



# BEG FREE G TESTING

<b>Bars</b>	<b>Do not tick if...</b>
Underbar	<ul style="list-style-type: none"> <li>- Feet do not lead the movement upwards</li> <li>- Big stumble or fall on landing</li> </ul>
Jump tuck through feet (baby flyaway)	<ul style="list-style-type: none"> <li>- Spot is necessary</li> <li>- Feet touch bar excessively</li> <li>- Failure to get body through to other side and land</li> </ul>
3 x swings with regrip <b>Remember to spot wrist</b>	<ul style="list-style-type: none"> <li>- Regrips aren't shown</li> <li>- Swings are below 45 degrees each side</li> </ul>
Jump to straddle swing from stand	<ul style="list-style-type: none"> <li>- Jump is not off two feet</li> <li>- Both feet do not land on the bar</li> <li>- No swing is shown</li> <li>- Legs bent more than necessary</li> </ul>
Kickover from one foot low bar	<ul style="list-style-type: none"> <li>- No support shown at top of pullover</li> <li>- Unsuccessful in getting over the bar</li> </ul>
<b>Phys Prep</b>	<b>Do not tick if...</b>
5 x push ups	<ul style="list-style-type: none"> <li>- Chest doesn't reach within 2cm of floor</li> <li>- Front support shape is compromised</li> </ul>
10 x tuck leg lifts	<ul style="list-style-type: none"> <li>- Hips do not come off ladder at top of rep</li> <li>- Knees separate excessively</li> </ul>
5 x 40cm box jumps	<ul style="list-style-type: none"> <li>- Reps are incomplete</li> <li>- Take offs of landings are from one foot</li> </ul>
1m standing precision jump	<ul style="list-style-type: none"> <li>- Landing shape is incorrect (must be knees together landing in balls of feet, knees bent arms out front)</li> <li>- Failure to hold landing for minimum 3 sec</li> </ul>
3 x Pull up negatives	<ul style="list-style-type: none"> <li>- Pull up drops too quick (must be minimum 2 seconds)</li> <li>- Does not finish in dead hang</li> <li>- Does not start with chin above bar</li> </ul>

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



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<b>Floor</b>	<b>Do not tick if...</b>
Scoot	<ul style="list-style-type: none"><li>- Incorrect hand and foot starting</li><li>- Back leg does not thread through</li><li>- Incomplete rotation to landing</li></ul>
Cartwheel	<ul style="list-style-type: none"><li>- Legs below 135 degrees of inversion</li><li>- Not landing one foot at a time</li></ul>
Butterfly kick (b-kick)	<ul style="list-style-type: none"><li>- Legs too bent</li><li>- Too vertical (chest must be parallel to floor)</li><li>- Heels not driving upwards</li></ul>
Switch roundhouse	<ul style="list-style-type: none"><li>- Wrong take-off leg/kicking leg used</li><li>- Roundhouse kick below thigh height</li></ul>
Coffee Grinder	<ul style="list-style-type: none"><li>- Sweeping leg bent</li><li>- Sweeping leg dragging across floor</li><li>- Incomplete movement/failure to bunny hop over leg</li></ul>
<b>Airtrack</b>	<b>Do not tick if...</b>
Speed vault	<ul style="list-style-type: none"><li>- Falling on landing</li><li>- Leg use on box</li><li>- Different take-off and landing leg</li><li>- Not landing facing forwards</li></ul>
Kong on	<ul style="list-style-type: none"><li>- Knees outside hands</li><li>- No pop from hands</li><li>- Not landing far up box enough</li></ul>
Dive safety roll	<ul style="list-style-type: none"><li>- Dive roll is below athlete's hip height</li><li>- Roll doesn't go over shoulder</li><li>- Roll isn't smooth (flat back or bounce)</li><li>- Hands not used</li></ul>
Reverse vault	<ul style="list-style-type: none"><li>- Not rotating to land forwards</li><li>- Body touching box</li><li>- Incorrect hand placement</li></ul>
Kip-up to bridge	<ul style="list-style-type: none"><li>- Bottom or head hits floor on landing in bridge</li><li>- Failure to land in bridge</li></ul>

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