



LEAPS & JUMPS

Must be technically correct to achieve star.

| SKILL | ACHIEVED! | DATE ACHIEVED |
|------------------------------------|------------------|----------------------|
| Split leap | | |
| Side leap | | |
| Ring leap | | |
| Split change | | |
| W half turn jump | | |
| Tuck full jump | | |
| Straddle jump | | |
| Pike jump | | |
| Shushunova | | |
| Full spin | | |
| Full with leg at 90 degrees | | |

FLEXIBILITY & STRENGTH

| SKILL | ACHIEVED! | DATE ACHIEVED |
|---|------------------|----------------------|
| PIKE LEVER FOR 10 SECONDS | | |
| STRADDLE LEVER FOR 10 SECONDS | | |
| SPLITS ON RIGHT LEG | | |
| SPLITS ON LEFT LEG | | |
| BOX SPLITS | | |
| JAPANA (legs at 90 degrees) | | |
| PIKE FOLD | | |
| STRADDLE PRESS TO HANDSTAND FROM STAND | | |
| HANDSTAND FULL PIROUETTE | | |
| | | |

ACRO SKILLS

| SKILL | ACHIEVED! | DATE ACHIEVED |
|-----------------------------------|------------------|----------------------|
| Back walkover | | |
| Forward walkover | | |
| Tick Tock | | |
| Backward roll to handstand | | |
| Flick | | |
| Flick to one | | |
| Round off flick | | |
| Handspring | | |
| Handspring to one | | |
| Free cartwheel | | |
| Valdez | | |
| | | |
| | | |

