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**Floor** 

**1**

Forward roll with straight legs, tuck to stand

Cartwheel

Headstand with straight legs and body

Handstand forward roll:  
From step  
From tuck up to handstand

**Floor** 

**2**

Shoulderstand with arms above head for 3 secs

Backward roll to straddle, tuck or front support

Handstand hold for 1-2 secs

1 Handed cartwheel

**Floor** 

**3**

Pike and straddle lever preps:  
Feet down, bottom up  
Bottom down, feet up

Handstand with use of apparatus:  
In pike with 1 leg lifted  
Chest to wall  
Back to wall

Frog balance for 5 secs

Pike or straddle lever for 3 secs

**Floor** 

**4**

Flexibility for bridges:  
D-stretch  
Bridge with feet raised

Japana and pike fold below 45 degrees

Bridge hold for 20 secs

Splits (front or box)

**Vault** 

**5**

Straddle on vault without support

Pike and straddle jumps using a trampette

Straddle over vault

Handstand flatback vault using a springboard without support

**Vault** 

**6**

Basic jumps off a springboard:  
Stretch, tuck and half turn

Bounce towards handstand (minimum above horizontal) using trampette

Underarm handstand, fall to flatback on mat with straight arms and body

Full turn jump:  
from standing  
from run up, bounce on springboard to land on mat

**Beam** 

**7**

Walk forwards along a floor beam with a full turn in the middle

Arabesque and straight leg forward balance on beam

Front to back cartwheel dismount off end of beam

Cartwheel on floor beam

**Beam** 

**8**

Side scale or T-balance on the floor for 3 secs

Walk backwards along a floor beam with a full turn in the middle

1/2 Spin on any height beam

Forward roll on floor beam

**Bars** 

**9**

Casting (hips must leave the bar)

Circle up without support

Candle hold on bars or rings

Cast to back hip circle

**Bars** 

**10**

Circle down with control without support

Chin up hold for 2 secs

Good cast x3 finished by cast to dismount

From hanging on bar, roll up in tuck, straddle and pike (leg lift)