

# FREE G Levels 1-5

 Freestyle Skills Certificate Level <b>1</b> Awarded to: _____ Coach: <i>Samuel Tabbs</i> Date: _____	 Freestyle Skills Certificate Level <b>2</b> Awarded to: _____ Coach: <i>Samuel Tabbs</i> Date: _____	 Freestyle Skills Certificate Level <b>3</b> Awarded to: _____ Coach: <i>Samuel Tabbs</i> Date: _____
 Freestyle Skills Certificate Level <b>4</b> Awarded to: _____ Coach: <i>Samuel Tabbs</i> Date: _____	 Freestyle Skills Certificate Level <b>5</b> Awarded to: _____ Coach: <i>Samuel Tabbs</i> Date: _____	

# FREE G LEVEL 1



Name:		Class:	
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Must complete 9 of the skills and one combination to complete

Apparatus	Skill	Date Completed
<b>Rolls</b>	Forwards roll and/or Safety roll (To feet)	
	Turtle roll	
<b>Vaults -</b>	Monkey Vault (To feet)	
	Speed step (Quickly)	
<b>Jumps -</b>	Precision (To stick)	
	Straight/Tuck/Star (Complete all three)	
<b>Kicks -</b>	Front kick (Hip height)	
	Round kick (Hip height)	
	Backsweep	
<b>Swings -</b>	Swing precision/Lache (To Spot or Hoop)	
	Monkey walks (One hand leading)	
<b>Combinations -</b>	Monkey vault - Precision - Safety roll	
	Round kick - Backsweep	

Date passed:		Coach	
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# FREE G LEVEL 2



Name:		Class:	
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Must complete 9 of the skills and one combination to complete

Apparatus	Skill	Date Completed
<b>Rolls</b>	Backward roll (to feet)	
	Dive Roll/Shoulder Roll	
<b>Vaults -</b>	Speed Vault	
	Kong Vault	
<b>Jumps -</b>	Precision Half Turn (To stick)	
	Strides 3x (Fast/Wide)	
<b>Kicks -</b>	Back Kick (Hip Height)	
	Front Sweep	
	Inside/Outside Crescent Kick	
<b>Swings -</b>	Forward Circle (Controlled)	
	Cast to Swing	
<b>Combinations -</b>	Strides 3x - Speed Vault - Dive Roll	
	Cast to Swing - Lache - Pre (Stick)	

Date passed:		Coach	
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# FREE G LEVEL 3



Name:		Class:	
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Must complete 9 of the skills and one combination to complete

Apparatus	Skill	Date Completed
<b>Flips -</b>	Front Flip (Pit or Floor)	
	Cartwheel	
<b>Vaults -</b>	Lazy Vault	
	Dash Vault	
<b>Jumps -</b>	Precision, Plyo (Reasonable Distance)	
	Arm Jump/Cat	
<b>Kicks -</b>	Hook Kick	
	Scoot/Master Scoot	
	Tornado Kick (Progression)	
<b>Swings -</b>	Backwards Circle (Controlled)	
	Swing 180 Catch Swing	
<b>Combinations -</b>	Stride - Pre - Plyo - Cat	
	Cast to Swing - 180 Catch - Lache - Pre	

Date passed:		Coach	
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# FREE G LEVEL 4



Name:		Class:	
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Must complete 9 of the skills and one combination to complete

Apparatus	Skill	Date Completed
<b>Flips -</b>	Side Flip	
	Round off (Rebound)	
	Webster	
<b>Vaults -</b>	Reverse Vault	
	Double Kong Vault	
<b>Jumps -</b>	360 Pre	
	Stride, Pre (Reasonable Distance)	
<b>Kicks -</b>	Butterfly Kick (B-Kick)	
	A-Twist	
<b>Swings -</b>	Squat on Jump to Catch	
	Undershoot	
	Lache 180	
<b>Combinations -</b>	Stride - Pre - Side Flip	
	Cast to undershoot - Lache 180	

Date passed:		Coach	
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