

TEKNE BADGE SYSTEM												
	SHAPES & BODY TENSION & JUMPS	FLEXIBILITY & WALKOVERS	STRENGTH	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR		Vault	Vault
<b>Tekne 1</b> <b>Bouncers</b> <b>Beginners</b> <b>Aerials</b>	Shapes - straight, star, landing, tuck, straddle, pike, arch, dish, front support, standing lunge forwards.	Bridge	V-Sit hands on floor, hold 3 secs	F.Roll down a slope to end in tuck sit or stand	Rock'n'Roll with Backward Roll Hand Placement	Cartwheel over the red booster block	Bunny Hops	Spiderman Straight arms, hold for 5secs			Jumps on floor to Landing Shape - Straight, Tuck, Star	Stretch rebound jumps (air track or pod or springboard)
	Shapes do not need to be perfect but gymnast needs to have knowledge of the shapes. Dish shape can have one leg bent. Standing lunge is for entry into moves, not a splits stretch.	Bridge no need for perfect form but head should be clear of the floor and hands facing the correct direction.	Straight legs and pointed toes	Good form and presentation, legs together, and in tuck shape or to stand up with no hands	Whole palmar surface of hand to touch floor. Body in a good tuck shape with hips lifted as hands contact floor.	Side-Side cartwheel. Can go slightly off vertical but must have an effort to push into it from legs.	Feet and Legs together, straight arms. Can be travelling or static. Can be little or big bunny hops.	Minimum 45° Straight arms, arms by ears. Chest in so none or minimal arch in spine.			Good form and precise shape in the air. Must show landing shape.	Jump coming from rebound and with no bent legs. No collapse in body tension throughout.
<b>Tekne 2</b> <b>Bouncers</b> <b>Beginners</b> <b>Aerials</b>	Shapes - straight, star, landing, tuck, straddle, pike, arch, dish, front support, standing lunge forwards.	One of: - Bridge - Japana min.45°	Straddle and Pike Lever Preps, either: Hips lifted off while feet still on floor 3s. or hands flat on floor and reaching forwards lift legs off of floor 3s)	F.Roll to stand	B.Roll using Slope	Cartwheel	Kick to 1/2 Handstand (Tekne TickTock Handstand)	Spiderman Handstand hold for 10 seconds			Run hurdle step straight jump from springboard onto a mat	Straight jump from higher surface to a mat.
<b>Once gymnasts have passed this badge they may move to the Bouncers Intermediate class. Gymnasts may also move at the coaches discretion.</b>	Shapes to have good form - eg. pointed toes, straight legs Standing lunge is for entry into moves, not a splits stretch.	Bridge with arms straight and by ears. No requirement for perfectly straight/together legs, (prioritising working towards shoulders over hands to avoid excessive wrist hyperextension). Japana min45° legs must be straight, knees facing ceiling, pointed toes. Back not to be excessively hunched.	Legs must be straight. Hands must be positioned correctly facing forwards or with a minimal amount of turning outwards. If gymnast can do a straddle or pike lever let them do the whole move instead...	Must show good form. Straight shape before and after the roll. Chin on chest throughout the roll. Legs together. No hands to stand up at end.	Must land on feet not knees. Can start from sitting on end of slope, or from crouch on slope. Hands must make full correct contact with the wedge.	Side to side Straight or nearly straight legs	Good shape with no arch in back. Arms straight and by ears. Return to lunge. Must be close to vertical with torso.	Minimum 45° angle from wall. Very good shape, no arch in spine, straight arms, arms by ears, open hips.			Good form on board and in air. Good arm swing and straight shape in the air. Landing shape to be held 2s. Springboard can be junior or full size, relevant to gymnast's age/size.	Good arm swing and straight shape in the air. Landing shape to be held 2s. Higher surface eg.red block.
<b>Tekne 3</b> <b>Bouncers</b> <b>Intermediate</b> <b>Aerials</b>	Dish Rocks x5 Arch Rocks x5 Supine body tension lift	2/5 of: - Bridge with shoulders over hands and legs straight. - Wall walk to bridge and back up - Handstand to bridge with mat - Japana (nearly flat) - 1 Split (nearly flat)	Straddle or Pike Lever prep (Hips and one foot lifted 3secs)	Forward roll showing push from feet and intermediary pike position.	Backward Roll starting halfway or near the bottom of the slope.	Cartwheel Front to Back	Kick to handstand	Spiderman Handstand. Able to lift/step hands forwards and backwards and maintain a good shape.			Straight Jump to two crash mats or red (wedge) block	Jump to forward roll on elevated surface/red blocks
	Dish rocks may have one bent leg.	Wall walk should have (close to) straight arms throughout. - Handstand to bridge must show some control plus opening of shoulders.	Pike hips must be behind arms. Can do full lever if they can.	Crouch tuck to pike to tuck in to stand. Legs must be active and not fall towards face.	From standing/crouch on the slope. Hands must make proper contact with the slope/floor, and must land on feet not knees.	Looking for a T position but hands must turn at the very minimum sideways.	Good shape, no requirement to hold. Must be within 10° of vertical with torso. Must return to a lunge.	Working towards the handstand moving safely to closer to the wall. No arching of spine or loss of shoulder push.			Emphasis on entry, board action, Red block with soft mat on top..	From springboard or air track/pod Red block with soft mat on top..
<b>Tekne 4</b> <b>Bouncers</b> <b>Intermediate</b> <b>Aerials</b>	Dish Rocks x5 Arch Rocks x5 Supine body tension lift Front Support body tension lift	3/5 of: - Bridge kickover with slope or feet beginning on higher surface. - Wall walk to bridge and back up - Handstand to bridge with mat - Japana (nearly flat) - 1 Split (nearly flat)	Straddle and Pike Lever preps Lever using red booster blocks.	Handstand Forward Roll from Spiderman handstand on wall or from object supported 1/2 handstand onto a safety mat.	Backward Roll	Cartwheel Front to Back step second foot in to end with feet together.	Kick to Handstand or half handstand hold 3s	Spiderman Handstand hands close to wall			Straight Jump to Red Block	Kick to Handstand Flatback to mat
	Front support if can not lift then lightly press on gymnasts back to check back does not go loose.	Wall walk should have (close to) straight arms throughout. - Handstand to bridge must show some control plus opening of shoulders.	Straddle Lever using one block. Pike lever using two blocks. No requirement for legs to be above horizontal but legs should be straight.	Must not collapse/pike as the roll happens, must lead the move from the feet moving in the correct direction. Preferably done with straight arms though not essential.	From standing/crouch. Hands must make proper contact with the slope/floor. Ending position optional but must land on feet.	Good Form with a good lunge and reach into the move, T-hands. Not a roundoff...yet!	Can be either a handstand with legs together, or a handstand with one leg vertical and one leg horizontal, but must show a hold for 3 seconds.	Must show good shape. Only feet allowed to touch the wall, feet can be pointed or flexed. Also able to safely exit from this position.			Good form throughout.	Good entry, good shape throughout with shoulders open and back flat, landing in a tight straight position.

	SHAPES & BODY TENSION & JUMPS	FLEXIBILITY & WALKOVERS	STRENGTH	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	Vault	Vault
<b>Tekne 5</b> <b>Bouncers</b> <b>Advanced</b> <b>Aerials</b>	Dish Rocks x10 Arch Rocks x10 Dish to Arch to Dish Long front support	Drop Back to Bridge to Bridge Kickover  Ticktock using slope or safety mat	Straddle and/or Pike Lever 3s	Handstand Forward Roll straight or bent arms	Back Roll to front support using slope	Any 2 of:  Round off from a higher surface.*  Cartwheel/Round off to front lie on a safety mat.  Roundoff to kneeling on a large safety mat. **	Very beginning of flic Preps and developing correct shapes and push -  Jump backwards to backlie on safety mat that is approx hip height.* Hip Extension drill** Flic trainer/roller with coach assistance.	Handspring Preps: Handstand hop Fast kick to handstand with mat on wall	Handstand Hold 3s	Handspring Flatback on Red Blocks (38cm) or two safety mats	
		Ticktock only one foot should touch down.		Bent or straight arms, must lead with feet, no piked positions in hips. May use a thin safety mat.	Straight arms.	Eg from booster blocks or red blocks. Hands on the end of the block to land on a safety mat.  ** Kneeling must be an open hips position with chest upright.	Must show correct entry position and jump as fall off balance.  ** Start in seated pike against eg a booster block and touching toes and move torso and arms backwards to end in hips lifted shape.			Showing good action on and from springboard, maintaining body tension.	
<b>Tekne 6</b> <b>Bouncers</b> <b>Advanced</b> <b>Aerials</b>	Dish Rocks x10 Arch Rocks x10 Dish to Arch to Dish Long front support	Front Walkover or Back Walkover  Splits (one split flat)	Straddle and/or Pike Lever 5s  Standing lower to Straddle lever or sit	Handstand Forward Roll straight arms	Back Roll to front support, or, with slope to elevated front support or handstand	Round Off	Flic Prep Flic over flic trainer independently	Handspring from higher surface to mat	Handstand Hold 5s	Handspring Flatback 60cm	
		Splits can be front or side. Must be flat and not with excessive twist.		Straight Arms	Straight Arms. Elevation to at least approx gymnasts hip height.	Showing flight and getting chest up at the end.	End position optional			Red Block is 60cm Or Wedge blocks plus a safety mat is approx 60cm	
To move to junior or senior squad is purely at the coaches discretion. Gymnasts should have completed Tekne 6, or shown potential to be able to cope with working at the higher skill level.											
<b>Tekne Bronze</b>	Wolf jump or Split leap	Back walkover	Straddle press lift	Round off tuck jump	Handstand hop	Backward roll to front support	2 consecutive linked elements	Aerial prep		Handspring off a block	Handspring over a block
							Eg Cartwheel, 1 handed cartwheel				
<b>Tekne Silver</b>	Leap series x 2 linked	Forward walkover	Straddle press to stand (no jump)	Back handspring	Handstand forward roll, bunny hop to stand	Round off with tight rebound jump	Dive cartwheel	Backward roll to handstand	3 leap / jump series	Handspring over vault	
<b>Tekne Gold</b>	3 leap series linked	Straddle press to handstand	Straddle lever to handstand	Aerial	Cartwheel back handspring	Handstand pirouette	Standing tuck back	Handspring on floor to upright	Round off back handspring	Handspring half on	
<b>Tekne Platinun</b>	Floor routine to music to include:	Tumbling - must include flick, tuck	Leaps	Turns	Links & expression						