

Badge 12: Men  
Gold



Forward handspring to forward salto

Mastered	Learning	Attempted
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Combination line of choice with or without salto

Mastered	Learning	Attempted
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Round-off, backward handspring, back salto

Mastered	Learning	Attempted
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Round-off whip or layout

Mastered	Learning	Attempted
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10 double leg circles on mushroom

Mastered	Learning	Attempted
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Spindle with bucket (without pommels)

Mastered	Learning	Attempted
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Layout flyaway dismount – assisted

Mastered	Learning	Attempted
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Inlocate or dislocate

Mastered	Learning	Attempted
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Handstand feet on cables

Mastered	Learning	Attempted
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Muscle up from long hang

Mastered	Learning	Attempted
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Tsukahara preparation onto vault height stacked mats

Mastered	Learning	Attempted
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Yurchenko preparation onto vault height stacked mats

Mastered	Learning	Attempted
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Handspring 1/1

Mastered	Learning	Attempted
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L-sit press to handstand - assisted

Mastered	Learning	Attempted
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Handstand 1/2 turn on parallettes

Mastered	Learning	Attempted
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Cross support to long hang swing

Mastered	Learning	Attempted
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Back salto dismount – assisted

Mastered	Learning	Attempted
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Giant in straps

Mastered	Learning	Attempted
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Flyaway dismount into pit or with assistance

Mastered	Learning	Attempted
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Long hang kip

Mastered	Learning	Attempted
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