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## Winstrada

### GYMNASTICS GRADE 9

To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Partner work and Sequence sections

#### Floor Skills

- 1) Front splits or side splits
- 2) Cartwheel ¼ turn off bench with controlled landing
- 3) One handed cartwheel
- 4) Two consecutive cartwheels
- 5) Headstand with straight legs
- 6) 10 shuttle runs
- 7) Squat onto box or vault, half twist off
- 8) Cartwheel followed by cartwheel ¼ turn to both feet showing control
- 9) 1 ¼ twist on floor with controlled landing
- 10) Half twist jump from vault or shape with controlled landing.
- 11) **Hand Apparatus**  
Throw and catch bean bag while in V-sit
- 12) **Partner Work**  
Headstand or handstand with partner supporting
- 13) **Sequence**  
Stand with good posture, Forward roll to stand, to grapevine each way, half twist jump, backward roll to knees, then one leg extension to side, back to knees, into front support, to side support, to back support with control, lower to floor, to tuck position, three tuck rolls to stand

Date passed