

Badge 11: Men
Green



Handstand 1/1 turn

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

Forward handspring or fly-spring to dive roll onto piled mats

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

Forward salto to round-off

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

Backward salto from height

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

Round-off, backward handspring, SET

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

Front scissor (left or right side)

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

8 double leg circles on mushroom

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

3 loops (forward or backward)

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

L-sit press to shoulder stand

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

Back uprise from long hang swing

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

Long hang swings feet above ring height

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

Handspring 1/1 with beat board and mini tramp

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

Yurchenko preparation onto vault height stacked mats

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

1/2 ON to knees on stacked mats with mini tramp

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

Cross support swing to handstand

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

L-sit press to handstand on parallelles - assisted

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

Back salto dismount timer – assisted

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

Cast to handstand

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

Uprise

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

Flyaway dismount into pit – assisted

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