



Online Gymnastics

Junior class 3-5 years old

I am



Connected jumps: tuck, star, half spin



Log roll with legs together and straight



Forward roll to stand, using hands



Teeter touch totter a.k.a. small handstand



Small cartwheel over pillow



Yes, I did it!



I just need a little more practice.



Not yet, but I will keep on trying.





Online Gymnastics

Beginners class 6+ years old

I am



Connected jumps: spin, tuck, straddle, pike



Forward roll to standing

(without use of hands to help stand)



A version of a pizza hands backward roll

(land on feet or knees is fine)



Handstand back to lunge



Lunge cartwheel to lunge



Yes, I did it!



I just need a little more practice.



Not yet, but I will keep on trying.





Online Gymnastics

Intermediate class 6+ years old

I am



Connected jumps: full twisting tuck, split, wolf, half twisting straddle, half twisting pike



Jump handstand (tuck or straddle up)



Handstand with forward falling dismount:
bridge out, forward roll, or twist out



Strength requirement : 30 seconds belly-facing wall
handstand (with only toes touching wall)



Backward roll to pushup position



Round off



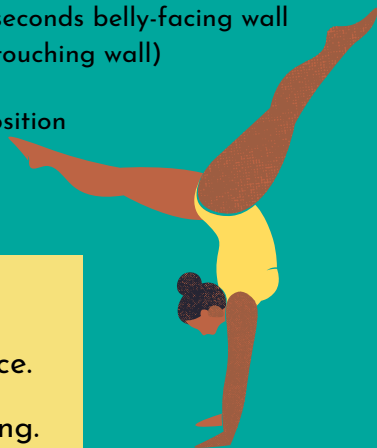
Yes, I did it!



I just need a little more practice.



Not yet, but I will keep on trying.





Online Gymnastics

Advanced class 9+ years old

I am



Connected 2 skills together:

(cartwheel, backhandspring; backwalk over backwalk over; backwalk over back extension roll)



Handspring: front or back



10 second handstand balance



Aerial



Yes, I did it!



I just need a little more practice.



Not yet, but I will keep on trying.