

Cartwheels Card



Level 4+	Keep Working	Mastered
FLOOR		
Side aerial		
Round off BHS back tuck		
Front handspring		
Punch front		
BHS step out		
BALANCE BEAM		
Cartwheel		
BWO		
Salto Dismount		
Split jump (180)		
Full turn		
UNEVEN BARS		
Kip		
Front hip circle		
Squat on		
3 Tap Swings to 1/2 DM		
Mill Circle		
VAULT/TRAMP		
FHS over resi		
FHS over table		
1/2 On		
Back layout on tramp		
Front layout into pit		

GYMNAST NAME:

CLASS

INSTRUCTOR

CLASS RECOMMENDATION

COMMENTS

Gymnast must achieve a check in the 'mastered' box for 16 out of the 20 skills in order to be recommended for the next class up. In order to receive a check in the 'mastered' box, the gymnast must show complete control and understanding of skill being performed.