

Skills Matrix

Men's Artistic Level 3 Technical Module 3

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.

Parallel Bars

Stutzkehre
Diamidov
Flying back roll
Forward uprise
Back up clips
Back up to handstand
Longswing
Moy to support
Drop shoot to upper arms
Undersom to long upstart
Undersom to support
Pike front dismount
Straight back out
Backwards somersault from bail

High Bar

Top change
Swing half turns
Blind change
Gienger roll to mixed
Healy to mixed
Clear circle to handstand
Stalder
Endo
Inverts
Squat dislo
Straight back away