

Students Name: _____ Instructor _____

Star Gazers	MASTERED	STILL WORKING	BEGINNING
Tumbling			
Kick to Hand Stand Back Bend			
Piked Forward Roll Stand			
Back Roll to $\frac{3}{4}$ Hand Stand			
Hurdle Round Off			
Bridge Kick Over			
Back Bend to Bridge			
Bars			
L-Hold Touch Bar Back to L Hold			
Single Leg Shoot Through			
Cast 20 Degrees Ab. Horizontal			
Glide Swing (On and Off Panel)			
Beam			
$\frac{1}{2}$ Snap Turn (Hold Position)			
Mini Leap (High Beam)			
Split Jump (45 Degrees)			
Kick to Hand Stand (Low Beam)			
Vault			
Straight Jump to 32" mat off 2 ft.			
Forward Roll to 32" mat off 2 ft.			
Trampoline			
Seat Drop / Dog Drop (Controlled)			
Swivel Hips			
Safety Freeze			

Comments: _____