

ADVANCED BOYS SKILLS

| STRENGTH & POWER | | | | | BALANCE & FLEXIBILITY | | | | | ACROBATICS | | | | |
|--|---|--|---|--|---|--|--|--|---|--|--|--|---|--|
| <i>PB</i> Swings to Hanstand <i>SP 1</i> | <i>POM</i> full circle on mushroom <i>SP 2</i> | <i>RI</i> muscle up <i>SP 3</i> | <i>BA</i> Cast to handstand <i>SP 4</i> | <i>BA</i> Upstart <i>SP 5</i> | <i>RI</i> In front support, Straddle lever on Rings <i>BF 1</i> | <i>RI</i> back lever on rings <i>BF 2</i> | <i>BA</i> Pike Undershot <i>BF 3</i> | <i>BA</i> Sole circle <i>BF 4</i> | <i>FL</i> Japana hold on floor <i>BF 5</i> | <i>POM</i> Half circle on mushroom <i>A 1</i> | <i>RI</i> Back uprise <i>A 2</i> | <i>BA</i> Straddle undershoot with half turn <i>A 3</i> | <i>FL</i> handstand pirouette 360* <i>A 4</i> | <i>FL</i> Handspring <i>A 5</i> |
| <i>BA</i> From hang, chin back circle to front support <i>SP 6</i> | <i>FL</i> Headstand push to handstand <i>SP 7</i> | <i>FL</i> From straddle stand, lift to handstand <i>SP 8</i> | <i>VA</i> Handspring Half on/ Half off <i>SP 9</i> | <i>VA</i> Handspring onto height <i>SP 10</i> | <i>FL</i> 180* splits, any way <i>BF 6</i> | <i>FL</i> Bridge Kickover on floor <i>BF 7</i> | <i>FL</i> Y - Balance <i>BF 8</i> | <i>VA</i> Half on to feet <i>BF 9</i> | <i>VA</i> Round off on board, straight jump off <i>BF 10</i> | <i>FL</i> Flic on floor <i>A 6</i> | <i>FL</i> Tuck back off block <i>A 7</i> | <i>VA</i> Handspring half <i>A 8</i> | <i>VA</i> Straight front over block <i>A 9</i> | <i>VA</i> front tuck over block <i>A 10</i> |
| STICK IT | | | | | ENDURANCE & CONDITIONING | | | | | CONNECTIONS | | | | |
| <i>PB</i> Rear flank dismount <i>SI 1</i> | <i>RI</i> Tuck back dismount <i>SI 2</i> | <i>VA</i> Roundoff rebound <i>SI 3</i> | <i>BA</i> Straddle Undershoot with half turn <i>SI 4</i> | <i>BA</i> High Cast to land (above 45*) <i>SI 5</i> | <i>POM</i> 10 circles with bucket <i>EC 1</i> | <i>PB</i> Swinging Dips <i>EC 2</i> | <i>PB&RI</i> 5 swings on p-bars and rings to dismount <i>EC 3</i> | <i>PB</i> 3 x dips (90 or past) <i>EC 4</i> | <i>BA</i> 3 chin ups and 3 leg lifts <i>EC 5</i> | <i>PB</i> Half Lever kick to swing to handstand and dismount <i>C 1</i> | <i>RI</i> German hang into half lever <i>C 2</i> | <i>BA</i> Circle up, back hip circle <i>C 3</i> | <i>RI</i> 3x swings into tuck back dismount on rings <i>C 4</i> | <i>FL</i> Round off Tuck back <i>C 5</i> |
| <i>FL</i> Handspring <i>SI 6</i> | <i>FL</i> front somersault <i>SI 7</i> | <i>VA</i> Handspring with dual flight <i>SI 8</i> | <i>VA</i> Half on Half off <i>SI 9</i> | <i>VA</i> Tuck back off block <i>SI 10</i> | <i>BA</i> consecutive fish swings x 3 <i>EC 6</i> | <i>FL</i> half lever hold <i>EC 7</i> | <i>FL</i> 1 minute block jumps <i>EC 8</i> | <i>FL</i> Sprints down a floor line (30 secs) <i>EC 9</i> | <i>FL</i> Handstand hops with bean bags <i>EC 10</i> | <i>FL</i> Round off flic tuck back <i>C 6</i> | <i>FL</i> Round off Flic <i>C 7</i> | <i>FL</i> Handspring front somersault <i>C 8</i> | <i>VA</i> Handstand on platform, snap down tuck back <i>C 9</i> | <i>VA</i> Half on to stand on block tuck back off <i>C 10</i> |

8 OUT OF 10 SKILLS MUST BE COMPLETED TO A HIGH STANDARD, TO PASS A CATEGORY

ADVANCED GIRLS SKILLS

| STRENGTH & POWER | | | | | BALANCE & FLEXIBILITY | | | | | ACROBATICS | | | | |
|------------------------------------|-------------------------------|--|------------------------------|------------------------|-----------------------------|---------------------------------|----------------------|-------------------------------------|--------------------------------------|-----------------------------|-----------------------------|-------------------------------|--|---|
| BA | BA | BA | BE | BE | BA | BA | BE | BE | BE | BA | BE | BE | FL | FL |
| Upstart | Chin up back circle from hang | Cast to Handstand | front somi dismount | Forward roll mount | Pike Undershoot | Sole circle | Japana mount | Y balance | Squat/ stoop through to back support | Baby Giant | free roll | back walkover | handstand piroutte 360* | tuck back off block |
| SP 1 | SP 2 | SP 3 | SP 4 | SP 5 | BF 1 | BF 2 | BF 3 | BF 4 | BF 5 | A 1 | A 2 | A 3 | A 4 | A 5 |
| FL | FL | FL | VA | VA | FL | FL | FL | VA | VA | FL | FL | VA | VA | VA |
| Free cartwheel | Free Walkover | From straddle stand, lift to handstand | Handspring Half on/ Half off | Handspring onto height | front walkover | tick tock | 180* splits any way | yurchenko prep | Round off on board straight jump off | flic | front handspring | Handspring Half | Front somi over block | straight front over block |
| SP 6 | SP 7 | SP 8 | SP 9 | SP 10 | BF 6 | BF 7 | BF 8 | BF 9 | BF 10 | A 6 | A 7 | A 8 | A 9 | A 10 |
| STICK IT | | | | | ENDURANCE & CONDITIONING | | | | | CONNECTIONS | | | | |
| BA | BA | BE | BE | BE | BA | BE | BE | FL | FL | BA | BA | FL | FL | FL |
| Straddle Undershoot with half turn | High cast to land (above 45*) | Cartwheel | Handspring dismount | handstand hold | 3 chin ups & 3 leg lifts | front support walks around beam | 1 x caterpillar walk | half lever hold | 20 x full burpees | Squat catch baby giant | upstart to back hip circle | Round off flic | Round off flic tuckback | Round off Tuck back |
| SI 1 | SI 2 | SI 3 | SI 4 | SI 5 | EC 1 | EC 2 | EC 3 | EC 4 | EC 5 | C 1 | C 2 | C 3 | C 4 | C 5 |
| FL | FL | FL | VA | VA | BA | FL | FL | FL | FL | FL | BE | BE | VA | VA |
| handspring | front somersault | tuck back | Handspring with dual flight | Half on half off | consecutive fish swings x 3 | 1 minute plank hold | 1 minute block jumps | Sprints down a floor line (30 secs) | Handstand hops with bean bags | Handspring front somersault | round off, stretch jump off | Cartwheel, tuck back dismount | Handstand on platform, snap down tuck back | Half on to stand on block tuck back off |
| SI 6 | SI 7 | SI 8 | SI 9 | SI 10 | EC 6 | EC 7 | EC 8 | EC 9 | EC 10 | C 6 | C 7 | C 8 | C 9 | C 10 |

8 OUT OF 10 SKILLS MUST BE COMPLETED TO A HIGH STANDARD, TO PASS A CATEGORY AWARD