

Students Name: _____ Instructor _____

VEGA	MASTERED	STILL WORKING	BEGINNING
Tumbling			
Lunge Kick Hand Stand (2 sec)			
Head Stand			
Backward Roll to feet			
Backward Roll to push-up position			
Proper Hurdle			
Hurdle Cartwheel			
Bars			
Chin Hold 5 Seconds			
Chin L Hold 5 seconds			
Pull Over			
3 Cast to Dismount Stick			
Beam			
Walk all directions straight legs (high beam)			
2 Pivot Turns with straight legs			
2 Stretch Jumps with correct Arms			
Frog Jump to Mini Hand Stand			
3 Second Optional Scale			
Vault			
Proper Run, Hurdle, Entry to Board-Vertical Jump			
Trampoline			
Pike Jump in row 5			
Jump to Freeze			
Jump ½ Turn (5X Controlled)			

Comments: _____