

Students Name: \_\_\_\_\_ Instructor \_\_\_\_\_

<b>Shining Star</b>	MASTERED	STILL WORKING	BEGINNING
<b>Tumbling</b>			
Kick to Hand Stand Forward Roll			
Straddle L Hold (5 seconds)			
Straddle Roll to Stand (Straight Leg)			
Round Off			
Back Bend to Bridge on Cheese			
<b>Bars</b>			
2 Pull-Ups (Straight Legs)			
Mill Circle Hold (5 Seconds)			
Cast to Horizontal 3X			
Upside Down Level Hold (3 Sec)			
<b>Beam</b>			
Releve Hold (Straight Legs 10 sec)			
Mini Leap (Proper Form Low Beam)			
Kick to $\frac{3}{4}$ Hand Stand (Low Beam)			
Straddle Jump Dismount Stick			
<b>Vault</b>			
Squat on to Pit Mat (From 2 ft.)			
Straddle on to Pit Mat (From 2 ft.)			
Proper Arm Circle Hit on Board			
<b>Trampoline</b>			
Seat Drop 5X			
Seat Drop Stand Jump $\frac{1}{2}$ Seat			
Jump Full turn (controlled)			

Comments: \_\_\_\_\_