

Badge 10: Women
Yellow



1/2 ON with beat board

Mastered	Learning	Attempted
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1/2 OFF with beat board

Mastered	Learning	Attempted
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1/1 twist to back on piled mats

Mastered	Learning	Attempted
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Glide kip

Mastered	Learning	Attempted
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Backward sole circle – assisted

Mastered	Learning	Attempted
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Free hip circle to stand – low bar

Mastered	Learning	Attempted
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Long hang swings to near horizontal (back to bar)

Mastered	Learning	Attempted
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Long hang swings over low bar (facing bar)

Mastered	Learning	Attempted
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Forward or backward walkover

Mastered	Learning	Attempted
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Series of 2 elements from CANGYM Acro A or B list

Mastered	Learning	Attempted
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Forward salto dismount

Mastered	Learning	Attempted
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2-element from CANGYM Group B – Dance (different than performed in L9)

Mastered	Learning	Attempted
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Aerial cartwheel

Mastered	Learning	Attempted
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Forward handspring step out to forward handspring

Mastered	Learning	Attempted
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Forward salto – step out

Mastered	Learning	Attempted
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Backward salto from height – assisted

Mastered	Learning	Attempted
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Round-off backward handspring

Mastered	Learning	Attempted
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Battement to waist height (flat foot) on beam

Mastered	Learning	Attempted
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Battement to waist height (1/2-pointe) on floor

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

Mastered	Learning	Attempted
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