



Handspring with beat board




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

1/2 ON to stomach – to 1m piled mats



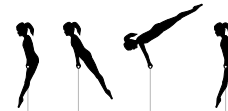
Mastered	Learning	Attempted
----------	----------	-----------

1/2 OFF from beat board and mini tramp




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

Cast – feet above horizontal, return hips to bar



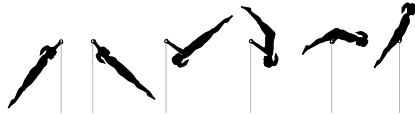
Mastered	Learning	Attempted
----------	----------	-----------

Tuck or pike on bar (from cast or jump) to jump off forward




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

Long hang swing, pullover to front support




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

Free hip circle




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

2 foot entry mount (different than performed in L6)




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

Handstand




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

3 step "punch" dive roll dismount onto mats of same height as beam




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

Dance/Acro series (2 elements from CANGYM Group A)




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

Series of 2 elements from CANGYM Group A - Dance




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

Handstand with 4 weight transfers




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

Forward handspring - assisted




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

Forward salto from beat board or assisted




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

Backward handspring down incline



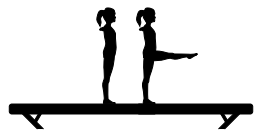
Mastered	Learning	Attempted
----------	----------	-----------

Backward extension to momentary handstand




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

Battement to hip height (flat foot) on beam




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

Battement to hip height (1/2-pointe) on floor



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

1/2 turn on 1 foot on beam



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

Comments:

Coach name:

Please register: (Child's name)

in (Badge level)

next session.



GYMnastics
nastique
CANADA

Badge 8: Women
Silver

Name:

Session dates:

Class time: