

Name	
Date	

Example

Certificate level 5		0	1	2	3	4	5
VAULT							
1	Bouncing and Spinning on stationary surfaces (4x bounce + 4 1/2 spin) / (4x bounce + 4 1/2 spin)						
2	Handstand hip flip to back Mat on						
3	Front handspring Block - Plankoline - Trampoline - 2 mats						
4	Front layout to back Block - plankoline - 2 mats	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
5	Round off Small Hump - plankoline - 2 mats						
BARS BASICS							
1	Handstand hold	0 sec	5 sec	10 sec	15 sec	20 sec	25 sec
2	Straddle press to handstand With hands on parallel bars						
3	Chin levers						
4	Lifting feet from L-shape to V-shape						
5	Pull ups						
UNEVEN BARS							
1	Slide kip and back hip circle						
2	Drop kip	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
3	Squat on & stretched jump off						
4	Strap bar: Tap swings						
5	Strap bar: Kip & back hip circle						
6	Strap bar: High tap swings (giant preps)						
BEAM							
Low beam							
1	Split leap split jump pirouette						
2	Back walkover	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
3	Front walkover						
Higher beam							
4	Tic toc						
5	Cartwheel						
6	1/2 Turn in passé & 1/2 turn on toes						
FLEXIBILITY							
1	Split left						
2	Split right						
3	Middle split						
4	Bridge						
5	Switch leap left spring board	Not yet	It starts to look like it	OK	Good	Almost perfect	Perfect
6	Switch leap right spring board						
FLOOR							
1	Round off to back handsprings and back tuck Hands in a trampoline	Not yet	Including a spotter or it starts to look like it	2 back handsprings good	& back tuck OK	& back tuck Good	& back tuck Perfect
2	Front handspring & handstand to back Hands in a trampoline						
3	Aerial On a line						
4	Back handspring step out On a laser beam						
5	Handstand and spinning						
6	Back extension roll to a handstand	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect