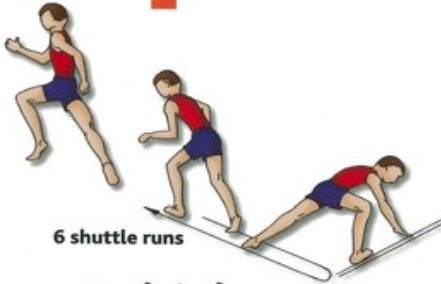




proficiency awards



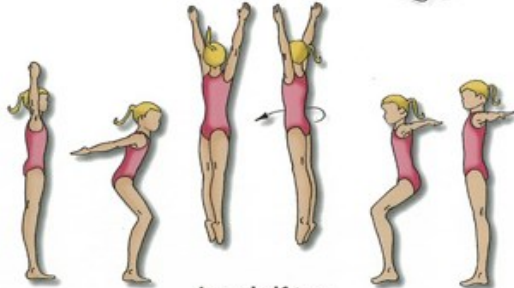
6 shuttle runs



Bridge



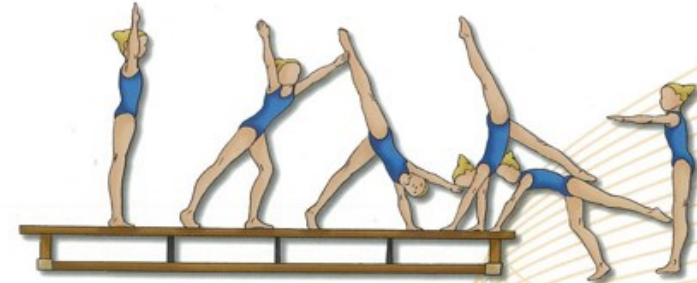
Half lever with 1 foot only raised - change legs



Jump half turn



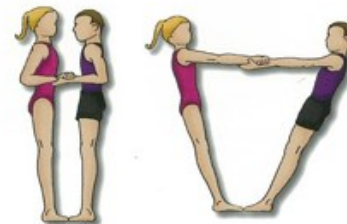
Headstand



Cartwheel quarter turn off bench



Backward roll



Counterbalance



Single knee balance, throw and catch hand apparatus



Squat on box top and tuck jump off

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