

Woking Gymnastics Club Badge Progression Scheme

Level	Floor				Vault			Trampoline		Beam		Bars		Rings	P-Bars		Handstand	Physical Preparation		
1	Straight jump	One leg balance	Pike shape	Tuck shape	Landing shape	5m Sprint	5 hops on each leg	5 straight jumps	Stop bouncing safely in landing shape	Walk along the low beam	One leg balance	Monkey Walks	Show front support on baby bar	Hang/swing and land safely	Tuck hang 5 secs	Back support, feet on bars	5 bunny hops	Balance on toes 5 secs	Throw and catch a ball	Straddle sit
2	Star jump	Bunny hops along bench	Forward roll down wedge	3 tuck rocks	Hopscotch	Straight jump from baby trampette	Straight jump from block & 5 rebound jumps from trampette	5 tuck jumps	Straight jump onto small blue block	Walk along the high beam	Walk backwards on low beam	Forward roll over baby bar	Front support 5 secs	Tuck hang 5 secs	Crab walk	Show support	Front support 5 secs	Crab walks	Seal pull up bench	Frog jump into straight jump
3	Tuck jump	Bunny hop over a bench	Forward roll to straddle sit	Tuck rock to stand	Squat onto a bench	Straight jump from springboard	5 rebound jumps on springboard	5 star jumps	1/2 turn jump	Walk on toes	Bunny hops on Padded beam	Dish hang 5 secs	5 small swings with re-grasp	Dish hang 5 secs	Monkey walks	5 small swings on red bars	Jump to tucked handstand	V-sit	Back support 5 secs	Skip along the floor
4	Jump 1/2 turn	Front support turn to back support	Cartwheel over block	Forward roll on floor	Squat onto a block	Leap frog over mushroom	Tuck jump from block	Seat drop	Jump over block into pit	Dip walks	Tuck jump dismount	Arch hang 5 secs	5 baby casts	Arch hang 5 secs	Show tuck hold	Support hold 5 secs	Pike handstand	Shoulder stand	Chin up hold 5 secs	Tucked dish hold 5 secs
5	Bridge	Arabesque	Cartwheel	Backward roll down wedge	Squat on vault	Star jump from vault	10m sprint	5 straddle/pike jumps	Straight jump onto large block	Dip kicks	Forward roll on fat pad	Circle up from block	Squat onto the floor bar	Pike hang 5 secs	5 dips, feet on bars	5 under bar swings	Handstand against wall	Arch hold 5 secs	Bent arm hold on rope 5 secs	10 jumps with skipping rope
6	Bridge kick over from block	Backward roll to straddle	Cartwheel 1/4 turn in	Forward roll to straddle stand	Squat onto the table	Straddle onto a block	Handstand flat back, hands on springboard	Seat drop 1/2 turn	5 hand and knee bounces turn over	Shoulder stand	Cartwheel on padded beam/floor beam	5 swings with re-grasp	5 casts	Chin up hold 5 secs	Penguin walks	Show 1/2 lever	Tuck bunny hop to handstand	Dish hold 5 secs	Chin up	10 tucked leg lifts
7	Bridge kick over	Backward roll to front support	Y-scale	Handstand forward roll	Handstand hop	Straddle on vault	Jump full turn off vault	Swivel hips	Forward turn over	Tuck jump	Forward roll	Circle up	Cast back hip circle	Pull through to German hang	5 dips	5 swings to horizontal	Kick to handstand	10 box jumps	Tuck lever 5 secs	Shoulder stand no hands
8	Flic over roller	Backward roll to handstand	Round off	Bounce, bounce, flighted forward roll	Handspring off block	Straddle over vault	Handstand flat back over horse	Seat drop 1/1 turn	Tuck front to the pit	Caterpillar walks	Cartwheel	Swing 1/2 turn	Cast squat on	Front support, feet on block	Float swing	5 secs 1/2 lever hold	2 secs handstand	Pike fold 10 secs	1/2 rope climb	5 arch rocks
9	Full spin/jump full turn	Backward walkover	Flic down a wedge	Handspring	Squat through over table	Handstand hop flat back	Handspring over block	Back drop	Tuck front	Round off dismount	Handstand 2 secs	Float swing	Straddle undershoot	Show support	Upstart	Handstand on parallelles	5 secs handstand	Japana	Full rope climb	5 Dish rocks
10	Straddle jump	Free cartwheel/ free cartwheel from springboard	Round off flic	Forward walkover	Tuck front from springboard	Handspring flat back over table	3/4 Straight front to back	Front drop	Tuck back	Backward walkover	Full spin	Trolley swing	Squat on, jump to catch the high bar	5 swings	Upstarts	5 swings above horizontal	Handstand 1/2 pirouette	20 secs feet raised front support	10 secs straddle hold on rope	20 secs dish hold
11	Tuck jump full turn	Backward roll to handstand with straight arms	Round off flic, flic	Fly spring	1/2 on to lie flat	Handspring over table	Straight front from springboard	Tuck front, tuck jump	Pike back/front	Cartwheel straight jump dismount	Tuck front dismount	Upstart	Cast away, swing	5 secs support hold	1/2 lever lift to straddle lever	1/2 pirouette on parallelles	Handstand full pirouette	5 leg lifts	10 press ups	10 secs 1/2 lever hold
12	Tic, Toc	Standing tuck back	Round off flic, tuck back	Tuck front	Handspring to land on pile of mats	1/2 on, 1/2 off	Tsukahara/T suk prep	Tuck front, tuck front	Straight back/front	Cartwheel tuck back dismount	Flic	Tuck back dismount	Baby giant/giant in loops	Tuck back dismount	Tuck back dismount	5 swings to handstand	Elephant lift to handstand	Splits	1/2 rope climb no legs	30 secs dish hold