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## Winstrada

### GYMNASTICS GRADE A3

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

#### Floor Skills

- 1) Forward roll on high beam
- 2) Straddle lift to handstand pirouette
- 3) Backward roll to handstand with half twist
- 4) One handed cartwheel followed by free cartwheel
- 5) Dive forward roll (can be onto landing mat)
- 6)  $\frac{3}{4}$  stretched somersault onto landing mat
- 7) Cartwheel  $\frac{1}{2}$  turn from vault
- 8) Roundoff two flicks
- 9) Back somersault - standing or from roundoff
- 10) Grand jete (tuck  $\frac{1}{2}$  twist) on beam
- 11) **Hand Apparatus**  
Dive forward roll through hoop or over small soft shape
- 12) **Partner Work**  
Trio stack balance
- 13) **Sequence**  
Floor routine to music involving at least three of the moves from this grade

Date passed