

Badge 7: Men
Turquoise



Dive roll at shoulder height to stand with beat board

Mastered Learning Attempted

Forward handspring from knee height to stand

Mastered Learning Attempted

Backward extension down incline

Mastered Learning Attempted

Cartwheel to handstand

Mastered Learning Attempted

Round-off, rebound to back – land on waist height mats

Mastered Learning Attempted

Simple swiss

Mastered Learning Attempted

Back pick up to 1/2 double leg circle

Mastered Learning Attempted

2 double leg circles in bucket

Mastered Learning Attempted

Cross support, forward roll to stand

Mastered Learning Attempted

Jump from beat board to muscle up

Mastered Learning Attempted

Long hang swings (hollow body) feet to ring height

Mastered Learning Attempted

Handspring with beat board and mini tramp

Mastered Learning Attempted

Jump to handstand using only beat board

Mastered Learning Attempted

Upper arm swing to cross support (back uprise)

Mastered Learning Attempted

Long hang swing feet above bar height

Mastered Learning Attempted

Long hang swing to upper arm support on back swing

Mastered Learning Attempted

Cast – push away to long hang swing

Mastered Learning Attempted

Cast – straddle or pike underswing dismount

Mastered Learning Attempted

Long hang swing to 45° with 1/2 turn

Mastered Learning Attempted

Kip timer (of choice)

Mastered Learning Attempted