Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Completed Signed By Tuckett

General Pass Off List

|  |  |  |
| --- | --- | --- |
| Body Awareness |  |  |
| Strength  |  |  |

Tumbling Pass Off list

|  |  |  |
| --- | --- | --- |
| Forward Roll |  |  |
| Backward Roll |  |  |
| Handstand (3 seconds, straight legs) |  |  |
| Handstand forward roll |  |  |
| Back extension roll |  |  |
| Forward dive roll (daring, safe) |  |  |
| Cartwheel R and L |  |  |
| One handed cartwheel R and L  |  |  |
| Roundoff R and L (clean jump at end) |  |  |
| Kip Up (lands on feet) |  |  |
| Handstand walks (hands 4x) |  |  |
| Front Walkover |  |  |
| Back Walkover |  |  |
| Front handspring |  |  |
| Ariel off mat |  |  |
| *Ariel*  |  |  |
| Lincoln with mat |  |  |
| Lincoln over mat |  |  |
| *Lincoln* |  |  |
| *Back handspring* |  |  |
| *Front tuck* |  |  |
| *Back tuck* |  |  |

Partner Moves Pass Off List

|  |  |  |
| --- | --- | --- |
| Push-up roll and over |  |  |
| Handstand in partner arms |  |  |
| Handstand around partner middle |  |  |
| Handstand, partner flips feet ground |  |  |
| Partner cartwheel |  |  |
| *Back to back flip over* |  |  |
| Other:  |  |  |
| *Backward flip with partner hold foot* |  |  |

Stall Pass Off List

|  |  |  |
| --- | --- | --- |
| Side elbow stall |  |  |
| Front elbow stall |  |  |
| Head stand |  |  |
| Rainbow stall, hold foot |  |  |
| Hand ground, flip feet over shoulder |  |  |
| Other:  |  |  |