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 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.

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