

Badge 4  
Bronze



Forward shoulder roll

Mastered	Learning	Attempted
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Prone fall from stand onto 8" safety mat

Mastered	Learning	Attempted
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Break fall onto 8" safety mat

Mastered	Learning	Attempted
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Power hurdle

Mastered	Learning	Attempted
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Locomotions in hangs

Mastered	Learning	Attempted
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Headstand forward roll

Mastered	Learning	Attempted
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From floor, dive roll down waist high incline

Mastered	Learning	Attempted
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Pullover bar at chest height (one leg kick)

Mastered	Learning	Attempted
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Backward roll to feet

Mastered	Learning	Attempted
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Jump 1/1 turn

Mastered	Learning	Attempted
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Cartwheel

Mastered	Learning	Attempted
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Run, jump onto waist height apparatus (with beat board, no hands)

Mastered	Learning	Attempted
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Straight arm jump to front support (waist height)

Mastered	Learning	Attempted
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Tucked L-sit

Mastered	Learning	Attempted
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Shoulder stands

Mastered	Learning	Attempted
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Handstand

Mastered	Learning	Attempted
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3 45-long hang swings to rear dismount

3 cross support swings

3 front support swings (cast) – hips off bar

3 glide swings from/back to knee height block