

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