

Dive roll at shoulder height to stand with beat board

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

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Backward extension down incline

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Cartwheel to handstand

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

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Simple swiss

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Back pick up to 1/2 double leg circle

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2 double leg circles in bucket

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Cross support, forward roll to stand

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Jump from beat board to muscle up

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Long hang swings (hollow body) feet to ring height

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Handspring with beat board and mini trampoline

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Jump to handstand using only beat board

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Upper arm swing to cross support (back uprise)

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Long hang swing feet above bar height

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Long hang swing to upper arm support on back swing

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Cast – push away to long hang swing

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Cast – straddle or pike underswing dismount

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Long hang swing to 45° with 1/2 turn

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Kip timer (of choice)

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Comments:



GYMnastics
nastique
CANADA

Badge 7: Men Turquoise

Coach name: _____

Please register: (Child's name) _____

in (Badge level) _____ next session. _____

Name: _____

Session dates: _____

Class time: _____