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Winstrada Aesthetic Sports Development Foundation

GYMNASTICS PROFICIENCY GRADE 9

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

- 1) Back flip.
- 2) Backward roll to handstand.
- 3) Handstand, hold for 3 seconds.
- 4) Splits (forwards or sideways).
- 5) Handspring.
- 6) Forward or backward walkover.
- 7) Straddle vault over box, lengthways.
- 8) Arabesque, hold for 3 seconds.
- 9) Squat onto long box, handstand overthrow off.
- 10) Handstand ½ pirouette.

Date passed.