

**L526** Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

**Vault**

Notes

<ul style="list-style-type: none"> <li>• improved power height and distance on your level 5 vault</li> </ul>	
<b>Bars</b>	
<ul style="list-style-type: none"> <li>• Kip cast free hip kip squat on at or above horizontal connected with good form</li> </ul>	
<ul style="list-style-type: none"> <li>• Kip cast above horiz. baby giant flicking wrists</li> </ul>	
<ul style="list-style-type: none"> <li>• Tap swing to flyaway with proper set before flip</li> </ul>	
<ul style="list-style-type: none"> <li>• Tap swing to set if afraid to flip</li> </ul>	
<b>Beam</b>	
<ul style="list-style-type: none"> <li>• Tight form and consistently stuck back walkover</li> </ul>	how many are stuck out of 3?
<ul style="list-style-type: none"> <li>• English handstand held to a side handstand held</li> </ul>	out of 3 how many held both handstands?
<ul style="list-style-type: none"> <li>• Full split in leap</li> </ul>	
<ul style="list-style-type: none"> <li>• good tuck jump full split jump</li> </ul>	
<ul style="list-style-type: none"> <li>• balanced 1/1 turn</li> </ul>	
<ul style="list-style-type: none"> <li>• nice pivot and snap turns</li> </ul>	
<b>Floor</b>	
<ul style="list-style-type: none"> <li>• good straddle jump and flip flop step out</li> </ul>	
<ul style="list-style-type: none"> <li>• good punch front with good stick</li> </ul>	
<ul style="list-style-type: none"> <li>• front handspring pass with good block on both handsprings</li> </ul>	
<ul style="list-style-type: none"> <li>• good leap pass, full split on both leaps</li> </ul>	
<ul style="list-style-type: none"> <li>• back extension roll with straight arms and vertical handstand</li> </ul>	
<ul style="list-style-type: none"> <li>• round off back handspring tuck with head in on set and good height on pass</li> </ul>	

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

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