



**Boys Intermediate
Gymnastics Skill Tracking
Booklet**



Student Name

Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.

Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.

Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!



Floor

Jump Full Turn

Round Off

Handstand

Handstand Forward Roll

Press to Handstand Hold

Backward Roll to Push Up

Back Handspring (Spotted)



Mushroom/Pommel

Full Circle (With Bucket)

3/4 Circle

Right Stride Swings

Left Stride Swings

Around the world

Int. Leg Cut Sequence

Full Circle



Rings

1 Pull Up

L-Hold (3 seconds)

Skin the Cat/Dog

Swing to Inverted

Fly Away

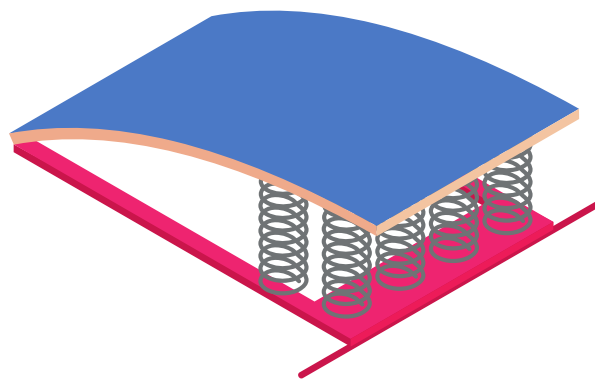
Support Hold (3 Seconds)

Muscle Up (Spotted)



Vault

- Straddle Jump**
- Arm Circle Hurdle**
- Bounce to Handstand**
- Full Turn**
- Handstand Flatback**
- Front Handspring (barrel)**
- Front Tuck (Spotted)**



Paralell Bars

3 Swings to Rear Dismount

Under Bar Swings

Upper Arm Swings

L-Hold

3 Swings to Hand Dismount

Handstand (Spotted)

Back Uprise to Upper Arm



High & Low Bar

Swings with Re-Grip

Hop Swing

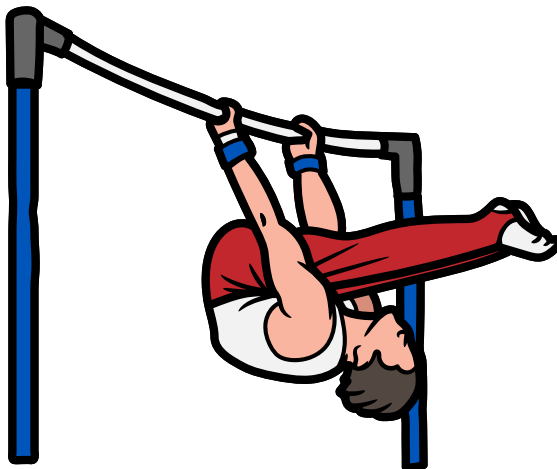
Chin Hold (10 seconds)

Chin-Up Pullover

Half Turn

Undershoot

Back Hip Circle



Disclaimer:

This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.

Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.

If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.