



ADV FREE G TESTING

Bars	Do not tick if...
Flyaway	<ul style="list-style-type: none"> - Spotting is necessary - Fall on landing
3 x swing 180	<ul style="list-style-type: none"> - Not consecutive - Swings start becoming too circular
Cast straddle undershoot	<ul style="list-style-type: none"> - Cast too low - Both feet do not land on the bar - Not undershooting on the first swing or releasing too early - Legs bent more than necessary
Handstand 180 roll	<ul style="list-style-type: none"> - Roll isn't smooth - Arms bend - Wonky
Lache to box precision	<ul style="list-style-type: none"> - Incorrect swing/tap timing - Not landing in proper precision landing position
Phys Prep	Do not tick if...
10 x clap push ups	<ul style="list-style-type: none"> - Chest doesn't reach within 2cm of floor - No clap - Shape is compromised
5 x full straight leg lifts	<ul style="list-style-type: none"> - Legs bend - Reps are below top rung - Knees separate excessively
5 x chin ups/pull ups	<ul style="list-style-type: none"> - Not reaching straight arms between reps - Chin doesn't go over the bar - Any amount of swing or kipping motion to achieve rep
25 x box jumps in 30 secs	<ul style="list-style-type: none"> - Reps not completed in time frame
2m standing precision jump	<ul style="list-style-type: none"> - Landing shape is incorrect (must be knees together landing in balls of feet, knees bent arms out front) - Failure to hold landing for minimum 3 sec

Please refer to free g matrix to see skills that you will be testing



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Floor	Do not tick if...
Raiz	<ul style="list-style-type: none"> - Unsuccessful in completing the move - Lack of inversion (minimum horizontal)
Cart front	<ul style="list-style-type: none"> - No landing - Feet do not leave ground at the same time - Pause between the two moves
Cart full	<ul style="list-style-type: none"> - Lack of inversion - Feet do not leave ground at the same time - Hesitation on connection
Palm kick x masterscoot x aerial	<ul style="list-style-type: none"> - Poor connection between any of the moves - Back leg touches between palm kick and masterscoot - Aerial lacking inversion
Backflip	<ul style="list-style-type: none"> - Failure to land
Scoot backflip	<ul style="list-style-type: none"> - Slow or paused connection between moves - Failure to land
Airtrack	Do not tick if...
Roundoff backflip	<ul style="list-style-type: none"> - Pause between two moves - No landing
front handspring	<ul style="list-style-type: none"> - Poor rhythm in front handspring - Fall on landing
Tramp	Do not tick if...
Front full/1.5 twist	<ul style="list-style-type: none"> - Failure to land - undertwist
Back double twist	<ul style="list-style-type: none"> - Failure to land - undertwist

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