



## Gymnastics Proficiency Awards Level 15

**Minimum pass requirement: 75% completed**

- ⇒ Round off, back flick, tucked back somersault.
- ⇒ Arabian somersault.
- ⇒ Punch front somersault into walkout, into round off, back flick.
- ⇒ Handspring, punch front somersault.
- ⇒ Full twisting dive roll.
- ⇒ Full twisting straight somersault from trampette.
- ⇒ Half on, half off over box from springboard.
- ⇒ Tsukahara
- ⇒ Back flick on beam OR standing back somersault on floor.
- ⇒ Elephant lift from straddle lever.