

Kindergirls - RED BELT - NAME: _____

EVENT	SKILLS	I'm working on it!	I did it 3 times! STAR GIVEN
Vault			
1	3 bounces tuck on (no spot)		
2	3 bounces straddle on (no spot)		
3	Run, proper 2 foot jump, tuck on		
4*	Run, proper 2 foot jump, straddle on		
5*	proper run 2 foot straight jump off board		
Bars			
6	Monkey Walks full length of low bar		
7	3 cast with legs together and belly off bar		
8	Safe Tummy Roll on Red Bar Alone		
9*	Safe Tummy Roll on Middle Low Bar Alone		
10*	Walk feet up Wall - Pull Over Alone		
Beam			
11	Releve Walks on Low Beam		
12	sous sous hold 10 seconds low beam		
13	V sit into Knee Scale Low Beam		
14	V sit into Knee Scale High Beam		
15*	V Sit into Knee Scale - Stand up Alone		
16	Walk Backwards on Low Beam		
Floor			
16	forward roll no hands to stand		
17	Back Roll down Wedge to Feet		
18*	Back Roll to Feet on Flat Floor		
19	Correct attempt at a cartwheel with panel mat		
20*	cartwheel with straight legs		
21*	Bridge for 5 seconds		
22	Lunge-Hop-lunge		
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*	5 Chin ups with Feet on Block (or PS bars)		
28	10 Second Tuck Hang with Foam on Knees		
29	10 Sit-Ups		
30*	20 Sit-Ups		

Kindergirls is a class designed specifically for the challenges regarding the transition from "preschool" to "school age". This is a special year where children are learning the importance of following instructions, being safe, getting used to larger equipment, and knowing that he/she can be trusted to work well alone as well as with an instructor. Due to these additional challenges at this age, it may take some longer to advance in the sport. We have designed this class level with all this in mind. All Kindergirls will spend a full year in this class. At the end of the year we will review the skills achieved (stars earned) and recommend either the Beginner or Advanced Beginner class. Skills marked with an asterik (*) are required for Advanced Beginner.