

Badge 10: Men
Yellow



Forward handspring step out to forward handspring

Mastered	Learning	Attempted
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Forward salto – step out

Mastered	Learning	Attempted
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Backward salto from height – assisted

Mastered	Learning	Attempted
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Round-off backward handspring

Mastered	Learning	Attempted
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Stride swing undercut (left and right)

Mastered	Learning	Attempted
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5 double leg circles on mushroom

Mastered	Learning	Attempted
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2 loops – no pommel

Mastered	Learning	Attempted
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Cross support – tucked – press to shoulder balance

Mastered	Learning	Attempted
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Cast to long hang swing feet at ring height

Mastered	Learning	Attempted
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Back lever – lower to rear hang (straddled) - assisted

Mastered	Learning	Attempted
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Muscle up from long hang - assisted

Mastered	Learning	Attempted
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1/2 ON with beat board

Mastered	Learning	Attempted
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1/2 OFF with beat board

Mastered	Learning	Attempted
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1/1 twist to back on piled mats

Mastered	Learning	Attempted
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L-sit tucked press to shoulder balance

Mastered	Learning	Attempted
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Cross support rock back to pike inverted hang

Mastered	Learning	Attempted
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Upper arm swing to cross support swing (front uprise)

Mastered	Learning	Attempted
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Long hang kip – assisted

Mastered	Learning	Attempted
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Free hip circle to swing

Mastered	Learning	Attempted
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Giant in straps – assist

Mastered	Learning	Attempted
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