**Gym-Masters 2022-2023 Check Off Sheet**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Flexibility Stunting Flying (top)**

**Right Split \_\_\_\_\_ 180 mount \_\_\_\_\_ Flair \_\_\_\_\_**

1 = Down 1 = to low 1 = Flairs at top

 2 = to low press high

3 = 6” over split 4 = Straight to high 2 = Flair at top (arch back-strong snap)

**Left split \_\_\_\_\_ Hand-to-Hand \_\_\_\_\_ Front flip \_\_\_\_\_**

1 = Down 1 = High low 4 seconds 1 = ¾ tuck

 2 = Pike dismount through arms 2 = ¾ pike

3 = 6” over split 4 = High 4 seconds 4 = ¾ arched bird

**Backbend/Walkovers \_\_\_\_\_ Toss to hands \_\_\_\_\_ Back flip \_\_\_\_\_**

1 = Down and up

2 = Front or back walkover 1 = Toss to hands 1 = Tuck

3 = Front and back walkover 2 = Toss to low press high 2 = Pike

4 = Both front and back with leg waist high 4 = Toss to high 4 = Tuck open/x-out

**Straddle/Pancake \_\_\_\_\_ Elevators \_\_\_\_\_ Layout \_\_\_\_\_\_**

1 = Chest down 1 = Prep – 3/4 front pike – J – full down 1 = ¾ to belly

2 = Belly down 2 = High – zero – b. flip – J high - full down 2 = Straight

3 = Belly down legs at 180 degrees 4 = Pizza – full – J – back tuck - J - double full 4 = Full twist

**Acrobatic**

\_\_\_\_\_ Top 3-high \_\_\_\_\_ Top butterfly \_\_\_\_\_ Top heal stretch pyramid high

\_\_\_\_\_ Middle 3-high \_\_\_\_\_ Base butterfly \_\_\_\_\_ Base heal stretch pyramid high

\_\_\_\_\_ Base 3-high \_\_\_\_\_ Side butterfly \_\_\_\_\_ Low foot to hand (1 minute)

**Tumbling Fitness Basing**

**Standing b. handspring \_\_\_\_\_ Stall bar V-ups \_\_\_\_\_ Side or back tossing \_\_\_\_\_**

1 = Tumble tramp 1 = 1 x to bar \_\_\_\_\_ toss and catch front flip S B

2 = Floor 2 = 5 x to bar \_\_\_\_\_ toss and catch back flip S B

4 = From snap down on floor 4 = 10 x to bar + \_\_\_\_\_\_ \_\_\_\_\_ toss and catch layout S B

**Standing back flip \_\_\_\_\_ 1-minute handstand holds against wall \_\_\_\_\_ Various skills \_\_\_\_\_**

1 = Tumble tramp 1 = 1 minute 1 = 30 foot free two-high walk \_\_\_\_\_

2 = Off panel mat 2 = 3 x 1 minute 1 = handstand walk 30 feet \_\_\_\_\_\_

4 = On floor 4 = 5 x 1 minute \_\_\_\_\_\_ 1 = Foose up to reverse foot to hand \_\_\_\_\_

 1 = High arm to arm \_\_\_\_\_

**B. handspring b. flip \_\_\_\_\_ Press handstand \_\_\_\_\_ Handstand Push ups \_\_\_\_\_\_**

1 = From Round off 1 = Tip up press 1 = 1 x 6 - head to yoga block

2 = Standing on tumble tramp 2 = Straight-leg press 2 = 1 x 6 - head to floor

4 = Standing on floor 4 = From L-sit or stalder 4 = 1 x 6 – head to floor hands on blocks

**Tumbling passes \_\_\_\_\_ Handstand \_\_\_\_\_ Two-high \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_**

 **A B C D**

1 = RO 3 back handsprings 1 = 15 seconds free/walking allowed A = pop mount 2 ft. landing tops legs are straight

2 = RO BH back layout 2 = 30 seconds free/no walking B = front mount 2 foot landing tops legs are straight

3 = RO BH Whip BH BT 3 = 45 seconds free/no walking C = pop mount to tuck hold

4 = RO BH Whip-Whip BH B. Flip 4 = 1 minute free/no walking D = front mount to tuck hold

+1 point if you add front flip or end with full twist

- 1 point if done on tumble tramp

Specialty skill

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