

SPONTE SUA SKILLS AWARDS



SPONTE SUA EXPLORER AWARDS

LEVEL	RUN	JUMPS	ROLLING	ACRO	STRENGHT	FLEXIBILITY	VAULT	FLOOR BAR	FLOOR BEAM	COORDINATION
1	FREE RUN	2 FEET	SAUSAGE ROLL	ROLLING FROM SITTING BACK-FORWARD	ELEPHANT WALK	PIKE FOLD	STRAIGHT JUMP FROM A LOW TOP OR SPRINGBORAD	JUMP BACK-FORWARD	WALK FORWARD WITH HELP	DANCE WITH SCARFS
2	RUN FOLLOWING MUSIC TEMPO	HOPPING (1 FOOT)	SAUSAGE ROLL DOWN THE HILL	FORWARD ROLL	CRAB WALK	SEAL	STRAIGHT JUMP ON MINI TRAMPETTE	FRONT SUPPORT	WALK FORWARD WITHOUT HELP	COPY THE COACH DANCING

TO PASS THE LEVEL: ACHIEVE 6 OF 10 SKILLS

SPONTE SUA ABILITY AWARDS

LEVEL	RUN /HOPS /JUMPS	JUMPS	BALANCE 3" / TURNS	ACRO	SHAPES	FLEXIBILITY	VAULT (LOW VAULTS, CUBES)	FLOOR BAR	FLOOR BEAM	COORDINATION
1	FREE RUN	STRAIGHT	1 LEG	ROLL TO SIT	FRONT SUPPORT	SEAL	STRAIGHT JUMP FROM TOP	JUMP BACK- FORWARD	WALKING AND STRAIGHT JUMP OFF	DANCE WITH SCARFS
2	RUN BACKWARDS	STAR	2 FEET RELEVE	FORWARD ROLL	BACK SUPPORT	SEAL FEET TO HEAD	STRAIGHT JUMP SPRINGBOARD	WALK IN FRONT SUPPORT SIDEWAYS	WALKING RELEVE & STRAIGHT JUMP OFF	FOLLOW COPYING A FRIEND
3	RUN AROUND OBSTACLES	TUCK	1 LEG STRAIGHT	TEDDY BEAR	DISH	JAPANA	TUCK JUMP SPRINGBOARD	FRONT SUPPORT	WALKING BACKWARDS	BEAN BAG THROW & CATCH
4	RUN OVER OBSTACLES	1/2 TURN	ARABESQUE	BACKWARD ROLL	ARCH	BASQUET	STRAIGHT JUMP FORWARD ROLL	FRONT SUPPORT WITH 1 LEG UP	BATTEMENT	MIRRORING DUO
5	HOPPING	PIKE	2 FEET TURN	HANDSTAND	V-SIT	JAPANA FLAT	SQUAT ON	BACK SUPPORT	1 LEG BALANCE	ROLL A HOOP
6	JUMPING WITH FEET TOGETHER	FULL TURN	1/2 SPIN (G) T-BALANCE (B)	CARTWHEEL	BACK SUPPORT 1 LEG UP	SPLIT	STRADDLE ON	5 PRESS UPS	STRAIGHT JUMP	BOUNCE A BALL IN 1 LEG BALANCE
7	CHASSE	CAT LEAP (G) SCISSORS (B)	1 LEG RELEVE	1 H. CARTWHEEL	SIDE SUPPORT	PIKE FOLD	HANDSTAND LAY BACK	BUNNY HOP	TUCK JUMP	SKIPPING ROPE
8	SPEED RACE	SISSONE	FULL SPIN (G) FROG BALANCE (B)	ROUND OFF	V-SIT NO HANDS	BRIDGE	HANDSTAND FLAT BACK	HALF HANDSTAND	BUNNY HOP	2 JUMPS IN DUO
9	RELEVE WALKING (HIGH & LOW))	CAT LEAP 1/2 T. (G) FULL TURN TUCK (B)	SPIN ON DEHORS (G) Y-BALANCE (B)	HANDSTAND SPLIT LEG	PIKE LEVER 1 LEG UP	BRIDGE LEG UP	STRADDLE OVER	SQUAT ON	HANDSTAND	3 SKILLS ROUTINE IN DUO
10	SHUTTLE RUN SQUARE (FORWARD-BACK, LEFT-RIGHT)	STRADDLE	TOUR JETE (G) PIKE LEVER (B)	WALKOVER (G) HANDSPRING (B)	SHOULDER STAND	BOX SPLIT	ROUND OFF FROM TOP	HANDSTAND	CARTWHEEL (G) STRADDLE LEVER (B)	ACRO SKILLS DUO (A) THROWS (R)

G)= GIRLS

(B)= BOYS

(A)= ARTISTIC
GYMNASTICS

(R) RHYTHMIC
GYMNASTICS

SPONTE SUA MASTERY AWARDS ARTISTIC

LEVEL	JUMPS (G) SKILLS (B)	BALANCE/TURNS	CONDITIONING	HANDSTAND	FLOOR	HIGH BEAM - POMMEL HORSE	BARS	HIGH VAULT
BRONZE	SPLIT / STRADDLE JUMP - LEAP	PIQUE TURN (G) PIKE LEVER (B)	FULL TURN ON BARS BY STANDING	H. FORWARD ROLL	HANDSPRING + DIVE ROLL	HANDSTAND SPLIT LEG (G) LEVERS (B)	UPWARD CIRCLE	STRADDLE OVER
SILVER	CHANGE LEG (G) SWEDISH FALL (B)	1.5 SPINS (G) STRADDLE LEVER (B)	CHIN-UP OR BARS (5)	HANDSTAND PIRUETTE	ROUND OFF- FLIC FLAC	SPLIT LEG (G) SINGLE LEG CIRCLE (B)	CAST TO BACKWARD CIRCLE	HANDSPRING
GOLD	SHUSHUNOVA	ILUSION (G) FLAIR (B)	PIKE SIT UP ON BARS (5)	VALDEZ (G) YUSTED (B)	AERIAL	WALKOVER (G) SWING (B)	SQUAT ON TO HIGH BAR AND SWING	ROUND OFF
DIAMOND	SPLIT LEG W/TURN (G) PIKE WITH 1/2 TURN TO FLOOR (B)	2 SPINS (G) PLANCH (B)	PRESS UP IN HANDSTAND (W/ HELP)	PRESS HANDSTAND	SERIE: 2 ACRO WITH FLIGHT	SERIE: 2 ACRO SKILLS (G) SCISSORS (B)	KIP	HANDSPRING OR ROUND OFF 1/2 T. OFF

G)= GIRLS

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SPONTE SUA MASTERY SKILL AWARDS RHYTHMIC

LEVEL	JUMPS	BALANCE	URNS	WAVES	APPARATUS TECHNIQUE	PRE ACRO - JUMPS	SPINS / CIRCLES	DIFFICULTY
BRONZE	STAG	1 LEG STRAIGHT 90*	DOUBLE PASSE PIRUETTE	WAVES WITH ARMS IN STEP SEQUENCE	ROLL FROM ARM TO ARM	THROUGH THE BALL JUMP AND CATCH	SPIN THE HOOP ON HAND ALL DIRECTIONS	THROW THE HOOP AND CATCH
SILVER	SPLIT	ATTITUD BALANCE	ATTITUD SPIN	BODY WAVES (ALL DIRECTIONS)	HOOP ROLLING DOWN AND UP THE BODY	THROW THE HOOP, ROLL ON THE FLOOR AND CATCH	ECHAPES WITH THE ROPE, FORWARD, SIDE, AROUND ARM, UNDER ARMPIT	THROW THE ROPE, ROLL ON THE FLOOR AND CATCH
GOLD	STAG WITH RING	ARABESQUE	SPIN WITH LEG FORWARD 90*	WAVES TO ELBOWS STAND	ROPE SKIPPING (ALL DIRECTIONS INCLUDING JUMPS)	PRE-ACRO WITH ROPES.	RIBBON: CIRCLES, EIGHTS, ZIGZAG (ALL DIRECTIONS)	THROW WITH RIBBON AND CATCH
DIAMOND	STAG WITH TURNS OR CHANGE LEG	TOUR LENT BALANCE, LEG 90* FROM FRONT TO BACK	COSSACK PIVOT	ILLUSION	WINDMILLS WITH CLUBS ALL DIRECTIONS	THROW WITH RIBBON, JUMP ROLL AND CATCH	THROW A CLUB FROM A CROSS ROLL ON FLOOR AND CATCH WITH THE OTHER CLUB	THROW THE BALL, SPIN 2 FEET, ROLL AND CATCH

SPONTE SUA PERFORMING DANCE - ABILITY AWARDS

LEVEL	STAND POSITIONS	TURNS / SPINS	BALANCE	WAVES	BARRE	CENTER WORK	JUMPS	PRE ACRO	IMPROVISATION	CHOREOGRAPHY
1	FEET POSITIONS AND BOW	SPINS IN 2 FEET WITH STEPS IN BETWEEN	1 LEG BALANCE PASSE	ARM WAVES	DEMI AND GRAND PLIE 1ST AND 2ND FEET POSITION	CHASSE STEPS	CAT LEAP (FROM CHASSE)	BRIDGE	USING TURNS AND WAVES	REMEMBER AND PERFORM
2	ARMS POSITIONS	1 SPIN IN PASSE	ARABESQUE	BODY WAVES	DEMI AND GRAND PLIE IN 3RD TO 6TH FEET POSITION	SAUTE IN 5th POSITION IN ALL DIRECTIONS	SISSONE	BACK BEND OR BACK WALKOVER	USING JUMPS AND SPINS	REMEMBER AND PERFORM.
3	ARMS AND FEET BALLET POSITIONS	1 SPIN IN ATTITUD	1 LEG BALANCE WITH STRAIGHT LEG 90*	FULL WAVES RELEVE (ALL DIRECTIONS)	FOUETTES	ASSEMBLE CLOSING FORWARD	STAG (FROM CHASSE)	ELBOW STAND HOLD	USING PRE-ACRO SKILLS	REMEMBER AND PERFORM.