

FLIP&TWIST

Gymnastics



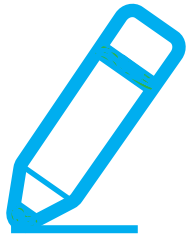
Passport

Intermediate

1

My Passport

This passport belongs to:



Intermediate

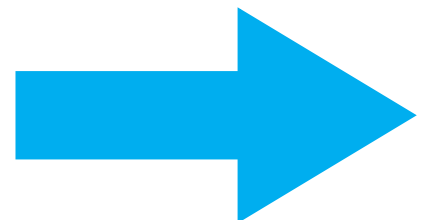
SKILLS

1. Floor

2. Vault

3. Beam

4. Bar





Final Score:

Technique

My Score Required

Back To Wall Handstand (Hollow position)

5

Handstand

5

Handstand Forward Roll with Spot

5

Handstand Bridge with Spot

5

Cartwheel

5

Back Bend Kick Over

4

Chasse Step Leap

4

Back Handspring (Over Barrel to Cheese Mat)

5

Take-Off Jump - Sit on Block

5

Intermediate