

Badge 6: Men  
Blue



Handstand for 3 sec – controlled landing

Mastered	Learning	Attempted
----------	----------	-----------

Lower to bridge from handstand

Mastered	Learning	Attempted
----------	----------	-----------

Straight arm backward roll

Mastered	Learning	Attempted
----------	----------	-----------

Hurdle to round-off with immediate rebound

Mastered	Learning	Attempted
----------	----------	-----------

Cartwheel to round-off

Mastered	Learning	Attempted
----------	----------	-----------

Double leg circle in bucket (without pommels)

Mastered	Learning	Attempted
----------	----------	-----------

1/2 circle

Mastered	Learning	Attempted
----------	----------	-----------

Cross support

Mastered	Learning	Attempted
----------	----------	-----------

Jump, forward roll to inverted hang

Mastered	Learning	Attempted
----------	----------	-----------

Long hang swing, feet shoulder height in back swing

Mastered	Learning	Attempted
----------	----------	-----------

Handspring with beat board and mini trampoline – assisted

Mastered	Learning	Attempted
----------	----------	-----------

Handstand – spring from block onto feet

Mastered	Learning	Attempted
----------	----------	-----------

5 cross support swings feet to horizontal

Mastered	Learning	Attempted
----------	----------	-----------

Upper arm swing

Mastered	Learning	Attempted
----------	----------	-----------

Handstand on parallel bars

Mastered	Learning	Attempted
----------	----------	-----------

Flank dismount backward

Mastered	Learning	Attempted
----------	----------	-----------

Cast – feet to horizontal, return to bar

Mastered	Learning	Attempted
----------	----------	-----------

Jump to pike or straddle underswing

Mastered	Learning	Attempted
----------	----------	-----------

Long hang swing release to prone position onto incline – assisted

Mastered	Learning	Attempted
----------	----------	-----------

Back hip circle

Mastered	Learning	Attempted
----------	----------	-----------