Forward 2 foot landing (waist height)  
Backward 2 foot landing (hip height)  
Cast, push away from bar to land on feet  
In front support, trace a 1/2 circle (180°) with hands

Locomotions in supports  
Forward roll from knee height apparatus  
Tripod balance roll out (tucked position)  
Elevated support facing wall (3 sec), forward roll

Backward roll down incline  
Skin the cat to feet  
Hollow body log roll  
Run, jump onto knee height apparatus (with beat board, no hands)

Run, jump onto waist height apparatus (with beat board, with hands)  
2 foot springs over, up and off objects  
Front to stride to back support  
Straight body inverted hang

Tucked L-hang  
Cross support  
3 pendular swings  
3 glide swing progressions

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Comments:


Coach name: 

Please register: (Child's name) 

in (Badge level) 

next session.

Name: 

Session dates: 

Class time: 

Badge 3 
Tan