

personal achievement chart

Award 12

Name.....



activities	date	signature
Compulsory		
1. Barani straight legs		
2. Barani straight legs, half twist jump, jump (straddled) x 3		
3. Barani seat landing		
4. Back somersault piked (or straight)		
5. Back somersault piked (or straight), shaped jump x 5		
6. Three quarter front somersault straight		
7. Three quarter front somersault straight, half twist to feet, shaped jump x 3		
8. Back somersault tucked to seat, half twist to feet		
9. Back somersault tucked, back landing		
10. Back somersault tucked, front somersault piked		
Routine		
A four somersault routine with no somersault links		
Optional - achieve any 4 out of the 6 activities		
1. Tuck back to seat, half twist to feet, tuck back		
2. Three quarter back somersault straight, to feet		
3. Back pullover, half twist to back landing		
4. Half twist to three quarter forward turnover		
5. Back landing, one and a half twist to feet		
6. Front landing, half twist to front landing (cruise)		

