															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **GYMNASTICS PROFICIENCY GRADE 7** **To gain the award, complete 8 of the skills below.**
															1) Shoulder stand, legs vertical, hold for 5 seconds.
															2) Donkey kick from bench.
															3) Backwards roll to straddle stand.
															4) Forward roll onto box, lengthways, from springboard.
															5) Cartwheel.
															6) Handstand without support.
															7) Full twist jump.
															8) Squat onto box lengthways and straddle vault off.
															9) Squat onto box and jump off with half turn.
															10) Through vault over box broadways.
															Date passed.

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf