X X

 ③ ④
 ① ②
X X

Formation 4

X ④

 ③

X ②

 ①

Formation 5

X ④

 ③

① ②

Formation 6

③ ④

① ②

X X