

*ALL requirements need to be met and the skill must have good posture and form **before** the skill can be checked off*

GYM FUN TESTING

Physical Prep	
<p>20sec front support shape</p> 	<ol style="list-style-type: none"> 1. Shoulders over hands 2. Head looking at hands 3. Chest round 4. Hips flat
<p>20sec rear support shape</p>	<ol style="list-style-type: none"> 1. Fingers pointing to toes 2. Body in straight line (hips up) 3. Head neutral (looking forwards) 4. Good leg form
<p>10sec dish shape</p> 	<ol style="list-style-type: none"> 1. Must hold for a few seconds emphasis on correct shape 2. Chest in, head and shoulders off ground 3. Back on ground
<p>Bridge feet raised</p>	<ol style="list-style-type: none"> 1. Straight arms 2. Shoulders min. over hands 3. Looking at hands 4. Hands shoulder width apart
<p>10sec chin up hold</p> 	<ol style="list-style-type: none"> 1. Chin over the bar (not touching) 2. Body straight (hips open) 3. Good leg form
<p>10sec hanging tuck hold</p>	<ol style="list-style-type: none"> 1. Chest in 2. Legs above chest level
Bars	
<p>10sec hanging with tight body</p>	<ol style="list-style-type: none"> 1. Ears squeezed 2. Straight body 3. Good leg form
<p>Casts – hips off bar</p> 	<ol style="list-style-type: none"> 1. Shoulders forwards over bar 2. Chest in 3. Straight arms 4. No banana shape

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Forward roll to 3sec tuck hang (on their own)	<ol style="list-style-type: none"> 1. No bent arms in tuck hang 2. Slow and controlled to tuck hang
Starting in dish, 3x bent knee tap swings with regrip	<ol style="list-style-type: none"> 1. Chest in and ribs in in dish 2. Hips open in dish and arch 3. Must regrip with head in
Beam	
Beam posture (standing on the beam)	<ol style="list-style-type: none"> 1. Feet one in front of the other, straight or turned out 2. Toes on beam 3. Tight legs 4. Good body posture – ribs in, hips open
'Step, point, hold'	<ol style="list-style-type: none"> 1. Straight legs throughout 2. Hands on hips 3. Points with good foot and toe point but without leaning on the foot
Straight jump	<ol style="list-style-type: none"> 1. Points toes 2. Jumps up and not forwards 3. Good rhythm, i.e. bends to jump and to land
Arabesque	<ol style="list-style-type: none"> 1. Body in straight line 2. Arms up or out to side 3. Holds for 3sec 4. Tight legs and pointed toes
Safety jump dismount	<ol style="list-style-type: none"> 1. Jump/step off to side of beam and land with hands on beam 2. Bends knees on landing
Floor/Vault	
Full handstand	<ol style="list-style-type: none"> 1. Starts up tall (arms at vertical, good posture) 2. Legs at vertical (handstand at vertical) 3. Shoulders open (not sagging through shoulders) 4. Land on one leg, and finish in lunge
Forward roll with straight arms	<ol style="list-style-type: none"> 1. Start in squat, hands turned in, feet together 2. Maintains straight arms throughout 3. Stands up with feet together and no hands
Backward roll down wedge with straight arms	<ol style="list-style-type: none"> 1. Starts with hands turned in, straight arms and chest in 2. Maintains arm position and straight arms 3. Finishes in squat or front support (no knees)
From box, step down to air board, punch straight jump to one mat	<ol style="list-style-type: none"> 1. Arms in front on take-off from board 2. Uses spring board to keep momentum 3. Lands in motorbike position to hold for 3sec
Run, punch jump on board up to 30cm box, immediate jump off	<ol style="list-style-type: none"> 1. Punches board 2. No hesitation on box 3. Pushes through toes
10 rebounding jumps on floor (sprung floor or tumble track)	<ol style="list-style-type: none"> 1. Arms not judged 2. Tight legs and toes in jump 3. Powerful jumps (sufficient amplitude) 4. Requirements must be fulfilled on every jump