**CERTIFICATES FOR BEGINNER AND INTERMEDIATE GYMNASTICS**

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| **NO1. FOUNDATION CERT** | **1.Straddle fold (elbows) 2.Crab 3.Fwd roll (slope) 4.Arch 5. Dish bent knees 6.Basic cartwheel 7. Chin hold 8.Tuck hold 10 sec 9.jump to front support (bars) 10. Walk on medium beam 11.Mount on beam 12.Side walking low beam13.Rebound on boxes 14. Jump on board for vault 15.Jump from box to landing position 16.Run 17.Flex and point toes 18.Arm positions 19.lie flat on back (ribs down) 20. Stand tall position.** |
| **NO 2.YELLOW CERTIFICATE** | **1.Egg roll to stand 2.Forward roll on floor 3.Pike sit against wall (arms up) 4.Landing drill 5. Full beam mount/ back support (boys)****6.arabesque low beam/floor (boys) 7.straight jump 8. Cast shape off box****9.Run and jump on board (vault) 10.Lunge for splits** |
| **NO 3. SKY BLUE CERTIFICATE** | **1.Cartwheel 2. Crab on floor 3.Fwd roll to straddle sit 4.jump ½ turn****5.rope climb 1 step 6. Tuck feet under bar 7.Walk high beam/straddle hold (boys) 8.under arm swing (vault) 9. Straddle jump on track****10.Bunny hops (good shape)** |
| **NO 4. LIME CERTIFICATE** | **1.Back roll slope 2.Side roll 3.Front support 4.Dish (straight legs)** **5.Hurdle prep 6.Basic pullover 7. Back walking on beam 8.Dismount steps on beam 9. Lunge walk 10.Open shape on vault** |
| **NO 5. AQUA CERTIFICATE** | **1.Mini handstand 2.Forward roll straight jump 3.Cartwheel on line****4.Pike fold 5. Dish into arch 6.Regrip bars 7.chin hold 7 secs****8.1/2 turn on line ,1/4 turn roll out (boys) 9.straight jump 20 cm(vault)****10.Straddle sit feet on box for lever** |
| **NO 6. RED CERTIFICATE** |  **1.Backwardroll 2.Cartwheel snapdown 3. Rebound forward roll on height****4.Splits 5.Kick over on box 6.1/2 turn on low beam 7. Flat steps for spin/ side support (boys) 8.Casts on bars 9.tuck to L (bars) 10. Heel raisers (vault)**  |
| **NO 7.PURPLE CERTIFICATE** | **1.Handstand 2.Split jump on track 3.One hand cartwheel 4.Rope climb 3 steps****5.Straadle fold 6.Straight jump on beam / straddle jump on track (boys)****7.Backwards walking on high beam 8.Swings showing shape 9.Pullover****10.Handstand fall (vault)** |
| **No 8. ORANGE CERTIFICATE** | **1.Hurdle 2.Handstand roll 3. Candlestick tuck jump 4.5 push ups 5.10 press ups****6. Squat walking high beam/ tuck hold on Pbar 7.Cartwheel low beam****8.Fwd roll to tuck hang Bars 9.Squat onto low bar 10. Drive ups (vault)** |
| **NO 9. GREEN CERTIFICATE** | **1.Cartwheel snapdown back roll 2. Arabesque 3.Chase split leap 4.5 V sits****5.Crab kickover 6. Handstand low beam/ Scissors (boys) 7. ½ turn high beam****8. back hip circle with support 9. L hold 3 secs 10. Handspring to back from board to mat (vault)** |
| **NO 10. ROYAL BLUE CERTIFICATE** | **1.Roundoff 2.Handspring off box with support 3.Split jump/jump to front support pbars(boys) 4.1/2 spin /front support walk with sliders 5.Lever****6.Split jump high beam/pike hold Pbars (boys) 7. Cartwheel on medium beam/ Cw ¼ turn 8.Backhip 9. Jump to high bar (mat/support) 10.Hspring prep** |