

# Thrive Testing

<u>Skill</u>	<u>Apparatus</u>	<u>Description</u>
Push to bridge kickover	Floor	<ul style="list-style-type: none"> <li>Show bridge position</li> <li>Straight legs</li> <li>Finish in lunge</li> </ul>
Bwd roll to squat with straight arms	Floor	<ul style="list-style-type: none"> <li>Straight Arms</li> <li>No knees on ground</li> </ul>
2 x step kicks 2 x step hops 2 x spring steps	Floor	<ul style="list-style-type: none"> <li>Good posture throughout</li> <li>Must show full point through ankle</li> </ul>
Roundoff	Floor	<ul style="list-style-type: none"> <li>Must show good form with rebound and no major pike</li> </ul>
Handspring drill downhill	Floor	<ul style="list-style-type: none"> <li>Must finish in standing position</li> <li>No deep squat</li> </ul>
From beatboard handstand courbette to rebound	Floor	<ul style="list-style-type: none"> <li>Must show push from hands</li> <li>Tight body in rebound</li> <li>No major pike</li> </ul>
Acceleration cartwheels x 3	Floor	<ul style="list-style-type: none"> <li>Must be on line off beatboard</li> <li>Good shape throughout</li> <li>Arms and legs going over the top</li> </ul>
Split leap	Floor	<ul style="list-style-type: none"> <li>135 degree</li> <li>Straight legs</li> <li>Good body posture</li> </ul>
Passe 1/1 turn	Floor	<ul style="list-style-type: none"> <li>Turn on releve</li> <li>Good body posture</li> <li>Correct finish perfect</li> </ul>
Handspring flatback 60cm or 90cm	Vault	<ul style="list-style-type: none"> <li>Must show tight handstand position</li> <li>Minimal pike</li> <li>Landing simultaneously</li> </ul>
3 x Glide swing by self	Bars	<ul style="list-style-type: none"> <li>Stay dished</li> <li>Feet must not touch floor</li> <li>Legs straight with no pull on bar</li> </ul>
Cast horizontal Backhip circle underswing	Bars	<ul style="list-style-type: none"> <li>Cast must be horizontal</li> </ul>

		<ul style="list-style-type: none"> <li>• Minimal pike in both skills</li> <li>• No large error on landing</li> <li>• Straight arms</li> </ul>
Kip with spot	Bars	<ul style="list-style-type: none"> <li>• Must be light spot</li> <li>• Gymnast to have correct rhythm</li> </ul>
3 x long swings pullover	Bars	<ul style="list-style-type: none"> <li>• 3 tight swings with good shape</li> <li>• Tap action must be shown</li> <li>• Minimal arm bend</li> </ul>
Chin up pullover	Bars	<ul style="list-style-type: none"> <li>• Feet together with no jump and straight legs</li> </ul>
Jump to front support lift over to straddle with hold and swing legs back to stand to squat	Beam	<ul style="list-style-type: none"> <li>• Straight legs</li> <li>• Hold straddle position with toes above beam for 3 sec</li> <li>• Toes above beam</li> </ul>
2 x fwd kicks 2 x back kicks	Beam	<ul style="list-style-type: none"> <li>• Tight legs</li> <li>• Kick to horizontal</li> <li>• Series connected</li> </ul>
Split jump on high beam	Beam	<ul style="list-style-type: none"> <li>• Minimum 90 degrees</li> <li>• No falls or major errors</li> </ul>
Full handstand on high beam	Beam	<ul style="list-style-type: none"> <li>• Must show full handstand no major errors</li> </ul>
Passe ½ Passe ½ turn	Beam	<ul style="list-style-type: none"> <li>• Must turn in releve</li> <li>• No major errors</li> <li>• Good posture</li> </ul>
Punch jump dismount	Beam	<ul style="list-style-type: none"> <li>• 2 foot takeoff with arms up</li> <li>• Landing with no major errors</li> </ul>
Cartwheel on low beam	Beam	<ul style="list-style-type: none"> <li>• No large errors</li> </ul>
5 x chin up pullovers	Physical Prep	<ul style="list-style-type: none"> <li>• No major beats</li> <li>• No major form errors</li> <li>•</li> </ul>
Inverted hang 15 sec	Physical Prep	<ul style="list-style-type: none"> <li>• Must be byself</li> <li>• Dish shape minimal pike</li> <li>• Straight arms</li> <li>• Bars touching thighs</li> </ul>
10 leg lifts	Physical Prep	<ul style="list-style-type: none"> <li>• Legs straight and must touch top</li> <li>• No stopping</li> </ul>
Press to handstand at wall	Physical Prep	<ul style="list-style-type: none"> <li>• Must roll off toes</li> <li>• Start from straddle stand</li> </ul>
Rope climb in scissor	Physical Prep	<ul style="list-style-type: none"> <li>• Must not touch feet on rope</li> <li>• Must go to top</li> </ul>