



# Girls Beginner Gymnastics Skill Tracking Booklet



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**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!**



# Vault

**Straight Jump**

**Tuck Jump**

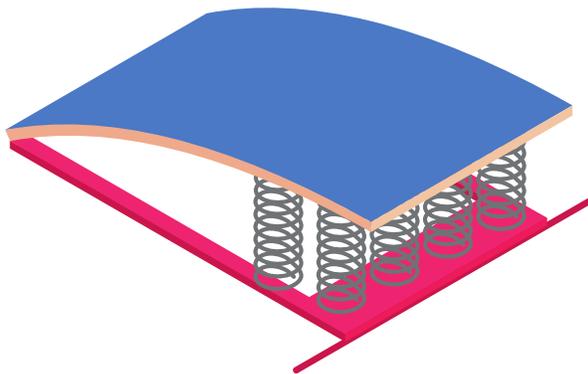
**Straddle Jump**

**Donkey Kicks**

**Bounce to Handstand (spot)**

**Half Turn**

**Squat On**



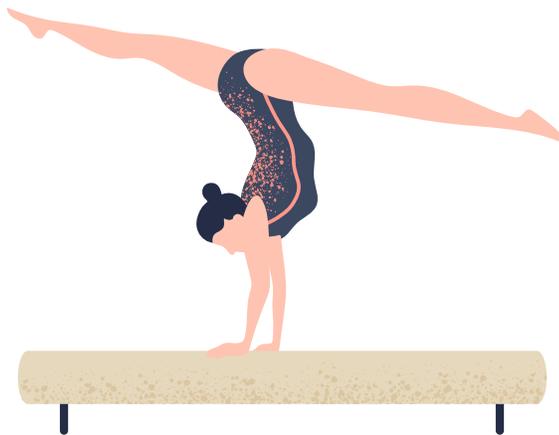
# Bars

- 3X Casts**
- Chin Hold (5 seconds)**
- Tuck Swings**
- Skin the Cat/Dog**
- Forward Roll**
- Strongman**
- Chin Up Pullover w/ Barrel**



# Beam

- Squat On Mount**
- Coupe/Passe**
- Forward/Backwards Walk**
- Step Kicks**
- Arabesque**
- Straight Jump**
- Cartwheel Dismount**



# Floor



**Forward Roll**



**Backward Roll**



**L-Kick**



**Handstand**



**Cartwheel**



**Chasse**



**Step Leap**



**Candle Stick Roll-Up**



# **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.**