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| **Floor** | **Still Rings** | **Mushroom and Vault** | **Parallel Bars****and High Bar** | **Tumbl Trak** | **Strength** **and Flexibility** |
| Scale, hold for 5 seconds | Chin hold for 5 seconds | Straddle support for 10 seconds  | Crab walk back and forth | Safe Landing Position (SLP) | Tucked hollow, hold 30 seconds |
| Candlestick, roll up, jump | Hanging tuck, hold | Reverse plank for 10 seconds | Support hold for 20 seconds | Straight jumps w/ arm circles | Table position for 30 seconds |
| Tuck jump, stick | Turn rings out and in 5 times | ¼ hops around the mushroom  | Straddle travel on p-bars | Straight jumps backwards | Push-up position for 30 seconds |
| Jump backward, up on to mat | 10 arch rocks | Circle walk around | Safety dismount: 2 hands to 1 bar | Tuck jumps | Bridge for 5 seconds  |
| Lunge hold,¾ handstand | 3 swings, straight arms | Half circle, walk around | 3 support swings | Straddle jumps | Pike, touch toes with straight legs |
| Headstand, hold | Inverted arch, hold 3 seconds | **Vault**Skips, knees up | **High Bar**3 Casts | 3 Donkey kicks | Straddle, elbows down to floor |
| Forward roll | Inverted pike, hold 3 seconds | Accelerated run on toes | 3 glide swings with re-grip | Full turn (arms out, then up) | 5 Push-Ups |
| Backward roll, down mat | German hang, hold 3 seconds | Bounce back on springboard | Long hang travel | Combination of jumps | 10 Lemon Squeezes |
| “Spider-Man” Handstand | German hang, pull back up  | Run, tuck jump on to resi mat  | Hanging pike for 5 seconds | Seat Drop | 2 pull-ups/ chin-ups |
| Cartwheel | German hang, let go, stick | Straight jump on to 8” mat, stick | Pullover | Straight jump, stick the landing | Climb half way up the rope |



Boys Beginner Sticker Chart

Gymnast: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Day: \_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_