

*ALL requirements need to be met **before** the skill can be checked off*

Gym Skills

Testing

Physical Prep	
5 push ups with good shape	<ol style="list-style-type: none"> 1. Shoulders over hands 2. Head looking at hands 3. Chest round 4. Hips flat
5 rear support dips	<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
Bridge feet raised	<ol style="list-style-type: none"> 1. Straight arms 2. Shoulders min. over hands 3. Looking at hands
10sec chin up hold	<ol style="list-style-type: none"> 1. Chin over the bar 2. Body straight (hip open) 3. Good leg form
10 leg lifts to horizontal	<ol style="list-style-type: none"> 1. Chest in 2. Legs completely straight, toes pointed and feet together 3. Without coming down in between reps
Bars	
10 tension swings	<ol style="list-style-type: none"> 1. Ears squeezed 2. Chest in for dish 3. Good leg form
Casts – hips off bar	<ol style="list-style-type: none"> 1. Shoulders forwards over bar 2. Chest in 3. Good leg form 4. No banana shape
Forward roll to 3sec tuck hang	<ol style="list-style-type: none"> 1. No bent arms in tuck hang 2. slow and controlled to tuck hang
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

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Beam	
Beam posture	<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 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
Floor/Vault	
Full handstand	<ol style="list-style-type: none"> 1. Legs at vertical (handstand at vertical) 2. Shoulders open (not sagging through shoulders) 3. 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
Cartwheel to step in/lunge	<ol style="list-style-type: none"> 1. Starts up tall (arms at vertical, good posture) 2. Going over the top 3. Good form
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