



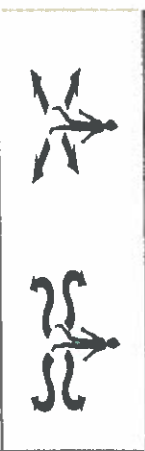








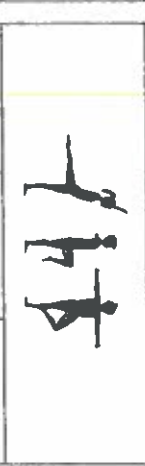








<p>Forward 2 foot landing (hip height)</p>			<p>Backward 2 foot landing (knee height)</p>			<p>Backward safety roll to feet down incline</p>			<p>Land on back on 8" safety mat from sole hang</p>		
<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>
<p>Skips</p>			<p>Chassés</p>			<p>Forward roll to feet</p>			<p>From front support, forward rotation to stand</p>		
<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>
<p>Front to back to front support on floor</p>			<p>Jump 1/2 turn</p>			<p>3 to 5 step run to 2 foot take off on beat board</p>			<p>From stand, jump on knee height apparatus</p>		
<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>
<p>Straight jump from knee height apparatus</p>			<p>2 & 3 point balances</p>			<p>Tripod balance</p>			<p>Hangs</p>		
<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>
<p>Inverted hangs</p>			<p>Left & right side supports</p>			<p>3 small long hang swings</p>			<p>3 front support swings (cast) - hips on bar</p>		
<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>	<p>Mastered</p>	<p>Learning</p>	<p>Attempted</p>

<p>Forward 2 foot landing (knee height)</p>		<p>Backward 2 foot landing (feet height)</p>		<p>Prone fall up an incline</p>		<p>Backward straight body fall to 8" safety mat</p>	
<p>Walks</p>		<p>Runs</p>		<p>Animal walks</p>		<p>Forward roll down an incline</p>	
<p>Log roll</p>		<p>Hands on bench or box, Cartwheel over</p>		<p>5 consecutive springs</p>		<p>Assemblée</p>	
<p>Shaped jumps</p>		<p>Balances on 1 foot</p>		<p>Prone/supine lie</p>		<p>Front supports</p>	
<p>Stride support</p>		<p>Back supports</p>		<p>Long hang</p>		<p>Sole hangs</p>	

Forward shoulder roll			Prone fall from stand onto 8" safety mat			Break fall onto 8" safety mat			Power hurdle		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Locomotions in hangs			Headstand forward roll			From floor, dive roll down waist high incline			Pullover bar at chest height (one leg kick)		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Backward roll to feet			Jump 1/1 turn			Cartwheel			Run, jump onto waist height apparatus (with beat board, no hands)		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Straight arm jump to front support (waist height)			Tucked L-sit			Shoulder stands			Handstand		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
3 45° long hang swings to rear dismount			3 cross support swings			3 front support swings (cast) -- hips off bar			3 glide swings from/back to knee height block		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted

<p>Forward 2 foot landing (waist height)</p> <p>Mastered Learning Attempted</p>	<p>Backward 2 foot landing (hip height)</p> <p>Mastered Learning Attempted</p>	<p>Cast, push away from bar to land on feet</p> <p>Mastered Learning Attempted</p>	<p>In front support, trace a 1/2 circle (180°) with hands</p> <p>Mastered Learning Attempted</p>
<p>Locomotions in supports</p> <p>Mastered Learning Attempted</p>	<p>Forward roll from knee height apparatus</p> <p>Mastered Learning Attempted</p>	<p>Tripod balance roll out (tucked position)</p> <p>Mastered Learning Attempted</p>	<p>Elevated support facing wall (3 sec), forward roll</p> <p>Mastered Learning Attempted</p>
<p>Backward roll down incline</p> <p>Mastered Learning Attempted</p>	<p>Skin the cat to feet</p> <p>Mastered Learning Attempted</p>	<p>Hollow body log roll</p> <p>Mastered Learning Attempted</p>	<p>Run, jump onto knee height apparatus (with beat board, no hands)</p> <p>Mastered Learning Attempted</p>
<p>Run, jump onto waist height apparatus (with beat board, with hands)</p> <p>Mastered Learning Attempted</p>	<p>2 foot springs over, up and off objects</p> <p>Mastered Learning Attempted</p>	<p>Front to stride to back support</p> <p>Mastered Learning Attempted</p>	<p>Straight body inverted hang</p> <p>Mastered Learning Attempted</p>
<p>Tucked L-hang</p> <p>Mastered Learning Attempted</p>	<p>Cross support</p> <p>Mastered Learning Attempted</p>	<p>3 pendular swings</p> <p>Mastered Learning Attempted</p>	<p>3 glide swing progressions</p> <p>Mastered Learning Attempted</p>

Handspring with beat board and mini tramp – assisted



Mastered Learning Attempted

Long hang swing release to prone position onto incline – assisted



Mastered Learning Attempted

Momentary handstand finish in lunge



Mastered Learning Attempted

Lower to bridge from handstand



Mastered Learning Attempted

1/2 turn on one foot, controlled landing



Mastered Learning Attempted

Handstand – spring from black onto feet



Mastered Learning Attempted

Back hip circle



Mastered Learning Attempted

Forward roll to stand



Mastered Learning Attempted

Straight arm backward roll



Mastered Learning Attempted

Battlement to 45° (demi point) on floor



Mastered Learning Attempted

Cast – feet to horizontal, return to bar



Mastered Learning Attempted

Chassé & skirling length of beam



Mastered Learning Attempted

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



Mastered Learning Attempted

Hurdle to round-off with immediate rebound



Mastered Learning Attempted

Battlement to 45° (1/2-pointe) on floor



Mastered Learning Attempted

Jump to pike or straddle underswing



Mastered Learning Attempted

Jump to tuck or straddle on beam



Mastered Learning Attempted

Handstand for 3 sec – controlled landing



Mastered Learning Attempted

Cartwheel to round-off



Mastered Learning Attempted

Forward body wave on floor



Mastered Learning Attempted

Badge 5: Women
Purple



Handstand on floor - "POP" up to flat back onto 8" safety mats



Mastered Learning Attempted

Beat swing to initiate long hang swing



Mastered Learning Attempted

Forward roll to sit



Mastered Learning Attempted

Straight arm backward roll down incline



Mastered Learning Attempted

Round-off



Mastered Learning Attempted

Dive roll with beat board & mini tramp onto 1m piled mats



Mastered Learning Attempted

Long hang swing, release on forward swing to land on back on incline - assisted



Mastered Learning Attempted

Backward shoulder roll to kneel - assisted



Mastered Learning Attempted

Handstand forward roll



Mastered Learning Attempted

Walk on 1/2-pointe on beam



Mastered Learning Attempted

Cast - feet to bar height (5 times)



Mastered Learning Attempted

Pull over, bar at head height



Mastered Learning Attempted

Round-off dismount



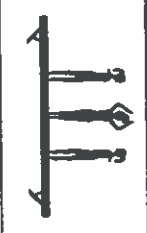
Mastered Learning Attempted

Press headstand



Mastered Learning Attempted

Pivot turn (interior & exterior) on floor & beam



Mastered Learning Attempted

Glide swing to stretched body position



Mastered Learning Attempted

Various walks and runs



Mastered Learning Attempted

One element from CANGYM Group A - Dance



Mastered Learning Attempted

Series of 3 cartwheels



Mastered Learning Attempted

Battlement to 45° (flat foot) on floor



Mastered Learning Attempted

Handspring with beat board



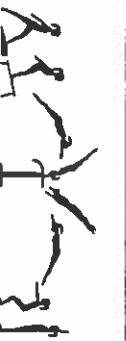
Mastered Learning Attempted

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



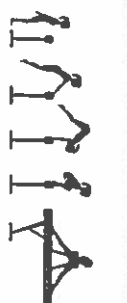
Mastered Learning Attempted

Free hip circle



Mastered Learning Attempted

2 foot entry mount (different than performed in L6)



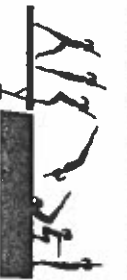
Mastered Learning Attempted

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)



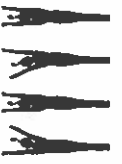
Mastered Learning Attempted

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

Battlement to hip height (flat foot) on beam



Mastered Learning Attempted

Battlement to hip height (1/2-pointed) on floor



Mastered Learning Attempted

1/2 turn on 1 foot on beam



Mastered Learning Attempted

Badge 7: Women Turquoise



Handspring with beat board and mini tramp			Jump to handstand using only bear board			Cast – push away to long hang swing			Cast – straddle or pike underswing dismount		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Glide or long hang swing to pike to toes to bar			Kip timer (of choice)			1 foot mount with beat board			Cartwheel		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
3 – 4 steps to 2 foot take off at end of beam			Forward handspring dismount			3 rd element from CANGYM Group A – Dance (different than performed in L5 & L6)			Dive roll at shoulder height to stand with beat board		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Forward handspring from knee height to stand			Backward extension down incline			Dive cartwheel			Round-off, rebound to back, land on waist height mats		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted
Battement to 45° (1/2-pointe) on beam			Battement to hip height (flat foot) on floor			1/1 turn on floor			4 th & 5 th element from CANGYM Group A – Dance (performed individually)		
Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted	Mastered	Learning	Attempted

1/2 ON with beat board and mini tramp



Mastered Learning Attempted

Tuck or pike on - Jump to catch high bar



Mastered Learning Attempted

Forward or backward walkover (on line)



Mastered Learning Attempted

Forward or backward walkover



Mastered Learning Attempted

Battlement to hip height (1/2-pointe) on beam



Mastered Learning Attempted

Round-off entry onto beat board with rebound



Mastered Learning Attempted

Long hang swing to 45° with 1/2 turn



Mastered Learning Attempted

Forward salto dismount - assisted



Mastered Learning Attempted

Forward handspring (1 or 2 foot landing)



Mastered Learning Attempted

Battlement to waist height (flat foot) on floor



Mastered Learning Attempted

Cast to 45° above horizontal



Mastered Learning Attempted

5 sole hang swings to 45° or greater



Mastered Learning Attempted

One element from CANGYM Group B - Dance



Mastered Learning Attempted

Backward handspring



Mastered Learning Attempted

1-1/2 turn on floor



Mastered Learning Attempted

Cast - push away to glide swing



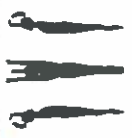
Mastered Learning Attempted

Handstand mount on low beam



Mastered Learning Attempted

Handstand 1/2 turn



Mastered Learning Attempted

Forward salto



Mastered Learning Attempted

Forward body wave on beam



Mastered Learning Attempted