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