

# Cartwheels Card



Level 3	Keep Working	Mastered
<b>FLOOR</b>		
Straight Arm Back Roll		
Round off BHS *		
Front Limber		
Back Walk Over		
Split Leap (90 degrees)		
<b>BALANCE BEAM</b>		
Front Handspring Dismount*		
Front Handstand		
Cartwheel (low beam)		
Split Jump		
1/2 Turn		
<b>UNEVEN BARS</b>		
3 Regrip Swings to Support		
Mill Circle		
Sole Swing Dismount		
3 Glide Swings in a Row		
2 Back Hip Circles in a Row		
<b>VAULT/TRAMP</b>		
Handstand Flat Back Resi		
Straight Jump onto Table		
Dive Roll over Table		
BHS TRAMP *		
FHS TRAMP		

GYMNAST NAME:

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CLASS

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INSTRUCTOR

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CLASS RECOMMENDATION

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COMMENTS

\* - MUST have skill to move levels

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.