

Cartwheels Card



Level I	Keep Working	Mastered
FLOOR		
Forward Roll		
Backward Roll		
Handstand		
Cartwheel		
Bridge Kickover (off mat)		
BALANCE BEAM		
Forward Releve Walks		
Backward Releve Walks		
Sideways Releve Walks		
Bunny Hops		
Forward Roll (low beam)		
UNEVEN BARS		
Jump Front Support		
5 Casts (belly off bar each time)		
Belly Roll		
Sole hang		
Pullover (with incline)		
VAULT		
Bird, Soldier, Rocket		
Straight Jump Off Board		
Squat On Vault		
Straddle Jump off Vault		
Dive Roll On Incline		

GYMNAST NAME:

CLASS

INSTRUCTOR

CLASS RECOMMENDATION

COMMENTS

Gymnast must achieve a check in the 'mastered' box for 16 out of the 20 skills in order to be recommended for the next class up. In order to receive a check in the 'mastered' box, the gymnast must show complete control and understanding of skill being performed.