	Meno:		Dátum narodenia:		Klub:													
	Priezvisko:		Vek. kategória:															
	Skills				**Strength and conditioning**													
						St. žiaci/žiačky				Juniori/ Juniorky/ ženy				Muži				
A)	**Landings**	D	Q	Sc	**A)**	**Power**	0	1	2		0	1	2		0	1	2	
1.	roll forward				1.	sddzm meter	<160	>160	>180		<180	>180	>200		<200	>200	>220	
2.	running precision				2.	vertical jump												
3.	hop precision				3.	sprint 30 m rovina	>3,3	<3,3	<3,0		>3,2	<3,2	<2,9		>3,1	<3,1	<2,8	
4.	running p to a bar				4.	clnkovy beh lepiaca paska	>19	<19	<18		>18	<18	<17		>17	<17	<16	
5.	hang p + a.j. 180° + pre				5.	80 % drep oska a kotuce												
6.	flip + precision				6.	zhyb hrazda	<8	>8	>10		<10	>10	>12		<12	>12	>14	
B)	**Vault Techniques**				7.	70% bench/ kluk resp bench oska												
1.	step on +speed +lazy				8.	hod medikom medball												
2.	dive cat pass + dive step on +reverse				9.	Sprint												
3.	cat pass + precision				10.	1 pistol squat	<5	>5	>7		<7	>7	>9		<9	>9	>11	
4.	double cat pass				11.	kluky do zlyhania	<10	>10	>12		<12	>12	>14		<16	>16	>20	
5.	cat pass + precision +frontflip				12.	Splh na lane												
6.	secret move				13.	Beep test pásmo	<6.0	>6.0	>7.0		<7.0	>7.0	>8.0		<8.0	>8.0	>9.0	
C)	**Wall elements**				**B)**	**Flexibility**												
1.	tic tac precision				1.	mostík - arch												
2.	wallspin				2.	Roznožka cm od zeme po panv	>40	<40	<30		>40	<40	<30		>40	<40	<30	
3.	360 wallrun + arm jump 180° +precision				3.	Hamstrings- prednoženie stupn	<70	>70	>80		<70	>70	>80		<70	>70	>80	
4.	wallflip				4.	Predklon - lavička cm pod	<0	>0	>5		<0	>0	>5		<0	>0	>5	
5.	palmflip				5.	Flexory bedra												
6.	inward dismount																	
D)	**Swings and bar elements (gymnastics)**																	
1.	Pull over																	
2.	Back & forward hipcircle																	
3.	From Hang Initiate a Swing																	
4.	Swing 1⁄2 turn on Front of Swing																	
5.	stand																	
6.	Kip																	
7.	Baby giant																	
8.	Flyaway from the bar backward or frontward																	
E)	**Swings**																	
1.	si + swings																	
2.	si + swing + lache precision																	
3.	+lache precision																	
4.	si + swing + stride (low obstacle) + precision jump																	
5.	bar+underswing pre																	
6.	si + cast + swing + 1⁄2 turn+la																	
F)	**ACROBATIC ELEMENTS BACKWARD & SIDEWAYS**																	
1.	Flic Flac																	
2.	Back Flip																	
3.	Arabian Flip																	
4.	Side Flip																	
5.	Frontflip																	
6.	Round Off to Back Flip																	