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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)