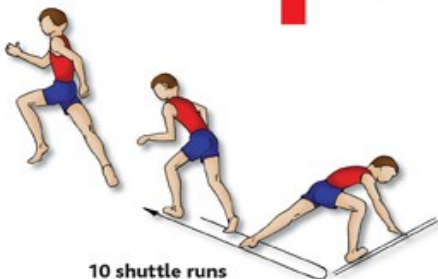


proficiencyawards



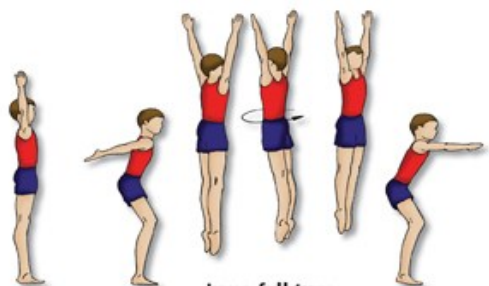
10 shuttle runs



Front splits or Side splits



Half lever or straddled half lever



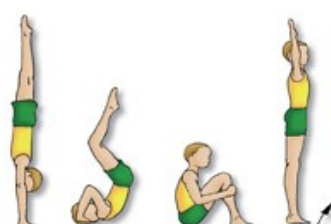
Jump full turn



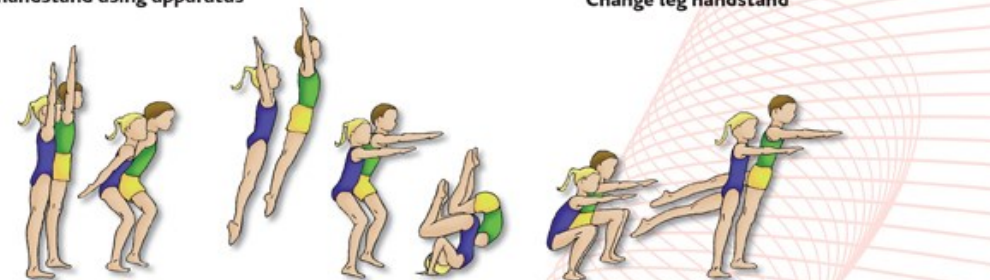
Moving toward handstand using apparatus



Change leg handstand



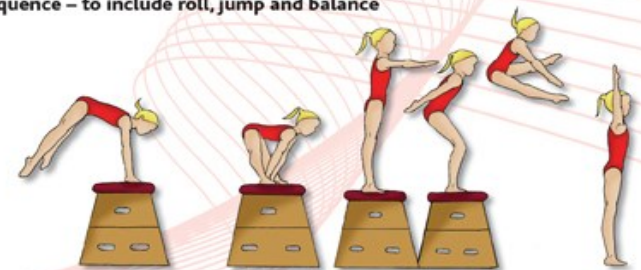
Handstand forward roll



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



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



Straddle on box top and straddle jump off

