


Badge 5: Women
Purple




Handstand on floor "POP" up to flat back onto 8" safety mats




Mastered	Learning	Attempted
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Dive roll with beat board & mini tramp onto 1m piled mats




Mastered	Learning	Attempted
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Cast – feet to bar height (5 times)




Mastered	Learning	Attempted
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Glide swing to stretched body position




Mastered	Learning	Attempted
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Beat swing to initiate long hang swing




Mastered	Learning	Attempted
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Long hang swing, release on forward swing to land on back on incline – assisted




Mastered	Learning	Attempted
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Pullover, bar at head height




Mastered	Learning	Attempted
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Various walks and runs




Mastered	Learning	Attempted
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Forward roll to sit




Mastered	Learning	Attempted
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Backward shoulder roll to kneel – assisted




Mastered	Learning	Attempted
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Round-off dismount




Mastered	Learning	Attempted
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One element from CANGYM Group A – Dance




Mastered	Learning	Attempted
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Straight arm backward roll down incline




Mastered	Learning	Attempted
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Handstand forward roll




Mastered	Learning	Attempted
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Press headstand




Mastered	Learning	Attempted
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Series of 3 cartwheels




Mastered	Learning	Attempted
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Round-off




Mastered	Learning	Attempted
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Walk on 1/2-pointe on beam




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Pivot turn (interior & exterior) on floor & beam



Mastered	Learning	Attempted
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Battement to 45° (flat foot) on floor



Mastered	Learning	Attempted
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