

# Novice Progress Chart

Name: \_\_\_\_\_

Vault	Bars	Beam	Floor	Tumbl Track	Strength/ Flexibility
Handstand Flatback	Pull Over	Round off Dismount	Bridge Kickover	Split Jumps	Pushups <input type="checkbox"/> 3 <input type="checkbox"/> 5 <input type="checkbox"/> 10
Donkey Kick to Handstand Flatback	3 Casts in a Row	Half Handstand	Handstand Bridge	Wolf Jumps	Rope Climb <input type="checkbox"/> $\frac{1}{3}$ <input type="checkbox"/> $\frac{1}{2}$ <input type="checkbox"/> all
Deer Run	Back Hip Circle	Straight Jump	Round off	Jump Full Turn	Jump Rope <input type="checkbox"/> 10 <input type="checkbox"/> 30 <input type="checkbox"/> 50+
Running Straight Jump onto Big Mat	Jump to Straddle Dismount	Leap	Backbend	Power Hurdle Round Off	Hollow Rocks <input type="checkbox"/> 5 <input type="checkbox"/> 10 <input type="checkbox"/> 20+
Run, Straight Jump, Handstand Flatback	Climb on Jump Off	Squat Turn	Front Limber	Donkey Kicks	Arch Rocks <input type="checkbox"/> 5 <input type="checkbox"/> 10 <input type="checkbox"/> 20+
Bounce Back	*Routine	*Routine	*Routine	*Routine	Splits <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> R

Notes: