

Students Name: _____ Instructor _____

| Rising Star | MASTERED | STILL WORKING | BEGINNING |
|---|----------|---------------|-----------|
| Tumbling | | | |
| Lunge Kick to HS Back Bend Stand Up | | | |
| Back Extension Roll to HS | | | |
| Back Walk Over | | | |
| Back Bend Come Up to Stand | | | |
| Straddle Jump (90 degrees) | | | |
| Split Leap (90 degrees) | | | |
| Bars | | | |
| Back Hip Circle | | | |
| Twister (Front Hip Circle Bent Legs) | | | |
| Undershoot Dismount | | | |
| Beam | | | |
| Split Jump (90 degrees) | | | |
| Leap (45 degrees) | | | |
| Kick to Hand Stand (low beam) | | | |
| Kick to $\frac{3}{4}$ Hand Stand (high beam with 12" mat) | | | |
| Single Leg $\frac{1}{2}$ turn (straight leg) | | | |
| Vault | | | |
| Jump to Hand Stand Flat Back on 32" Mat (Proper Form) | | | |
| Trampoline | | | |
| Review All Jumps | | | |
| Seat, Dog Drop Roll (combination) | | | |
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Comments: _____