

# Gym-Masters 2017-2018 Check Off Sheet

Name \_\_\_\_\_

**Flexibility**

**Right Split** \_\_\_\_

- 1 = Down but forced
- 2 = Down no stress
- 4 = 6" over split

**Left split** \_\_\_\_

- 1 = Down but forced
- 2 = down no stress
- 4 = 6" over split

**Walkovers** \_\_\_\_

- 1 = Front or back walkover
- 2 = Front and back walkover
- 4 = Both front and back with leg waist high

**Straddle/Pancake** \_\_\_\_

- 1 = Chest down
- 2 = Belly down
- 4 = Belly down legs at 180 degrees

**Acrobatic** \_\_\_\_

- \_\_\_\_ Top 3-high
- \_\_\_\_ Middle 3-high
- \_\_\_\_ Base 3-high

**Tumbling**

**Standing b. handspring** \_\_\_\_

- 1 = Tumble tramp
- 2 = Floor
- 4 = From snap down on floor

**Standing back flip** \_\_\_\_

- 1 = Tumble tramp
- 2 = Off panel mat
- 4 = On floor

**B. handspring b. flip** \_\_\_\_

- 1 = From Round off
- 2 = Standing on tumble tramp
- 4 = Standing on floor

**Tumbling passes** \_\_\_\_

- 1 = RO 3 back handsprings
- 2 = RO BH back layout
- 3 = RO BH Whip BH BT
- 4 = RO BH Whip-Whip BH B. Flip
- +1 point if you add front flip or end with full twist
- 1 point if done on tumble tramp

**Specialty skill**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Stunting**

**180 mount** \_\_\_\_

- 1 = to low
- 2 = to low press high
- 4 = Straight to high

**Hand-to-Hand** \_\_\_\_

- 1 = High low 4 seconds
- 2 = Pike dismount through arms
- 4 = High 4 seconds

**Toss to hands** \_\_\_\_

- 1 = Toss to hands
- 2 = Toss to low press high
- 3 = Toss to high

**Elevators** \_\_\_\_

- 1 = Prep - 3/4 front pike - J - full down
- 2 = High - zero - b. flip - J high - full down
- 4 = Pizza - full - J - back tuck - J - double full

- \_\_\_\_ Top butterfly
- \_\_\_\_ Base butterfly
- \_\_\_\_ Side butterfly

**Fitness**

**Stall bar V-ups** \_\_\_\_

- 1 = 1 x to bar
- 2 = 5 x to bar
- 4 = 10 x to bar + \_\_\_\_

**1-minute handstand holds against wall** \_\_\_\_

- 1 = 1 minute
- 2 = 3 x 1 minute
- 4 = 5 x 1 minute \_\_\_\_

**Press handstand** \_\_\_\_

- 1 = Tip up press
- 2 = Straight-leg press
- 4 = From L-sit or stalder

**Handstand** \_\_\_\_

- 1 = 15 seconds free/walking allowed
- 2 = 30 seconds free/no walking
- 3 = 45 seconds free/no walking
- 4 = 1 minute free/no walking

**Flying (top)**

**Flair** \_\_\_\_

- 1 = Flairs at top
- 2 = Flair at top (arch back-strong snap)

**Front flip** \_\_\_\_

- 1 = 3/4 tuck from jump in
- 2 = 3/4 pike from jump in
- 4 = 3/4 arched bird

**Back flip** \_\_\_\_

- 1 = Tuck
- 2 = Pike
- 4 = Tuck open/x-out

**Layout** \_\_\_\_

- 1 = 3/4 to belly
- 2 = Straight
- 4 = Full twist

- \_\_\_\_ Top heal stretch pyramid high
- \_\_\_\_ Base heal stretch pyramid high

**Basing**

**Side or back tossing** \_\_\_\_

- \_\_\_\_ toss and catch front flip    S        B
- \_\_\_\_ toss and catch back flip    S        B
- \_\_\_\_ toss and catch layout        S        B

**Handstand Push ups**

- 1 = 1 x 6 - head to 4" block
- 2 = 1 x 6 - head to floor
- 4 = 1 x 6 - head to floor hands on blocks

**Two-high** \_\_\_\_

- A = pop mount 2 ft. landing tops legs are straight
- B = front mount 2 foot landing tops legs are straight
- C = pop mount to tuck hold
- D = front mount to tuck hold