

Advanced Beginner - Purple Belt - Name: _____

EVENT	SKILLS	I'm working on it!	I did it 3 times! STAR GIVEN
Vault			
1	3 bounces pike on		
2	Run and pike on		
3	Run and jump to feet with arm swing 8 "		
4*	Run and jump to feet with arm swing (Green Mat)		
5*	3 Bounces to Handstand with spot (no flat back)		
Bars			
6*	chin up pullover, no spot		
7	3 cast with mostly hollow body		
8	tummy roll to chin up hang in tuck for 3 seconds		
9	back hip circle with light spot		
10	pike hang 10 seconds		
Beam			
11	releve walks high beam		
12	sous sous hold 5 sec, pivot, sous sous 5 sec		
13	arabesques on high beam		
14	Coupe Hold 3 sec - HIGH Beam		
15	T position Hold for 3 sec. Low Beam		
16	Straddle Jump Down and Freeze!		
Floor			
16	backward pike roll		
17	Back Bend on Wedge		
18	Bridge Kick over Down Wedge		
19	1 Arm Carwheel		
20	Lunge - Gator Bite- Lunge		
21	Straight Leg Split Jumps		
22	headstand for 3 seconds		
23	coupe on toe balance for 3 seconds		
Tumble track			
23	split jumps		
24	round off into pit		
25	show kill bounce/ jump then freeze		
Other			
26	straddle pancake		
27	20 frog jumps		
28	40 sit ups		
29	hollow body hold 10 seconds		