

Cartwheels Card



| Level 4+ | Keep Working | Mastered |
|-------------------------|--------------|----------|
| FLOOR | | |
| Side aerial | | |
| Round off BHS back tuck | | |
| Front handspring | | |
| Punch front | | |
| BHS step out | | |
| | | |
| BALANCE BEAM | | |
| Cartwheel | | |
| BWO | | |
| Punch front DM | | |
| Split jump (180) | | |
| Full turn | | |
| | | |
| UNEVEN BARS | | |
| Kip | | |
| Long hang kip | | |
| Squat on | | |
| 3 Tap Swings | | |
| 1/2 DM | | |
| | | |
| VAULT/TRAMP | | |
| FHS over resi | | |
| FHS over table | | |
| 1/2 On | | |
| Back layout on tramp | | |
| Front layout into pit | | |
| | | |

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.