




# Badge 1 Burgundy


Forward 2 foot landing (knee height)		
	Learning	Attempted
Mastered		


Walks		
	Learning	Attempted
Mastered		


Log roll		
	Learning	Attempted
Mastered		


Shaped jumps		
	Learning	Attempted
Mastered		


Stride support		
	Learning	Attempted
Mastered		


Backward 2 foot landing (feet height)		
	Learning	Attempted
Mastered		

Runs		
	Learning	Attempted
Mastered		

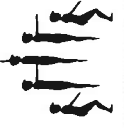
Hands on bench or box, Cartwheel over		
	Learning	Attempted
Mastered		


Balances on 1 foot		
	Learning	Attempted
Mastered		

Back supports		
	Learning	Attempted
Mastered		

Prone fall up an incline		
	Learning	Attempted
Mastered		


Animal walks		
	Learning	Attempted
Mastered		


5 consecutive springs		
	Learning	Attempted
Mastered		


Prone/Supine lie		
	Learning	Attempted
Mastered		

Long hang		
	Learning	Attempted
Mastered		

Backward straight body fall to 8' safety mat		
	Learning	Attempted
Mastered		

Forward roll down an incline		
	Learning	Attempted
Mastered		

Assemblé		
	Learning	Attempted
Mastered		

Front supports		
	Learning	Attempted
Mastered		

Sole hangs		
	Learning	Attempted
Mastered		

**Forward 2 foot landing (hip height)**

Mastered	Learning	Attempted
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**Backward 2 foot landing (knee height)**

Mastered	Learning	Attempted
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**Backward safety roll to feet down incline**

Mastered	Learning	Attempted
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**Land on back on 8" safety mat from sole hang**

Mastered	Learning	Attempted
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**Skips**

Mastered	Learning	Attempted
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**Chassés**

Mastered	Learning	Attempted
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**Forward roll to feet**

Mastered	Learning	Attempted
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**From front support, forward rotation to stand**

Mastered	Learning	Attempted
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**Front to back to front support on floor**

Mastered	Learning	Attempted
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**Jump 1/2 turn**

Mastered	Learning	Attempted
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**3 to 5 step run to 2 foot take off on beat board**

Mastered	Learning	Attempted
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**From stand, jump on knee height apparatus**

Mastered	Learning	Attempted
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**Straight jump from knee height apparatus**

Mastered	Learning	Attempted
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**2 & 3 point balances**

Mastered	Learning	Attempted
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**Tripod balance**

Mastered	Learning	Attempted
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**Hangs**

Mastered	Learning	Attempted
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**Inverted hangs**

Mastered	Learning	Attempted
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**Left & right side supports**

Mastered	Learning	Attempted
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**3 small long hang swings**

Mastered	Learning	Attempted
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**3 front support swings (cast) - hips on bar**

Mastered	Learning	Attempted
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**Forward 2 foot landing**  
(waist height)

Mastered	Learning	Attempted
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**Backward 2 foot landing**  
(hip height)

Mastered	Learning	Attempted
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**Cast, push away from bar to land on feet**

Mastered	Learning	Attempted
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**In front support, trace a 1/2 circle (180°)**  
with hands

Mastered	Learning	Attempted
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**Locomotions in supports**

Mastered	Learning	Attempted
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**Forward roll from knee height apparatus**

Mastered	Learning	Attempted
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**Tripod balance roll out**  
(tucked position)

Mastered	Learning	Attempted
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**Elevated support facing wall (3 sec), forward roll**

Mastered	Learning	Attempted
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**Backward roll down incline**

Mastered	Learning	Attempted
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**Skin the cat to feet**

Mastered	Learning	Attempted
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**Hollow body log roll**

Mastered	Learning	Attempted
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**Run, jump onto knee height apparatus**  
(with beat board, no hands)

Mastered	Learning	Attempted
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**Run, jump onto waist height apparatus**  
(with beat board, with hands)

Mastered	Learning	Attempted
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**2 foot springs over, up and off objects**

Mastered	Learning	Attempted
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**Front to stride to back support**

Mastered	Learning	Attempted
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**Straight body inverted hang**

Mastered	Learning	Attempted
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**Tucked L-hang**

Mastered	Learning	Attempted
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**Cross support**

Mastered	Learning	Attempted
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**3 pendular swings**

Mastered	Learning	Attempted
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**3 glide swing progressions**

Mastered	Learning	Attempted
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Badge 4  
Bronze

**Forward shoulder roll**

Mastered	Learning	Attempted
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**Locomotions in hangs**

Mastered	Learning	Attempted
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**Backward roll to feet**

Mastered	Learning	Attempted
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**Straight arm jump to front support (waist height)**

Mastered	Learning	Attempted
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**3 45° long hang swings to rear dismount**

Mastered	Learning	Attempted
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**Prone fall from stand onto 8" safety mat**

Mastered	Learning	Attempted
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**Headstand forward roll**

Mastered	Learning	Attempted
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**Jump 1/1 turn**

Mastered	Learning	Attempted
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**Tucked L-sit**

Mastered	Learning	Attempted
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**3 cross support swings**

Mastered	Learning	Attempted
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**Break fall onto 8" safety mat**

Mastered	Learning	Attempted
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**From floor, dive roll down waist high incline**

Mastered	Learning	Attempted
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**Cartwheel**

Mastered	Learning	Attempted
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**Shoulder stands**

Mastered	Learning	Attempted
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**3 front support swings (cast) - hips off bar**

Mastered	Learning	Attempted
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**Power hurdle**

Mastered	Learning	Attempted
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**Pullover bar at chest height (one leg kick)**

Mastered	Learning	Attempted
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**Run, jump onto waist height apparatus (with beat board, no hands)**

Mastered	Learning	Attempted
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**Handstand**

Mastered	Learning	Attempted
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**3 glide swings from/back to knee height block**

Mastered	Learning	Attempted
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Badge 5: Women  
Purple



Handstand on floor "POP" up to flat back onto 8" safety mats		
Mastered	Learning	Attempted

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

Cast - feet to bar height (5 times)		
Mastered	Learning	Attempted

Slide swing to stretched body position		
Mastered	Learning	Attempted

Beat swing to initiate long hang swing		
Mastered	Learning	Attempted

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

Pullover, bar at head height		
Mastered	Learning	Attempted

Various walks and runs		
Mastered	Learning	Attempted

Forward roll to sit		
Mastered	Learning	Attempted

Backward shoulder roll to kneel - assisted		
Mastered	Learning	Attempted

Round-off dismount		
Mastered	Learning	Attempted

One element from CANGYM Group A - Dance		
Mastered	Learning	Attempted

Straight arm backward roll down incline		
Mastered	Learning	Attempted

Handstand forward roll		
Mastered	Learning	Attempted

Press headstand		
Mastered	Learning	Attempted

Series of 3 cartwheels		
Mastered	Learning	Attempted

Round-off		
Mastered	Learning	Attempted

Walk on 1/2-pointe on beam		
Mastered	Learning	Attempted

Pivot turn (interior & exterior) on floor & beam		
Mastered	Learning	Attempted

Battement to 45° (flat foot) on floor		
Mastered	Learning	Attempted

Badge 5: Men  
Purple

**Straight arm backward roll down incline**




Mastered	Learning	Attempted
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**Handstand forward roll**




Mastered	Learning	Attempted
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**Press headstand**




Mastered	Learning	Attempted
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**Series of 3 cartwheels**




Mastered	Learning	Attempted
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**Round-off**



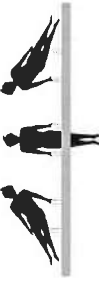
Mastered	Learning	Attempted
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**Front support walk feet in circle**




Mastered	Learning	Attempted
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**Pendular swing in front support**



Mastered	Learning	Attempted
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**Cross support – assisted**




Mastered	Learning	Attempted
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**Rear hang, tucked pull out to piked inverted hang**



Mastered	Learning	Attempted
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**Long hang swing, feet at shoulder height in front swing**



Mastered	Learning	Attempted
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**Handstand on floor "POP" up to flat back onto 8" safety mats**



Mastered	Learning	Attempted
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**Dive roll with bear board & mini tramp onto 1m piled mats**




Mastered	Learning	Attempted
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**5 cross support swings feet at bar level**




Mastered	Learning	Attempted
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**Cross support to upper arm support**




Mastered	Learning	Attempted
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**Glide swing**



Mastered	Learning	Attempted
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**Swing to pike inverted hang**



Mastered	Learning	Attempted
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**Cast – feet to bar height (5 times)**



Mastered	Learning	Attempted
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**Bear swing to initiate long hang swing**



Mastered	Learning	Attempted
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**Long hang swing, release on forward swing to land on back on incline – assisted**



Mastered	Learning	Attempted
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**Pulllover, bar at head height**



Mastered	Learning	Attempted
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Badge 6: Women  
Blue

Handspring with beat board and mini tramp – assisted		Mastered	Learning	Attempted
Handstand – spring from block onto feet		Mastered	Learning	Attempted
Cast – feet to horizontal, return to bar		Mastered	Learning	Attempted
Handspring with beat board and mini tramp – assisted		Mastered	Learning	Attempted
Back hip circle		Mastered	Learning	Attempted
Chassé & skilling length of beam		Mastered	Learning	Attempted
Long hang swing release to prone position onto incline – assisted		Mastered	Learning	Attempted
Forward roll to stand		Mastered	Learning	Attempted
2 <sup>nd</sup> element from CANGYM Group A – Dance (different than performed in L5)		Mastered	Learning	Attempted
Momentary handstand finish in lunge		Mastered	Learning	Attempted
Hurdle to round-off with immediate rebound		Mastered	Learning	Attempted
Lower to bridge from handstand		Mastered	Learning	Attempted
Cartwheel to round-off		Mastered	Learning	Attempted
1/2 turn on one foot, controlled landing		Mastered	Learning	Attempted
Battlement to 45° (demi point) on floor		Mastered	Learning	Attempted
Battlement to 45° (1/2-pointe) on floor		Mastered	Learning	Attempted
Jump to pike or straddle underswing		Mastered	Learning	Attempted
Forward body wave on floor		Mastered	Learning	Attempted
Jump to tuck or straddle on beam		Mastered	Learning	Attempted
Handstand for 3 sec – controlled landing		Mastered	Learning	Attempted

Badge 6: Men  
Blue



Handstand for 3 sec – controlled landing		
	Learning	Attempted
Mastered	Learning	Attempted

Cartwheel to round-off		
	Learning	Attempted
Mastered	Learning	Attempted

Jump, forward roll to inverted hang		
	Learning	Attempted
Mastered	Learning	Attempted

5 cross support swings feet to horizontal		
	Learning	Attempted
Mastered	Learning	Attempted

Cast – feet to horizontal, return to bar		
	Learning	Attempted
Mastered	Learning	Attempted

Lower to bridge from handstand		
	Learning	Attempted
Mastered	Learning	Attempted

Double leg circle in bucket (without pommels)		
	Learning	Attempted
Mastered	Learning	Attempted

Long hang swing, feet shoulder height in back swing		
	Learning	Attempted
Mastered	Learning	Attempted

Upper arm swing		
	Learning	Attempted
Mastered	Learning	Attempted

Jump to pike or straddle underswing		
	Learning	Attempted
Mastered	Learning	Attempted

Straight arm backward roll		
	Learning	Attempted
Mastered	Learning	Attempted

1/2 circle		
	Learning	Attempted
Mastered	Learning	Attempted

Handspring with beat board and mini tramp – assisted		
	Learning	Attempted
Mastered	Learning	Attempted

Handstand on parallels		
	Learning	Attempted
Mastered	Learning	Attempted

Long hang swing release to pike position onto incline – assisted		
	Learning	Attempted
Mastered	Learning	Attempted

Hurdle to round-off with immediate rebound		
	Learning	Attempted
Mastered	Learning	Attempted

Cross support		
	Learning	Attempted
Mastered	Learning	Attempted

Handstand – spring from block onto feet		
	Learning	Attempted
Mastered	Learning	Attempted

Flank dismount backward		
	Learning	Attempted
Mastered	Learning	Attempted

Back hip circle		
	Learning	Attempted
Mastered	Learning	Attempted



Badge 7: Women  
Turquoise



Handspring with beat board and mini tramp		
	Learning	Attempted
Mastered		

Jump to handstand using only beat board		
	Learning	Attempted
Mastered		

Cast - push away to long hang swing		
	Learning	Attempted
Mastered		

Cast - straddle or pike underswing dismount		
	Learning	Attempted
Mastered		

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

Kip timer (of choice)		
	Learning	Attempted
Mastered		

1 foot mount with beat board		
	Learning	Attempted
Mastered		

Cartwheel		
	Learning	Attempted
Mastered		

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

Forward handspring dismount		
	Learning	Attempted
Mastered		

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

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

Forward handspring from knee height to stand		
	Learning	Attempted
Mastered		

Backward extension down incline		
	Learning	Attempted
Mastered		

Dive cartwheel		
	Learning	Attempted
Mastered		

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

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

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

1/1 turn on floor		
	Learning	Attempted
Mastered		

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

Badge 7: Men  
Turquoise

<p>Dive roll at shoulder height to stand with beat board</p>  <p>Mastered Learning Attempted</p>	<p>Forward handspring from knee height to stand</p>  <p>Mastered Learning Attempted</p>	<p>Backward extension down incline</p>  <p>Mastered Learning Attempted</p>	<p>Cartwheel to handstand</p>  <p>Mastered Learning Attempted</p>
<p>Round-off, rebound to back – land on waist height mats</p>  <p>Mastered Learning Attempted</p>	<p>Simple swiss</p>  <p>Mastered Learning Attempted</p>	<p>Back pick up to 1/2 double leg circle</p>  <p>Mastered Learning Attempted</p>	<p>2 double leg circles in bucket</p>  <p>Mastered Learning Attempted</p>
<p>Cross support; forward roll to stand</p>  <p>Mastered Learning Attempted</p>	<p>Jump from beat board to muscle up</p>  <p>Mastered Learning Attempted</p>	<p>Long hang swings (hollow body) feet to ring height</p>  <p>Mastered Learning Attempted</p>	<p>Handspring with beat board and mini tramp</p>  <p>Mastered Learning Attempted</p>
<p>Jump to handstand using only beat board</p>  <p>Mastered Learning Attempted</p>	<p>Upper arm swing to cross support (back uprise)</p>  <p>Mastered Learning Attempted</p>	<p>Long hang swing feet above bar height</p>  <p>Mastered Learning Attempted</p>	<p>Long hang swing to upper arm support on back swing</p>  <p>Mastered Learning Attempted</p>
<p>Cast – push away to long hang swing</p>  <p>Mastered Learning Attempted</p>	<p>Cast – straddle or pike underswing dismount</p>  <p>Mastered Learning Attempted</p>	<p>Long hang swing to 45° with 1/2 turn</p>  <p>Mastered Learning Attempted</p>	<p>Kip timer (of choice)</p>  <p>Mastered Learning Attempted</p>


Badge 8: Women  
Silver

**Handspring with beat board**




Mastered	Learning	Attempted
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**Tuck or pike on bar (from cast or jump) to jump off forward**



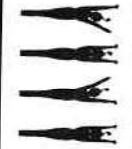
Mastered	Learning	Attempted
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**Handstand**




Mastered	Learning	Attempted
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**Handstand with 4 weight transfers**




Mastered	Learning	Attempted
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**Backward extension to momentary handstand**



Mastered	Learning	Attempted
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**1/2 ON to stomach - to 1m piled mats**



Mastered	Learning	Attempted
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**Long hang swing, pullover to front support**



Mastered	Learning	Attempted
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**3 step "punch" dive roll dismount onto mats of same height as beam**




Mastered	Learning	Attempted
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**Forward handspring - assisted**



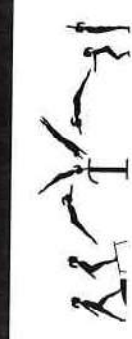
Mastered	Learning	Attempted
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**Battement to hip height (flat foot) on beam**




Mastered	Learning	Attempted
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**1/2 OFF from beat board and mini tramp**



Mastered	Learning	Attempted
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**Free hip circle**




Mastered	Learning	Attempted
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**Dance/acro series (2 elements from CANGYM Group A)**



Mastered	Learning	Attempted
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**Forward sako from beat board or assisted**



Mastered	Learning	Attempted
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**Battement to hip height (1/2-pointe) on floor**




Mastered	Learning	Attempted
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**Cast - feet above horizontal, return hips to bar**



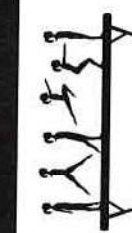
Mastered	Learning	Attempted
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**2 foot entry mount (different than performed in L6)**




Mastered	Learning	Attempted
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**Series of 2 elements from CANGYM Group A - Dance**



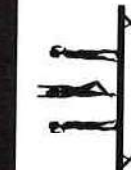
Mastered	Learning	Attempted
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**Backward handspring down incline**



Mastered	Learning	Attempted
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**1/2 turn on 1 foot on beam**



Mastered	Learning	Attempted
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Badge 8: Men  
Silver



<p><b>Forward handspring - assisted</b></p> <p>Mastered Learning Attempted</p>	<p><b>Forward salto from beat board or assisted</b></p> <p>Mastered Learning Attempted</p>	<p><b>Backward handspring down incline</b></p> <p>Mastered Learning Attempted</p>	<p><b>Backward extension to momentary handstand</b></p> <p>Mastered Learning Attempted</p>
<p><b>1 double leg circle on mushroom</b></p> <p>Mastered Learning Attempted</p>	<p><b>Straaddled front support swings, trailing leg at horse height</b></p> <p>Mastered Learning Attempted</p>	<p><b>Cross support swing</b></p> <p>Mastered Learning Attempted</p>	<p><b>Feet supported, muscle up to support</b></p> <p>Mastered Learning Attempted</p>
<p><b>Tucked cross support</b></p> <p>Mastered Learning Attempted</p>	<p><b>Handspring with beat board</b></p> <p>Mastered Learning Attempted</p>	<p><b>1/2 ON to stomach - to piled mats from mini tramp</b></p> <p>Mastered Learning Attempted</p>	<p><b>1/2 OFF from beat board and mini tramp</b></p> <p>Mastered Learning Attempted</p>
<p><b>Pike inverted swings</b></p> <p>Mastered Learning Attempted</p>	<p><b>From straddle sit, press to shoulder stand</b></p> <p>Mastered Learning Attempted</p>	<p><b>Handstand dismount from cross support swing - assisted</b></p> <p>Mastered Learning Attempted</p>	<p><b>Flank dismount at front of cross support swing</b></p> <p>Mastered Learning Attempted</p>
<p><b>Cast - feet above horizontal, return hips to bar</b></p> <p>Mastered Learning Attempted</p>	<p><b>Free hip circle</b></p> <p>Mastered Learning Attempted</p>	<p><b>Long hang swing to horizontal at back swing</b></p> <p>Mastered Learning Attempted</p>	<p><b>Long hang swing, pullover to front support</b></p> <p>Mastered Learning Attempted</p>

Badge 9: Women  
Orange



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

Battement 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

Battement 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

Badge 9: Men  
Orange



<p>Handstand 1/2 turn</p> <p>Mastered Learning Attempted</p>	<p>Forward or backward walkover</p> <p>Mastered Learning Attempted</p>	<p>Forward handspring (1 or 2 foot landing)</p> <p>Mastered Learning Attempted</p>	<p>Backward handspring</p> <p>Mastered Learning Attempted</p>
<p>Forward salto</p> <p>Mastered Learning Attempted</p>	<p>Stride swing under cut - left or right</p> <p>Mastered Learning Attempted</p>	<p>1 loop on end of horse - no pommels</p> <p>Mastered Learning Attempted</p>	<p>2 double leg circles on mushroom</p> <p>Mastered Learning Attempted</p>
<p>Piked inverted cast to long hang swing "pump swing"</p> <p>Mastered Learning Attempted</p>	<p>Shoulder balance</p> <p>Mastered Learning Attempted</p>	<p>Tucked flyaway dismount - assisted</p> <p>Mastered Learning Attempted</p>	<p>1/2 ON with beat board and mini tramp</p> <p>Mastered Learning Attempted</p>
<p>Round-off entry onto beat board with rebound</p> <p>Mastered Learning Attempted</p>	<p>Glide kip</p> <p>Mastered Learning Attempted</p>	<p>Cross support swing to momentary handstand - assisted</p> <p>Mastered Learning Attempted</p>	<p>Long hang swing forward to upper arm support</p> <p>Mastered Learning Attempted</p>
<p>Uprise - assisted</p> <p>Mastered Learning Attempted</p>	<p>Backward sole circle</p> <p>Mastered Learning Attempted</p>	<p>Swing to horizontal</p> <p>Mastered Learning Attempted</p>	<p>Cast to handstand - assisted</p> <p>Mastered Learning Attempted</p>

**1/2 ON with beat board**

Mastered	Learning	Attempted
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**Backward sole circle – assisted**

Mastered	Learning	Attempted
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**Forward or backward walkover**

Mastered	Learning	Attempted
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**Aerial cartwheel**

Mastered	Learning	Attempted
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**Round-off backward handspring**

Mastered	Learning	Attempted
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**1/2 OFF with beat board**

Mastered	Learning	Attempted
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**Free hip circle to stand – low bar**

Mastered	Learning	Attempted
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**Series of 2 elements from CANGYM Acro A or B list**

Mastered	Learning	Attempted
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**Forward handspring step out to forward handspring**

Mastered	Learning	Attempted
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**Battlement to waist height (flat foot) on beam**

Mastered	Learning	Attempted
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**1/1 twist to back on piled mats**

Mastered	Learning	Attempted
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**Long hang swings to near horizontal (back to bar)**

Mastered	Learning	Attempted
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**Forward salto dismount**

Mastered	Learning	Attempted
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**Forward salto – step out**

Mastered	Learning	Attempted
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**Battlement to waist height (1/2-pointe) on floor**

Mastered	Learning	Attempted
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**Glide kip**

Mastered	Learning	Attempted
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**Long hang swings over low bar (facing bar)**

Mastered	Learning	Attempted
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**2<sup>nd</sup> element from CANGYM Group B – Dance (different than performed in L9)**

Mastered	Learning	Attempted
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**Backward salto from height – assisted**

Mastered	Learning	Attempted
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**1/1 turn on 1 foot on beam**

Mastered	Learning	Attempted
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Forward handspring step out to forward handspring

Mastered	Learning	Attempted
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Stride swing undercut (left and right)

Mastered	Learning	Attempted
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Cast to long hang swing feet at ring height

Mastered	Learning	Attempted
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1/2 OFF with beat board

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

Upper arm swing to cross support swing (front uprise)

Mastered	Learning	Attempted
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Forward salto - step out

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

5 double leg circles on mushroom

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

Back lever - lower to rear hang (straddled) - assisted

Mastered	Learning	Attempted
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1/1 twist to back on piled mats

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

Long hang kip - assisted

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

Backward salto from height - assisted

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

2 loops - no pommel

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

Muscle up from long hang - assisted

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

L-sit tucked press to shoulder balance

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

Free hip circle to swing

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

Round-off backward handspring

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

Cross support - tucked - press to shoulder balance

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

1/2 ON with beat board

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

Cross support rock back to pike inverted hang

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

Giant in straps - assiste

Mastered	Learning	Attempted
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**Handspring 1/1 with beat board and mini tramp**




Mastered	Learning	Attempted
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**Backward sole circle**



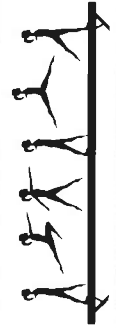
Mastered	Learning	Attempted
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**Handstand mount – assisted**




Mastered	Learning	Attempted
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**A CANGYM Dance Series (1 group A & 1 group B element)**




Mastered	Learning	Attempted
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**Backward salto from height**




Mastered	Learning	Attempted
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**Yurchenko preparation - with beat board onto hip height mats**




Mastered	Learning	Attempted
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**Uprise – assisted**



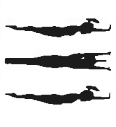
Mastered	Learning	Attempted
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**Forward or backward handspring – assisted**



Mastered	Learning	Attempted
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**Handstand 1/1 turn**



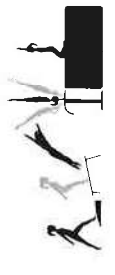
Mastered	Learning	Attempted
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**Round-off, backward handspring, SET**




Mastered	Learning	Attempted
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**1/2 ON to knees on stacked mats with mini tramp**




Mastered	Learning	Attempted
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**Straddle back or shoot 1/2 – preparation drills – assisted**




Mastered	Learning	Attempted
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**A CANGYM Acro A or B element to "punch" off beam**



Mastered	Learning	Attempted
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**Forward handspring or fly spring to dive roll onto piled mats**




Mastered	Learning	Attempted
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**Battment to waist height (1/2-poinne) on beam**




Mastered	Learning	Attempted
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**Cast to handstand (straddled) – assisted**



Mastered	Learning	Attempted
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**Long hang kip**




Mastered	Learning	Attempted
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**Backward salto dismount**




Mastered	Learning	Attempted
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**Forward salto to round-off**



Mastered	Learning	Attempted
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**2/1 turn on 1 foot**



Mastered	Learning	Attempted
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Handstand 1/1 turn		Mastered	Learning	Attempted
Forward handspring or fly-spring to dive roll onto piled mats		Mastered	Learning	Attempted
Forward salto to round-off		Mastered	Learning	Attempted
Backward salto from height		Mastered	Learning	Attempted
Round-off, backward handspring, SET		Mastered	Learning	Attempted
Front scissor (left or right side)		Mastered	Learning	Attempted
8 double leg circles on mushroom		Mastered	Learning	Attempted
3 loops (forward or backward)		Mastered	Learning	Attempted
L-sit press to shoulder stand		Mastered	Learning	Attempted
Handspring 1/1 with beat board and mini tramp		Mastered	Learning	Attempted
L-sit press to handstand on parallelles - assisted		Mastered	Learning	Attempted
1/2 ON to knees on stacked mats with mini tramp		Mastered	Learning	Attempted
Cross support swing to handstand		Mastered	Learning	Attempted
Uprise		Mastered	Learning	Attempted
Long hang swings feet above ring height		Mastered	Learning	Attempted
Back uprise from long hang swing		Mastered	Learning	Attempted
Cast to handstand		Mastered	Learning	Attempted
Yurchenko preparation onto vault height stacked mats		Mastered	Learning	Attempted
Back salto dismount timer - assisted		Mastered	Learning	Attempted
Flyaway dismount into pit - assisted		Mastered	Learning	Attempted

**Tsukahara preparation onto vault height stacked mats**

Mastered	Learning	Attempted
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**Yurchenko preparation onto vault height stacked mats**

Mastered	Learning	Attempted
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**Handspring 1/1**

Mastered	Learning	Attempted
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**Cast to handstand (straddled)**

Mastered	Learning	Attempted
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**Uprise**

Mastered	Learning	Attempted
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**Straddle back or shoot 1/2 – assisted**

Mastered	Learning	Attempted
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**Giant on single bar in straps – assisted**

Mastered	Learning	Attempted
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**Flyaway dismount – assisted**

Mastered	Learning	Attempted
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**Forward or backward handspring**

Mastered	Learning	Attempted
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**Round-off or cartwheel with flight**

Mastered	Learning	Attempted
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**A CANGYM Acro A or B element to backward salto dismount**

Mastered	Learning	Attempted
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**Forward handspring to forward salto**

Mastered	Learning	Attempted
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**Combination line of choice without salto**

Mastered	Learning	Attempted
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**Combination line of choice with forward salto**

Mastered	Learning	Attempted
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**Round-off, backward handspring, back salto**

Mastered	Learning	Attempted
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**Round-off whip or layout**

Mastered	Learning	Attempted
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**Series of 3 leaps from CANGYM Dance A & B list**

Mastered	Learning	Attempted
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**Series with 1 turning leap (minimum 360°)**

Mastered	Learning	Attempted
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**CANGYM Dance/Acro series with flight on floor**

Mastered	Learning	Attempted
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**Scale of choice**

Mastered	Learning	Attempted
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Forward handspring to forward salto		
Mastered	Learning	Attempted

Combination line of choice with or without salto		
Mastered	Learning	Attempted

Round-off, backward handspring, back salto		
Mastered	Learning	Attempted

Round-off whip or layout		
Mastered	Learning	Attempted

10 double leg circles on mushroom		
Mastered	Learning	Attempted

Spindle with bucket (without pommels)		
Mastered	Learning	Attempted

Layout flyaway dismount - assisted		
Mastered	Learning	Attempted

Inlocate or dislocate		
Mastered	Learning	Attempted

Handstand feet on cables		
Mastered	Learning	Attempted

Muscle up from long hang		
Mastered	Learning	Attempted

Tsukahara preparation onto vault height stacked mats		
Mastered	Learning	Attempted

Yurchenko preparation onto vault height stacked mats		
Mastered	Learning	Attempted

Handspring 1/1		
Mastered	Learning	Attempted

L-sit press to handstand - assisted		
Mastered	Learning	Attempted

Handstand 1/2 turn on paralleltes		
Mastered	Learning	Attempted

Cross support to long hang swing		
Mastered	Learning	Attempted

Back salto dismount - assisted		
Mastered	Learning	Attempted

Giant in straps		
Mastered	Learning	Attempted

Flyaway dismount into pit or with assistance		
Mastered	Learning	Attempted

Long hang kip		
Mastered	Learning	Attempted