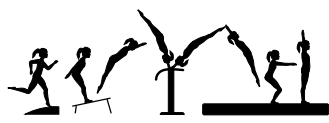



Handspring with beat board and mini tramp – assisted




Mastered	Learning	Attempted
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Handstand – spring from block onto feet




Mastered	Learning	Attempted
----------	----------	-----------

Cast – feet to horizontal, return to bar




Mastered	Learning	Attempted
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Jump to pike or straddle underswing




Mastered	Learning	Attempted
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Long hang swing release to prone position onto incline – assisted




Mastered	Learning	Attempted
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Back hip circle



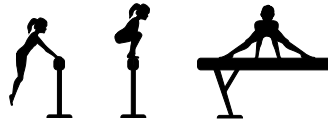
Mastered	Learning	Attempted
----------	----------	-----------

Chassé & skilling length of beam



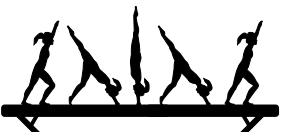
Mastered	Learning	Attempted
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Jump to tuck or straddle on beam




Mastered	Learning	Attempted
----------	----------	-----------

Momentary handstand finish in lunge




Mastered	Learning	Attempted
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Forward roll to stand




Mastered	Learning	Attempted
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2nd element from CANGYM Group A – Dance (different than performed in L5)




Mastered	Learning	Attempted
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Handstand for 3 sec – controlled landing




Mastered	Learning	Attempted
----------	----------	-----------

Lower to bridge from handstand




Mastered	Learning	Attempted
----------	----------	-----------

Straight arm backward roll




Mastered	Learning	Attempted
----------	----------	-----------

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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1/2 turn on one foot, controlled landing



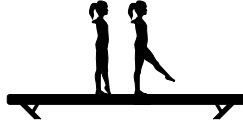
Mastered	Learning	Attempted
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Battement to 45° (demi point) on floor




Mastered	Learning	Attempted
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Battement to 45° (1/2-pointe) on floor



Mastered	Learning	Attempted
----------	----------	-----------

Forward body wave on floor



Mastered	Learning	Attempted
----------	----------	-----------

Comments:



GYM *nastics*
nastique
CANADA

Badge 6: Women Blue

Coach name: _____

Please register: *(Child's name)* _____

in *(Badge level)* _____ **next session.**

Name: _____

Session dates: _____

Class time: _____