															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 GRADE 10** **To gain the award, complete 8 of the skills below.**
															1) Tinsica.
															2) Valdez.
															3) Handstand full pirouette.
															4) Free cartwheel.
															5) Round off, 2 flics.
															6) Handspring to 1, handspring to 2.
															7) Tick tock.
															8) Through vault over box lengthways.
															9) Squat on, handspring off with ½ turn, long box.
															10) Handspring, box or horse broadways.
															Date passed.

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf