

Badge 6: Women
Blue



Handspring with beat board and mini tramp – assisted

Mastered	Learning	Attempted
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Handstand – spring from block onto feet

Mastered	Learning	Attempted
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Cast – feet to horizontal, return to bar

Mastered	Learning	Attempted
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Jump to pike or straddle underswing

Mastered	Learning	Attempted
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Long hang swing release to prone position onto incline – assisted

Mastered	Learning	Attempted
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Back hip circle

Mastered	Learning	Attempted
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Chassé & skilling length of beam

Mastered	Learning	Attempted
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Jump to tuck or straddle on beam

Mastered	Learning	Attempted
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Momentary handstand finish in lunge

Mastered	Learning	Attempted
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Forward roll to stand

Mastered	Learning	Attempted
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2nd element from CANGYM Group A – Dance (different than performed in L5)

Mastered	Learning	Attempted
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Handstand for 3 sec – controlled landing

Mastered	Learning	Attempted
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Lower to bridge from handstand

Mastered	Learning	Attempted
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Straight arm backward roll

Mastered	Learning	Attempted
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Hurdle to round-off with immediate rebound

Mastered	Learning	Attempted
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Cartwheel to round-off

Mastered	Learning	Attempted
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1/2 turn on one foot, controlled landing

Mastered	Learning	Attempted
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Battement to 45° (demi point) on floor

Mastered	Learning	Attempted
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Battement to 45° (1/2-pointe) on floor

Mastered	Learning	Attempted
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Forward body wave on floor

Mastered	Learning	Attempted
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