

Name	
Date	

Example

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	Bouncing with arms next to body On a trampoline or air track						
3	Handstand to back						
4	Stretched jump block - Trampoline - 2 mats						
5	Front roll block - Trampoline - 2 mats						
BARS BASICS							
1	Push up hold with hands on a parallel						
2	Saddle support with hands on a parallel						
3	L-shape hold for 10 seconds						
4	Pull up shape with heels on block Hold for 10 seconds						
5	V-shape Hold for 10 seconds						
UNEVEN BARS							
1	Pull over						
2	3 Casts onto two blocks	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	Controlled and with technique	Technically good and well executed
3	Back hip circle						
4	Hanging in a line Hold for 10 seconds						
5	Hanging in an arched line Hold for 10 seconds						
6	Hanging in a hollow line Hold for 10 seconds						
BEAM							
Low beam							
1	Stretched jump						
2	Standing on toes Hold for 10 seconds						
3	Standing in passé position Hold for 10 seconds						
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						
6	Cartwheel with belly onto mat						
FLEXIBILITY							
1	Split left Hold for 10 seconds						
2	Split right Hold for 10 seconds						
3	Middle split Hold for 10 seconds						
4	Bridge Hold for 10 seconds	Not yet	It starts to look like it	OK	Good	Almost perfect	Perfect
5	Chasse 5 times left						
6	Chasse 5 times right						
FLOOR							
1	Cartwheel On a line	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	Backward roll to hands and knees						
3	Forward roll with straight arms						
4	Handstand with belly to a mat or wall and falling to back						
5	Round off to knees						
6	Bridge and kicking over	Not yet	Including a spotter or it starts to look like it	By myself	Controlled	Controlled and with technique	Technically good and well executed