

Handstand for 3 sec – controlled landing

Mastered	Learning	Attempted
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Lower to bridge from handstand

Mastered	Learning	Attempted
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Straight arm backward roll

Mastered	Learning	Attempted
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Hurdle to round-off with immediate rebound

Mastered	Learning	Attempted
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Cartwheel to round-off

Mastered	Learning	Attempted
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Double leg circle in bucket (without pommels)

Mastered	Learning	Attempted
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1/2 circle

Mastered	Learning	Attempted
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Cross support

Mastered	Learning	Attempted
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Jump, forward roll to inverted hang

Mastered	Learning	Attempted
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Long hang swing, feet shoulder height in back swing

Mastered	Learning	Attempted
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Handspring with beat board and mini tramp – assisted

Mastered	Learning	Attempted
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Handstand – spring from block onto feet

Mastered	Learning	Attempted
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5 cross support swings feet to horizontal

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Upper arm swing

Mastered	Learning	Attempted
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Handstand on parallelles

Mastered	Learning	Attempted
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Flank dismount backward

Mastered	Learning	Attempted
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Cast – feet to horizontal, return to bar

Mastered	Learning	Attempted
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Jump to pike or straddle underswing

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Long hang swing release to prone position onto incline – assisted

Mastered	Learning	Attempted
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Back hip circle

Mastered	Learning	Attempted
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Comments:

Coach name:

Please register: (Child's name)

in (Badge level)

next session.



GYMnastics
nastique
CANADA

Badge 6: Men
Blue

Name:

Session dates:

Class time:
