Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com

Winstrada Aesthetic Sports Development Foundation

GYMNASTICS PROFICIENCY AWARD 8

To gain the award, complete 8 of the skills below.

	1) Handstand forward roll.
	2) Forward roll to straddle stand with straight legs.
	3) Round off.
	4) Two consecutive cartwheels.
	5) One handed cartwheel.
	6) A sequence of any 5 elements from the SDF award scheme.
	7) Headspring from 3 sections of box broadways.
	8) Headstand with straight legs, hold for 5 seconds.
	9) Drop back to bridge.
	10) Squat onto long box, cartwheel off.
	Date passed.