

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

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GYMNASTICS GRADE A2

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

Floor Skills

- 1) Back walkover
- 2) Valdez
- 3) Cartwheel on low beam or padded bench
- 4) Handstand ½ pirouette
- 5) Straddle lever
- 6) Headstand push to handstand
- 7) Handspring off vault
- 8) Roundoff off, flick
- 9) Tick tock
- 10) Handstand to bridge in full control
- 11) **Hand Apparatus**
Use or pick up hand apparatus while doing one or two moves
- 12) **Partner Work**
Tank roll
- 13) **Sequence**
Floor routine to music involving at least three of the moves from this grade

Date passed