

Badge 8: Men
Silver



Forward handspring - assisted

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

Forward salto from beat board or assisted

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

Backward handspring down incline

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

Backward extension to momentary handstand

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

1 double leg circle on mushroom

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

Straddled front support swings, trailing leg at horse height

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

Cross support swing

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

Feet supported, muscle up to support

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

Tucked cross support

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

Handspring with beat board

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

1/2 ON to stomach – to piled mats from mini tramp

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

1/2 OFF from beat board and mini tramp

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

Pike inverted swings

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

From straddle sit, press to shoulder stand

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

Handstand dismount from cross support swing - assisted

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

Flank dismount at front of cross support swing

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

Cast – feet above horizontal, return hips to bar

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

Free hip circle

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

Long hang swing to horizontal at back swing

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

Long hang swing, pullover to front support

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