

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

# Gym Skills

# Testing

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

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

# Gym Skills

## Testing

<b>Beam</b>	
Beam posture	<ol style="list-style-type: none"> <li>1. Feet one in front of the other, straight or turned out</li> <li>2. Toes on beam</li> <li>3. Tight legs</li> <li>4. Good body posture – ribs in, hips open</li> </ol>
'Step, point, hold'	<ol style="list-style-type: none"> <li>1. Straight legs</li> <li>2. Hands on hips</li> <li>3. Points with good foot and toe point but without leaning on the foot</li> </ol>
Straight jump	<ol style="list-style-type: none"> <li>1. Points toes</li> <li>2. Jumps up and not forwards</li> <li>3. Good rhythm, i.e. bends to jump and to land</li> </ol>
Arabesque	<ol style="list-style-type: none"> <li>1. Body in straight line</li> <li>2. Arms up or out to side</li> <li>3. Holds for 3sec</li> <li>4. Tight legs and pointed toes</li> </ol>
<b>Floor/Vault</b>	
Full handstand	<ol style="list-style-type: none"> <li>1. Legs at vertical (handstand at vertical)</li> <li>2. Shoulders open (not sagging through shoulders)</li> <li>3. Land on one leg, and finish in lunge</li> </ol>
Forward roll with straight arms	<ol style="list-style-type: none"> <li>1. Start in squat, hands turned in, feet together</li> <li>2. Maintains straight arms throughout</li> <li>3. Stands up with feet together and no hands</li> </ol>
Backward roll down wedge with straight arms	<ol style="list-style-type: none"> <li>1. Starts with hands turned in, straight arms and chest in</li> <li>2. Maintains arm position and straight arms</li> <li>3. Finishes in squat or front support</li> </ol>
Cartwheel to step in/lunge	<ol style="list-style-type: none"> <li>1. Starts up tall (arms at vertical, good posture)</li> <li>2. Going over the top</li> <li>3. Good form</li> </ol>
Run, punch jump on board up to 30cm box, immediate jump off	<ol style="list-style-type: none"> <li>1. Punches board</li> <li>2. No hesitation on box</li> <li>3. Pushes through toes</li> </ol>