personal**achievement**chart

Name...... Award 13

13

| | activities | date | signature |
|---------------|---|------|-----------|
| Compulse | ory | | |
| 1. Barani tu | cked | | |
| 2. Barani pil | ked | | |
| 3. Back som | nersault tucked, Barani tucked | | |
| 4. Back som | nersault piked, Barani piked | | |
| 5. Back som | nersault, Barani, shaped jump x 3 | | |
| 6. Back som | nersault straight, half twist jump, shaped jump x 3 | | |
| 7. Back som | nersault tucked to back landing | | |
| 8. Three qua | arter front somersault straight, bounce roll, half twist to feet | | |
| 9. Three qua | arter back somersault straight, through straight to back landing | | |
| 10. Barani, j | ump to back landing | | |
| Routine | | | |
| A six somer | sault routine, including a back somersault to Barani link | | |
| Optional | - achieve any 4 out of the 6 activities | | |
| 1. Three qua | arter back somersault straight with half twist to back landing | | |
| 2. Three qua | arter Barani to front landing, or three quarter front somersault with half twist to front landing | | |
| 3. Double ca | at twist | | |
| 4. Corkscrev | N | | |
| 5. Three qua | arter back, half twist (cruise) to front landing | | |
| 6. Three box | unce rolls | | |

