

BEGINNER - RAINBOW BELT - NAME: _____

EVENT	SKILLS	I'm working on it!	I did it 3 times! STAR GIVEN
Vault			
1	3 Bounces tuck and straddle on		
2	run and straddle on, no spot		
3	run, jump off board, straight jump stick		
4*	Run and squat on, NO SPOT		
5*	Run and straddle on , NO SPOT		
Bars			
6	3 Casts Belly Coming off Bar - Legs together		
7	Tummy Roll to Tuck Hang for 3 seconds		
8	Chin Up Pull over with a Spot		
9*	Walk Feet up Wall Pull Over (with Spot)		
10*	Walk Feet up Wall Pull Over Alone		
Beam			
11	Straight Leg Releve Walk on Low Beam		
12	Sous Sous 10 Seconds		
13	V Sit into Knee Scale - Stand up Alone		
14	Arabesque Low Beam		
15*	Releve Walk on High Beam with Spot		
16	Safe Jump Down and Freeze!		
Floor			
16	Back Roll to Feet on Flat Floor		
17	Bridge Straight Arms		
18*	Forward Roll Stand No Hands		
19	Cartwheel with Straight Legs		
20*	Bridge Hold One Leg up		
21*	Lunge - Hop- Lunge		
22	Tripod 3 seconds		
23*	Walk Feet Up Wall Handstand 10 Seconds		
Tumble track			
24	Tuck jump knees to chest		
25	straddle jump straight legs		
26	seat drop with hand off tramp		
Other			
27*	20 Sit Ups		
28	5 Chin-Ups with Feet on Block or Wall (Bars)		
29	Straight Leg Toe Touch		
30*	hollow body hold 5 seconds		