



WINSTRADA

ADVANCED 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:

- Back walkover
- Valdez
- Cartwheel on low beam or padded bench
- Handstand 1/2 pirouette
- Straddle lever
- Headstand push to handstand
- Handspring off vault
- Roundoff, flick
- Tick tock
- Handstand to bridge in full control

Hand Apparatus: Use or pick up hand apparatus while doing one or two moves

Partner Work: Tank roll

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