

# Cartwheels Card



Level 2	Keep Working	Mastered
<b>FLOOR</b>		
Straddle Backward Roll		
Round off		
Handstand Forward Roll		
Back Bend		
Bridge Kickover		
<b>BALANCE BEAM</b>		
Backward Releve Kicks		
Forward Releve Kicks		
Side handstand (low beam)		
Tuck Jumps		
Forward Roll		
<b>UNEVEN BARS</b>		
Pullover		
Back Hip Circle		
Shoot Thru Drill		
Glide Swing		
Sole Circle from Block		
<b>VAULT</b>		
Jump up to vault w/no hands		
Jump 1/2 turn off Board		
Handstand flat back		
Round off off Vault		
Dive Roll On Resi		

GYMNAST NAME:

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CLASS

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INSTRUCTOR

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CLASS RECOMMENDATION

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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.