



E_{Xample}

Name
Date

Certificate level 1	0	1	2	3	4	5
		VAULT				
1 Running positions left & right	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	Controlled and with technique	Technically good and well executed
2 Bounding with arms next to body			E Bynasef E			Fedicial byc.
3 Handstand to back					- Conspide and	Letholdally gold
4 Stratched Rima Heek Trampoline 2 mais	Norye III		- sympser -			
5 Fitonu roll Block - Transpline - 2 mais				- Gunablec	Control de ariel	
BARS BASICS						
1 Push up hold Withhands on a parallette						
2 Stradole support Withhands on a parallette						
3 L-shalle Hold for 10 seconds						
Hald far 10 seconds						
5 V-shape Hold for 10 seconds						
	UNE	VEN BARS	1			
2 2 Coats auto two blocks	Netwet	Including a spotter or		O antirally al	Controlled and	Technically good
2 3 Casts onto two blocks	Not yet	it starts to look like it	By myself	Controlled	with technique	and well executed
Panaino lo atine						
Haladario seconds						Idolalida di Idalia
5 Hanging in an arched line		Frei kirler bidde bi Filddalc bladd kb fil	- Byraysaff - I		- Edohrbüdeldriel - With Hodringuell	Tedinidal/Egoda Idridi/id/Idxebijet
Hanging in a hollow line	Ndi Va			I I I I I I I I I I I I I I I I I I I	- Gehreldd add	- Fedhaldally godd
-FI Hold for to secondo		BEAM				HARRIGHARRIGHE
Low beam	_	DEAM	_	_	_	_
1 Stretched Jurnia					L Gent bled delet	
_g Standing on toes						
Holdior 10 seconds						
PI Hold for 10 secondo 11 ff 1						T-dei-dei-dei-dei-dei-dei-dei-dei-dei-dei
4 Squared handstand with feet on block	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	Controlled and with technique	Technically good and well executed
5 Handstand to back onto mat						
61_Cartwheelwithbellylontomat						
	F L .	EXIBILITY				
2 Solit Fight Hold for 10 seconds	I Ndeyber	Lidadad ibliodki ke ki		L Coot	- Mahastide ibba-	Peribbi
3 Middle split Hald for 10 seconds				H Bbbt H	- Anhesticertest i	Herek
4 Bridge Hold for 10 seconds	Not yet	It starts to look like it	OK	Good	Almost perfect	Perfect
5 Chasiá S Times left						
6L Chasiels Timeshight						
1 Cartwheel On a line	Not yet	FLOOR Including a spotter or	By myself	Controlled	Controlled and	Technically good
		it starts to look like it			with technique	and well executed
2 Backward roll to hands and knees 3 Forward roll with straight arms		inducing a sponer pr				land we lever werd
Handstand with belig to a mat or wait		Inducing a spatier of				
		instants to look like in			wintermique	i ai ci well executeu
-blikgundioffic kinges		is stand to leak like it	1		war teshnique Controlled and	and well executed Technically good
6 Bridge and kicking over	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	with technique	and well executed

