



WINSTRADA

ADVANCED GYMNASTICS GRADE A1

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

Floor Skills:

- Handspring
- Half lever (any)
- Backward roll to handstand
- Y balance
- Dive roll from trampette or floor onto safety mats
- Headspring off vault
- Standing flick
- Roundoff to flat back on landing mat
- Stag leap
- Stretch to backward roll to front support, hold for 3 seconds

Hand Apparatus: Balance bean bag on head while doing Y balance

Partner Work: One partner standing with bent knees, other partner stands just above knees, and counterbalance

Sequence: Floor routine to music involving at least three moves from this grade