

FOUNDATION TESTING

<u>Skill</u>	<u>Apparatus</u>	<u>Description</u>
2 x fwd roll	Floor	<ul style="list-style-type: none"> • Knees together • Straight arms • No pressure on head during roll
Full handstand	Floor	<ul style="list-style-type: none"> • Must show handstand position with legs together • Landing in lunge
Cartwheel on floor line	Floor	<ul style="list-style-type: none"> • Must have straight legs and good form • Show Star shape • Land on line
Step into straight jump straight jump	Floor	<ul style="list-style-type: none"> • Arms up in jump • Must be tight position • Must show rebound off floor
Tuck Jump	Floor	<ul style="list-style-type: none"> • Knees together • Tuck shown at least 90* • Land in motorbike
Bwd roll on wedge to front support	Floor	<ul style="list-style-type: none"> • Straight Arms • Piked roll to front support • Round chest throughout
Dish hold 10sec roll to arch hold 10 sec angry cat jump to front support	Floor	<ul style="list-style-type: none"> • Must show all positions correctly • Can be prompted by coach
From Box Jump to airboard straight jump to mat	Vault	<ul style="list-style-type: none"> • Must show straight jump position • No Hesitation • Landing in motorbike
Handstand Flatback	Vault	<ul style="list-style-type: none"> • Strong handstand support shape • Body falls in one position • No Banana
Inverted Hang assisted	Bars	<ul style="list-style-type: none"> • Minimal pike on bar • Candle shape • Coach spot
Bent knee swings x 3	Bars	<ul style="list-style-type: none"> • Must have Open Hips • Chest in on back swing • Regrip
Jump to bar to immediate cast x 2	Bars	<ul style="list-style-type: none"> • No Hesitation, • Cast must be toes at bar height • Rounded in cast

Roll forward to L hang	Bars	<ul style="list-style-type: none"> • Straight arms • Must pass through candle position • Must show control
Backhip circle with spot	Bars	<ul style="list-style-type: none"> • Cast must be done by-self • Minimal pike around bar • Straight arms,
Pullover by-self on low bar	Bars	<ul style="list-style-type: none"> • Can be chin up or from kick • Legs straight • Finish in support
Jump to front support Lift leg over to staddle Swing to angry cat then kneel on one knee other leg to horizontal in front	Beam	<ul style="list-style-type: none"> • Straight Legs • Must show control • Straight arms chest up on kneeling
Releve walk along beam	Beam	<ul style="list-style-type: none"> • No Wobbles or falls • Must have straight legs and arms in present • Full releve position
Kick to horizontal along beam	Beam	<ul style="list-style-type: none"> • Kick must be to hip height with legs straight • Chest up. Arms in present
Straight jump on high beam	Beam	<ul style="list-style-type: none"> • No falls or major wobbles. • Must show straight jump position. • Feet to clearly lift off beam
Releve ½ turn	Beam	<ul style="list-style-type: none"> • Must show releve position throughout • Finish with arms down and behind
Arabesque	Beam	<ul style="list-style-type: none"> • Must show straight line from hip to ears • Both legs straight
Straight jump dismount	Beam	<ul style="list-style-type: none"> • Landing with no major errors • Must show straight jump position
L handstand on pink beam	Beam	<ul style="list-style-type: none"> • Must show hst position • Must land back on beam • Straight legs
3 chin ups	Physical Prep	<ul style="list-style-type: none"> • Chin above the bar • Straight legs
5 dips	Physical Prep	<ul style="list-style-type: none"> • More than 90* bend • Straight legs
5 leg lifts in a row	Physical Prep	<ul style="list-style-type: none"> • Hanging at wall bar • Legs must be straight and touch the top
Hanging L sit hold 10 secs	Physical Prep	<ul style="list-style-type: none"> • 90* hip angle • Legs and arms straight
10 V snaps	Physical Prep	<ul style="list-style-type: none"> • Must simultaneously lift body • Legs straight