

Skills Matrix

Men's Artistic Level 3 Technical Module 2

The below skills sign off sheet is what is required by the learner to demonstrate during sign off with the BG recognised assessor (see assessment tab for further details).

Learners will be provided with a hard copy of the below form.

Pommel Horse

Circles and travels
Stockli A
Czech
Travel out in side support
Rears (Kehre)
Half spindle
360° Russian
Schwabenflanke and wende dismounts
Shears

Rings

Multiple inlos and dislos
Backward giant
Forward giant
Back uprise to support
Honma to support
Straight arm lift to handstand
Handstand drills
Forwards somersault dismount with twist
Double back dismount