

Badge 5: Men
Purple



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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Front support walk feet in circle

Mastered	Learning	Attempted
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Pendular swing in front support

Mastered	Learning	Attempted
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Cross support – assisted

Mastered	Learning	Attempted
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Rear hang, tucked pull out to piked inverted hang

Mastered	Learning	Attempted
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Long hang swing, feet at shoulder height in front swing

Mastered	Learning	Attempted
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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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5 cross support swings feet at bar level

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Cross support to upper arm support

Mastered	Learning	Attempted
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Glide swing

Mastered	Learning	Attempted
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Swing to pike inverted hang

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

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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