



WINSTRADA

ADVANCED 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:

- Forward roll on high beam
- Straddle lift to handstand pirouette
- Backward roll to handstand with half twist
- One handed cartwheel followed by free cartwheel
- Dive forward roll (can be onto landing mat)
- 3/4 stretched somersault onto landing mat
- Cartwheel 1/2 turn from vault
- Round off two flicks
- Back somersault - standing or from round off
- Grand jete (tuck 1/2 twist) on beam

Hand Apparatus: Dive forward roll through hoop or over small soft shape

Partner Work: Trio stack balance

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