

**L425** Name: \_\_\_\_\_ Age: \_\_\_\_\_

Good leg split \_\_\_\_\_ Bad leg split \_\_\_\_\_ Middle split \_\_\_\_\_ Bridge \_\_\_\_\_

**Vault**

Notes

• Be able to get over the table alone and safely	
• Be able to do a straight body handspring over the table with a block	
• Know how to come off the horse without sitting up or changing body shape	

**Bars**

• Kip made on high bar and low bar	
• Squat on jump to high bar	
• Back hip circle undershoot to tap swings to dismount	
• Connect your kip to a front hip circle and to a cast	

**Beam**

• handstand split on top with good form and balance	
• side handstand held with good shape and proper twist off dismount	
• 3 cartwheelsstuck	how many were stuck out of 3?
• good straight jump almost full split jump	
• almost full split leap	
• balanced and held scale above horizontal	
• nice pivot and snap turns	

**Floor**

• good straddle jump	
• flat body dive roll	
• head back blocked front handspring pop	
• good leap pass	
• good balanced full turn	
• straight leg back walkover	
• back extension roll with straight arms and vertical handstand	
• round off two back handspring with straight legs and proper round off technique	

**Notes:** \_\_\_\_\_