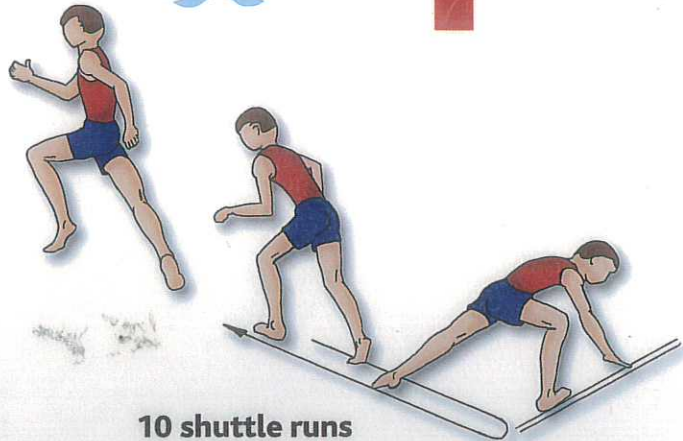
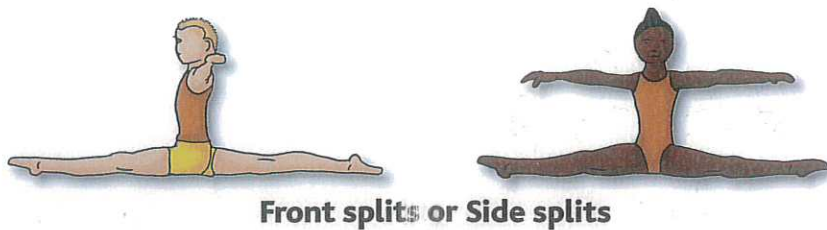




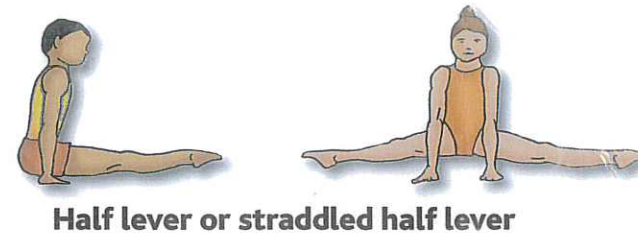
proficiencyawards



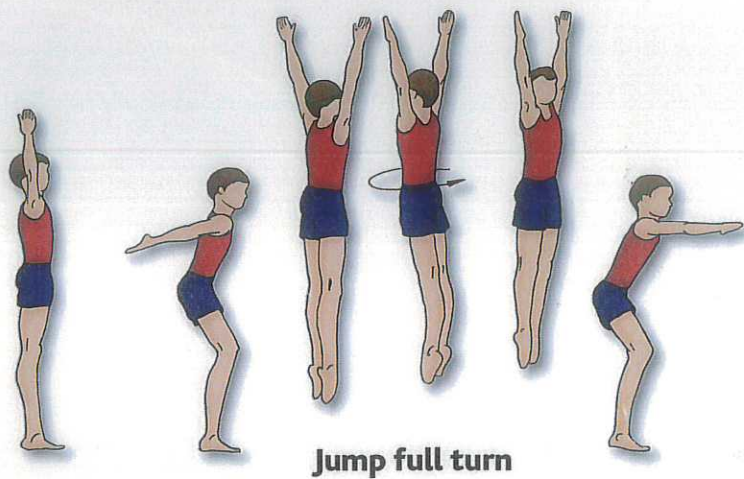
10 shuttle runs



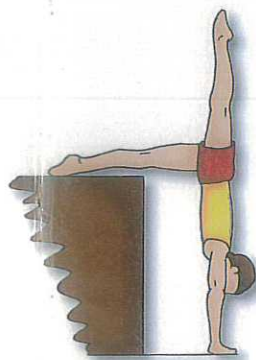
Front splits or Side splits



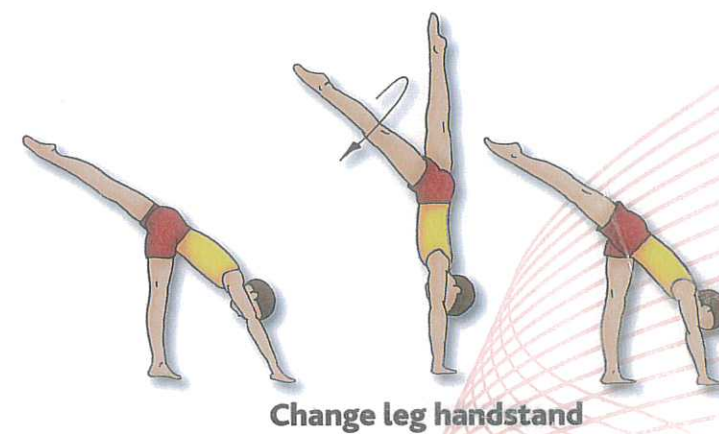
Half lever or straddled half lever



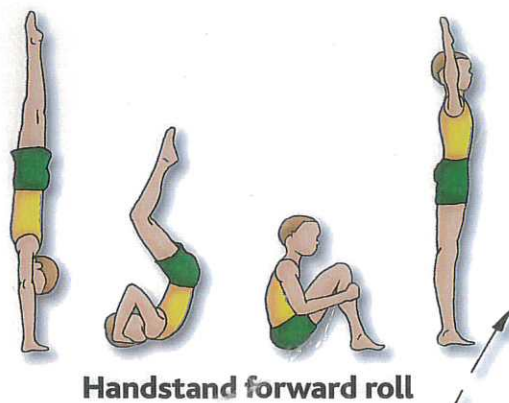
Jump full turn



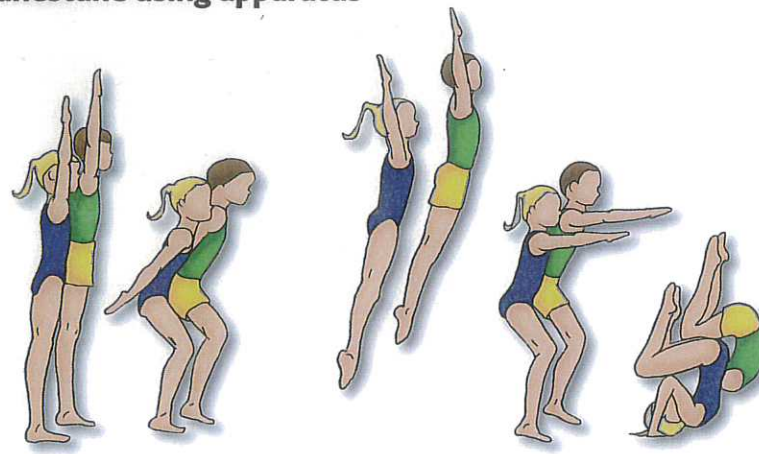
Moving toward handstand using apparatus



Change leg handstand

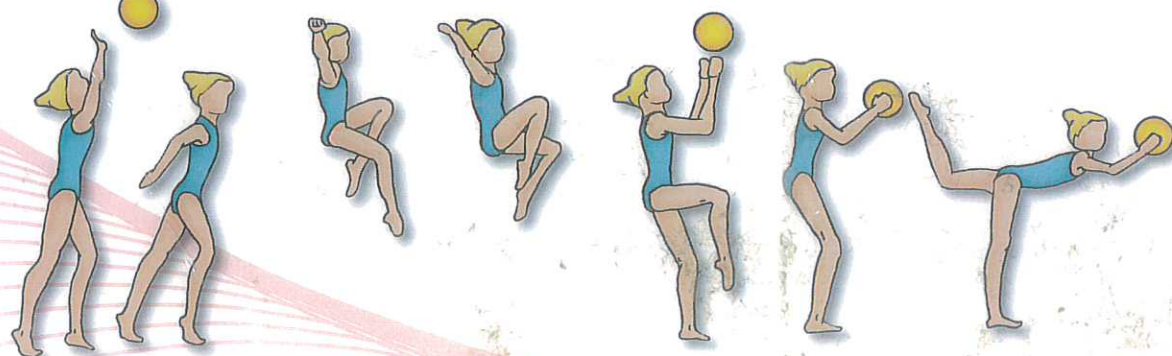


Handstand forward roll

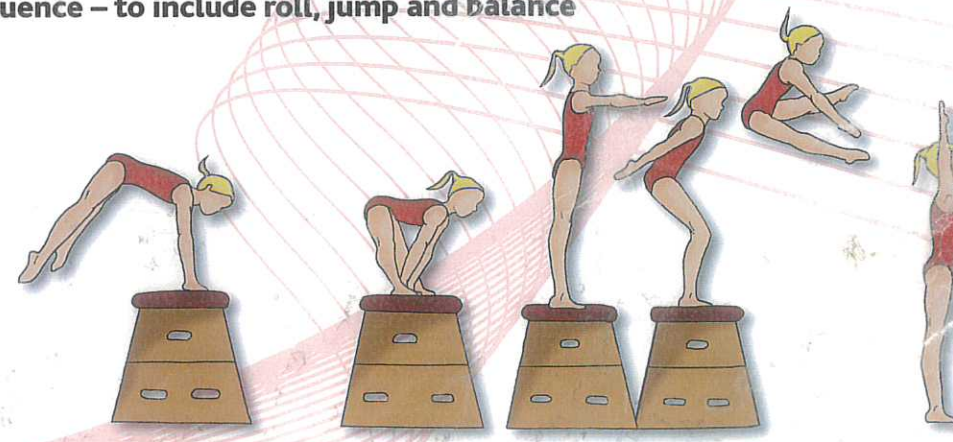


Matched and mirrored sequence – to include roll, jump and balance

1



Throw hand apparatus, perform a leap, catch and perform a balance



Straddle on box top and straddle jump off