

Badge 11: Women  
Green



Handspring 1/1 with beat board and mini tramp

Mastered Learning Attempted

Yurchenko preparation - with beat board onto hip height mats

Mastered Learning Attempted

1/2 ON to knees on stacked mats with mini tramp

Mastered Learning Attempted

Cast to handstand (straddled) – assisted

Mastered Learning Attempted

Backward sole circle

Mastered Learning Attempted

Uprise – assisted

Mastered Learning Attempted

Straddle back or shoot 1/2 – preparation drills – assisted

Mastered Learning Attempted

Long hang kip

Mastered Learning Attempted

Handstand mount – assisted

Mastered Learning Attempted

Forward or backward handspring – assisted

Mastered Learning Attempted

A CANGYM Acro A or B element to “punch” off beam

Mastered Learning Attempted

Backward salto dismount

Mastered Learning Attempted

A CANGYM Dance Series (1 group A & 1 group B element)

Mastered Learning Attempted

Handstand 1/1 turn

Mastered Learning Attempted

Forward handspring or fly spring to dive roll onto piled mats

Mastered Learning Attempted

Forward salto to round-off

Mastered Learning Attempted

Backward salto from height

Mastered Learning Attempted

Round-off, backward handspring, SET

Mastered Learning Attempted

Battement to waist height (1/2-pointe) on beam

Mastered Learning Attempted

2/1 turn on 1 foot

Mastered Learning Attempted