

L627 Name: _____ Age: _____

Good leg split _____ Bad leg split _____ Middle split _____ Bridge _____

Vault

Notes

- improved power height and distance on your level 6 vault

Bars

- Kip cast straddle up handstand to a kip
- Giants
- Flyaway with proper tap from a cast
- Free hip to handstand

Beam

- 2 non-acro skills connected
- Flip flop stuck consistently with proper hands on beam
- Full split in leap
- good 2 jump combo one being a B element
- balanced 1/1 turn
- a flipped dismount

how many were stuck out of 3?

Floor

- a front handspring front
- round off ff layout
- 3 B elements

list 3 elements: _____