

Badge 8: Women
Silver



Handspring with beat board

Mastered	Learning	Attempted
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1/2 ON to stomach – to 1m piled mats

Mastered	Learning	Attempted
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1/2 OFF from beat board and mini tramp

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

Mastered	Learning	Attempted
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Tuck or pike on bar (from cast or jump) to jump off forward

Mastered	Learning	Attempted
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Long hang swing, pullover to front support

Mastered	Learning	Attempted
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Free hip circle

Mastered	Learning	Attempted
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2 foot entry mount (different than performed in L6)

Mastered	Learning	Attempted
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Handstand

Mastered	Learning	Attempted
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3 step "punch" dive roll dismount onto mats of same height as beam

Mastered	Learning	Attempted
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Dance/Acro series (2 elements from CANGYM Group A)

Mastered	Learning	Attempted
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Series of 2 elements from CANGYM Group A - Dance

Mastered	Learning	Attempted
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Handstand with 4 weight transfers

Mastered	Learning	Attempted
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Forward handspring - assisted

Mastered	Learning	Attempted
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Forward salto from beat board or assisted

Mastered	Learning	Attempted
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Backward handspring down incline

Mastered	Learning	Attempted
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Backward extension to momentary handstand

Mastered	Learning	Attempted
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Battlement to hip height (flat foot) on beam

Mastered	Learning	Attempted
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Battlement to hip height (1/2-pointe) on floor

Mastered	Learning	Attempted
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1/2 turn on 1 foot on beam

Mastered	Learning	Attempted
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