

BADGE 8

Basic shapes – straight, star, tuck, pike and straddle – Must know these shapes	Tucked forward roll down medium blue slope	Front and back support (Must know these shapes)	Touch the floor in a straddle stand (must have straight legs)	Straight jump on floor to landing on floor (try with arm-swing)	Travelling bunny hops	Walk forwards, sideways and backwards along a bench	Balance on one foot on the floor (no wobbling) hold for 3 secs each leg	Hanging in straight and tuck shapes	Travelling sideways
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Badge 7

High Bunny hop in tuck	Crouch down, Rock b'wards and f'wards in tuck and pike to stand (tuck legs to stand)	Shoulder stand with hands on hips	Cat and seal stretch (Must know these)	Squat and Straddle on to small block and straight jump off to land	Demonstrate Back arm swing action off red block, bounce off springboard to land on mat	Walk forwards on a beam without support	1 foot balance on box top or bench Each leg and no wobbling (3 secs hold)	Circle down with support	Holding in support on single bar
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Badge 6

Tucked Bunny hops over a bench feet together	Tucked backwards roll down medium blue incline (must land on feet)	Short dish and Arch hold for 10secs each	Touch toes standing in pike	Run and stretch jump off spring board (try with arm swing)	Hop, jump, hop, jump/ hop scotch	Walk backwards and sideways on a beam	Mount a beam	Circle up with support	Hang Up Side Down on bar (with or without support from coach)
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Badge 5

Straddled bunny hops over a bench side to side	Handstand basics: Step into H'Stand and front support with feet raised	Press ups and tricep dips (bench for tricep dips) x 3 minimum	Low lunges with both legs, forwards and sideways	Squat/tuck on vault on own	Be able to skip with rope x 10 without pausing and feet together	Balance with one leg raised forwards and arabesque on floor	Straight jump on beam	Dish and Arch swings on high bar	Hanging in Pike and straddle shapes (hold for 5 secs)
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Badge 4

Forward roll (straight legs, tuck to stand) on Floor	Shoulder stand with arms above head hold for 3 secs	Preps for pike and straddle lever (feet down bottom up, bottom down, feet up)	Flexibility for bridge: D-Stretch Bridge with feet raised	Straddle on vault On own	Basic jumps off Springboard – Stretch, tuck, half turn	Walk forwards along a floor beam with a full turn in the middle	Side Scale or T-Balance (on floor) Hold for 3 secs	Casting (hips must leave the bar)	Circle down on own with control
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Badge 3

Cartwheel	Backward roll on floor (to straddle or tuck or front support)	Handstand with apparatus - In pike (lift 1 leg) - Chest to wall - Back to wall	Japana and pike fold (Below 45 degrees)	Off Trampet – Pike and Straddle jumps	Bounce toward handstand (above horizontal) with trampette on own	Arabesque and forwards leg balance on beam	Walk backwards along a Floor beam with a full turn in the middle	Circle up on own	Chin up hold 2 secs (face at least to the level of the bar)
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Badge 2

Headstand – legs and body straight	Handstand hold for 1 to 2 secs, looking for good shape	Frog balance, for 5 secs	Bridge hold for 20 secs	Straddle over vault (wooden vault) on own	Underarm handstand, fall to flatback with straight body and straight arms	Front to back Cartwheel off the end of beam	½ spin (any beam including floor beam)	Candle hold/ any inverted hang on Bar or Rings	Good casts x 3 and cast to dismount
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Badge 1

Handstand forward roll - From step and from tuck up to handstand	1 handed cartwheel	Pike or straddle lever (full hold 3secs, can do on a bench)	Splits - front or box	Hand stand flatback on vault from spring board on own	Full turn jump from standing, and from run-up and springboard	Cartwheel on floor beam	Forward roll on floor beam	Cast Back hip circle	From hanging on bar, roll up in tuck, straddle and pike (leg lift)
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Bronze

Consecutive cartwheels, one with second hand only	Front to back cartwheel/cart wheel quarter turn	Backward roll to front support straight arms	Backward roll to high front support (feet landing on tumbler block)	Dive roll – need height and length (can do over an obstacle)	Handstand forward roll with straight arms	Handstand bounce	Handspring off inclined block on own	Hurdle step round off	Full spin, full turn jump on floor
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Silver

Forward roll to straddle or pike lever	Tucked planche for 3 secs	Handstand hold for 4 secs Handstand walks (half length)	Handstand snap down/ donkey kick	Backward walkover	Step into Round off finishing in dish shape	Jump back to flick over top tumbler	Hurdle handspring off low platform on own	Forward walkover	Handstand pirouette 180 degrees
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Gold

Backward roll to handstand	Straddle lift to handstand	Handstand pirouette (360 degrees)	Handspring floor	Standing flick	Round off flick	Free cartwheel	Hand-spring Vault	Half on vault	Cast to straddle undershoot on bar
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