

**Handspring with beat board and mini tramp**

Mastered	Learning	Attempted
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**Jump to handstand using only beat board**

Mastered	Learning	Attempted
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**Cast – push away to long hang swing**

Mastered	Learning	Attempted
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**Cast – straddle or pike underswing dismount**

Mastered	Learning	Attempted
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**Glide or long hang swing to pike to toes to bar**

Mastered	Learning	Attempted
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**Kip timer (of choice)**

Mastered	Learning	Attempted
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**1 foot mount with beat board**

Mastered	Learning	Attempted
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**Cartwheel**

Mastered	Learning	Attempted
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**3 – 4 steps to 2 foot take off at end of beam**

Mastered	Learning	Attempted
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**Forward handspring dismount**

Mastered	Learning	Attempted
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**3<sup>rd</sup> element from CANGYM Group A – Dance (different than performed in L5 & L6)**

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

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

Mastered	Learning	Attempted
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**Backward extension down incline**

Mastered	Learning	Attempted
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**Dive cartwheel**

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

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

Mastered	Learning	Attempted
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**Battement to hip height (flat foot) on floor**

Mastered	Learning	Attempted
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**1/1 turn on floor**

Mastered	Learning	Attempted
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**4<sup>th</sup> & 5<sup>th</sup> element from CANGYM Group A – Dance (performed individually)**

Mastered	Learning	Attempted
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Comments:

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Coach name:

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Please register: (Child's name)

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in (Badge level)

next session.

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**GYM**nastics  
nastique  
CANADA

Badge 7: Women  
**Turquoise**

Name:

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Session dates:

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Class time:

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