Badge 7: Men Turquoise

- Dive roll at shoulder height to stand with beat board
  - Mastered
  - Learning
  - Attempted

- Forward handspring from knee height to stand
  - Mastered
  - Learning
  - Attempted

- Backward extension down incline
  - Mastered
  - Learning
  - Attempted

- Cartwheel to handstand
  - Mastered
  - Learning
  - Attempted

- Round-off, rebound to back – land on waist height mats
  - Mastered
  - Learning
  - Attempted

- Simple swiss
  - Mastered
  - Learning
  - Attempted

- Back pick up to 1/2 double leg circle
  - Mastered
  - Learning
  - Attempted

- 2 double leg circles in bucket
  - Mastered
  - Learning
  - Attempted

- Cross support, forward roll to stand
  - Mastered
  - Learning
  - Attempted

- Jump from beat bard to muscle up
  - Mastered
  - Learning
  - Attempted

- Handspring with beat board and mini tramp
  - Mastered
  - Learning
  - Attempted

- Long hang swings (hollow body) feet to ring height
  - Mastered
  - Learning
  - Attempted

- Long hang swing to 45° with 1/2 turn
  - Mastered
  - Learning
  - Attempted

- Kip timer (of choice)
  - Mastered
  - Learning
  - Attempted
Comments:

Name: __________________________
Session dates: __________________
Class time: _____________________

Please register: (Child's name) in (Badge level) next session.

Name: __________________________
Session dates: __________________
Class time: _____________________