

1. Burgundy

A - Attempted
L - Learning
M – Mastered

Floor

- ___ front support on various apparatus (3 sec)
- ___ rear support on various apparatus (3 sec)
- ___ shoulder stand (3 sec)
- ___ prone fall from knees
- ___ forward shoulder roll down incline to stand
- ___ forward roll to tucked/straddle sit
- ___ backward shoulder roll down incline to stand
- ___ backward straight body fall to crash mat
- ___ cartwheel (both sides) over bench or box
- ___ locomotions (walk, run, skip, chasse, animal walks)
- ___ star jump
- ___ tuck jump

Beam

- ___ prone/supine lie
- ___ forward/backward 2 foot landings from knee height
- ___ tucked/piked/straddled sit low beam (3 sec)
- ___ stork stand (3 sec), sideways on beam
- ___ forward/sideways/backward walk, low beam

Bars

- ___ front support (3 sec)
- ___ front support to roll over bar to long hang
- ___ various grips in long hang, hold (3sec)
- ___ locomotions (eg. Bear walk on parallel bars)
- ___ stride support (3 sec) both sides
- ___ tucked/piked/straddled sole hang (3 sec)

Vault

- ___ consecutive 2 foot springs (10) forward and back
- ___ running for 10m
- ___ forward /backward 2 foot landings from knee height
- ___ jump to box at knee height to straight jump off
- ___ assemble

Pommel Horse

- ___ front support on horse pommels (3 sec)
- ___ front support on a ball (3 sec)
- ___ rear support on horse pommels (3 sec)

Trampoline

- ___ stop bounce
- ___ straight jump
- ___ shaped jumps

2. Red

A - Attempted
L - Learning
M – Mastered

Floor

- ___ front support (5 sec)
- ___ rear support (5 sec)
- ___ elevated support facing wall (3 sec) roll out
- ___ tripod balance roll out
- ___ standing prone fall to 6" mat
- ___ tucked straddled forward roll to stand
- ___ forward shoulder roll on floor to stand
- ___ log rolls
- ___ tucked backward roll down incline to stand
- ___ backward shoulder roll on floor to stand
- ___ cartwheel (both sides) around a circle
- ___ jump ½ turn to controlled landing
- ___ jump to momentary tucked handstand

Beam

- ___ forward/backward 2 foot landings from waist height
- ___ knee scale on low beam
- ___ side and front lunges both legs
- ___ forward/backward/sideways walks on toes
- ___ straight jump on knee height beam

Bars

- ___ front bar support swing (hips on bar)
- ___ inverted tucked, piked and straddle hangs
- ___ forward glide swing back
- ___ tucked long hang, uneven and p-bars
- ___ from stand, jump to tucked and straddled positions on knee height bar
- ___ straight body inverted hang on p-bars (boys)

Vault

- ___ forward/backward 2 foot landings from waist height
- ___ run 10m with knee held high
- ___ 2 foot springs over a series of objects, some knee height
- ___ 2 foot springs up a series of higher objects
- ___ 3 to 5 step run to 2 foot takeoff from beat board to straight jump

Pommel Horse

- ___ front to stride to rear support
- ___ rear support on a ball (3 sec)
- ___ stride support on pommel horse
- ___ left and right side supports on the horse

Rings

- ___ long hang (3 sec)

Trampoline

- ___ series of shaped jumps
- ___ seat drop
- ___ jump ½ turn

3. Tan

A - Attempted
L - Learning
M – Mastered

Floor

- ___ front to rear to front support
- ___ momentary handstand step down into lunge
- ___ tucked handstand roll out
- ___ Swedish fall to 6" mat
- ___ forward roll from knee height
- ___ hollow body roll log
- ___ backward break fall to crash mat
- ___ jump backward from waist height, land on feet on floor
- ___ to backward shoulder roll to stand
- ___ straddled backward roll down incline to stand
- ___ almost vertical cartwheel on floor

Beam

- ___ forward/backward 2 foot landings from chest height
- ___ chasse, low beam
- ___ tuck jump on low beam
- ___ pivot turn on low beam
- ___ front to stride to rear support sideways on beam
- ___ forward roll on box top to stand or assisted forward roll

Bars

- ___ front support swing hips off bar, feet below bar height
- ___ cross support p-bars (3 sec)
- ___ front stand, jump on knee height bar to stooped position
- ___ rear hang (skin the cat)
- ___ glide hang (3sec)
- ___ beat swing
- ___ travel length of bar in long hang position
- ___ small long hang swing to rear dismount landing

Vault

- ___ forward/backward 2 foot landing from chest height
- ___ run to hurdle to 2 foot takeoff from beat board to straight jump
- ___ run 10m with long steps
- ___ jump from beat board to land on feet on waist high block (no hands)
- ___ straddle jump from knee height to landing
- ___ straddle through cross horse (knee height)
- ___ jump ½ turn from knee height apparatus

Pommel Horse

- ___ front support swing
- ___ in front support feet at shoulder height, walk hands 180 from side to side
- ___ side support (left and right) on a ball

Rings

- ___ tucked/piked inverted hang (3 sec)
- ___ momentary tucked L-sit

Trampoline

- ___ seat drop ½ turn to feet
- ___ hand knee drop
- ___ ½ turn to seat drop



Ottawa Gymnastics Centre Recreational Programs

Mini Rollers

Ages 6-7 yrs
Cangym badge levels 1-3
Beginner levels

Rollers

Ages 8-13 yrs
Cangym badge levels 1-3
Beginner levels

Jr Springers

Ages 6-8 yrs
Cangym badge levels 4-6
Intermediate levels

Sr Springers

Ages 9-13 yrs
Cangym badge levels 4-6
Intermediate levels

Acros

Ages 7-13 yrs
Cangym badge levels 7+
Advanced levels

4. Bronze

A - Attempted
L - Learning
M – Mastered

Floor

- ___ two point balance roll out
- ___ headstand roll out
- ___ Swedish fall to floor
- ___ kick up to handstand back to the wall, step out
- ___ tucked/straddled backward roll to stand
- ___ straight cartwheel (pick a side)
- ___ backward break fall onto 6" mat
- ___ jump 1/1 turn, held landing

Beam

- ___ held v-sit with straight legs (3 sec)
- ___ chassé, medium beam
- ___ pivot turn (1 sec hold)
- ___ forward/backward 2 foot landings from head height or higher

Bars

- ___ front support swings hips off bar, feet below bar level (5x)
- ___ from stand, underswing on chest height bar
- ___ pullover, bar at chest height
- ___ glide swing forward and backward from knee height block back to stand on block
- ___ straight body cross support swing feet below bar level (p-bar) (5x)
- ___ upper arm support (p-bar)
- ___ jump to front support with straight arms on waist height apparatus

Vault

- ___ squat through/on cross horse at waist height
- ___ straddle through cross horse at waist height
- ___ forward/backward 2 foot landings from head height or higher
- ___ piked jumps from knee height apparatus
- ___ consecutive wall rebounds (10x)
- ___ 10 consecutive donkey kicks

Pommel Horse

- ___ front support travel full horse, no pommels
- ___ stride support swings left and right

Rings

- ___ cross support (2 sec)
- ___ rear hang (skin the cat)
- ___ small long hang swing with rear dismount

Trampoline

- ___ piked jump, legs horizontal
- ___ straddle jump, legs horizontal
- ___ swivel hips

5. Purple

A - Attempted
L - Learning
M – Mastered

Floor

- ___ momentary handstand roll out
- ___ powerful kick to handstand stopping against mat on wall, step out
- ___ backward breakfall onto a spring floor or 6" mat
- ___ baby bridges
- ___ prone fall to floor
- ___ backward roll to front support
- ___ from step, split leap
- ___ power hurdle
- ___ cartwheel on a line
- ___ roundoff from stand on floor
- ___ cat leap

Beam

- ___ from stand, move to prone or supine position, return to stand
- ___ from floor, jump to front support on waist height beam cross stride support then stand
- ___ v-sit to held front support, long beam
- ___ forward and backward scale, leg at 45° (2 sec)
- ___ consecutive straight jumps for distance, one length low beam
- ___ running, length of low beam

Uneven Bars

- ___ glide to pike in, hold toes at bar

Uneven Bars and Horizontal Bar

- ___ straight body front support swings, feet to bar level, return hips to bar (5x)
- ___ straight body front inverted hang
- ___ beat swing to initiate 45 long hang swing (3x) to land on feet

Parallel Bars

- ___ glide to pike in, hold inverted hang
- ___ cross support swings feet at bar level (10x)
- ___ cross support walking forward and backward across p-bars

Vault

- ___ hands to feet springing (grasshopper)
- ___ run 20m at maximum speed (approx 3.5-4.5 sec)
- ___ hollow body rocks (3 sec)
- ___ squat on shoulder height vault to immediate straight jump off

Pommel Horse

- ___ float drill through planche over an object
- ___ front and back leg cuts

Rings

- ___ long hang swing , feet shoulder height in front swing
- ___ cross support, rock back to piked inverted hang

Trampoline

- ___ seat drop routine
- ___ no bounce front drop
- ___ jump 1/1 turn

6. Blue

A - Attempted
L - Learning
M – Mastered

Floor

- ___ chassé to stag leap
- ___ handstand (1 sec) roll out
- ___ ½ turn one foot, held landing
- ___ in handstand spring from hands (handstand hops)
- ___ piked backward roll to stand
- ___ bridge with straight arms, feet at knee height
- ___ hurdle to round off

Beam

- ___ stag leap, low beam
- ___ jump to momentary squat or straddled support on waist high beam
- ___ walking, travel forward, backward and sideways using pivot turns
- ___ round off dismount from low beam
- ___ run with long steps, length of the beam

Uneven Bars and Horizontal Bar

- ___ jump to straddle on, underswing dismount
- ___ pullover, bar at head height
- ___ straight body back hip circle
- ___ long hang swing feet to 45°
- ___ piked hang (5 sec)

Parallel Bars

- ___ straight body cross support swings, feet to horizontal on back swing (5x)
- ___ flank dismount at back of cross support swing
- ___ upper arm swings (5x)
- ___ momentary handstand on floor parallel bars, three sides surrounded with mats of parallel bar height

Vault

- ___ squat vault over shoulder height horse
- ___ straddle vault over shoulder height horse

Pommel Horse

- ___ front support travel full horse with pommels
- ___ double leg circles in a bucket (5x)

Rings

- ___ long hang swing, feet shoulder height in back swing
- ___ static cross support (5 sec)
- ___ rear hang, tucked pull out to piked inverted hang
- ___ from stand, jump, forward roll into inverted hang (low rings)

Trampoline

- ___ no bounce back drop
- ___ front drop
- ___ roller
- ___ no bounce front drop to stand



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Ages 6-8 yrs
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Intermediate levels

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Intermediate levels

Acros

Ages 7-13 yrs
Cangym badge levels 7+
Advanced levels

7. Turquoise

A - Attempted
L - Learning
M – Mastered

Floor

- ___ bridge with straight arms and legs
- ___ backward extension down incline
- ___ front stand, dive cartwheel
- ___ chassé, split leap
- ___ scissor leap
- ___ cartwheel to handstand to roll out
- ___ in handstand pop to land flat on back on knee height mats
- ___ power hurdle round off rebound to straight jump

Beam

- ___ kick to momentary handstand, step down into lunge on low beam
- ___ chassé, one length, high beam
- ___ travel beam length showing 3 changes in level
- ___ roundoff dismount, high beam
- ___ stag leap, high beam

Uneven Bars and Horizontal Bar

- ___ front support swing, feet to horizontal, return to bar
- ___ front support swing, straddle on, underswing dismount
- ___ long hang swing ½ turn with feet at 45° on forward swing
- ___ long hang swing to land flat back on crash mat

Parallel Bars

- ___ long hang swing, foot above bar height in front swing
- ___ cross support swing, legs horizontal on forward swing, legs to 45° above horizontal in backward swing (5x)
- ___ pike inverted support low p-bars (3 sec)
- ___ long hang swing to upper arm swing on backward swing
- ___ handstand (2 sec) on floor parallettes

Vault

- ___ from beat board, jump shoulder height block, landing on feet (no hands)
- ___ from beat board, spring, feet together to momentary handstand on chest height horse, return to feet
- ___ handspring land flat back on mat of same height

Pommel Horse

- ___ double leg circle on raised mushroom/buck
- ___ straddled front support swings, trailing leg at horse height
- ___ simple Swiss
- ___ back pickup to ½ double leg circle

Rings

- ___ hollow body long hang swing, feet to ring height on forward swing
- ___ tucked cross support (2sec)
- ___ Cross support, forward roll to stand
- ___ long hang, piked pull-up to inverted hang
- ___ chin-up to hold (3sec)

Trampoline

- ___ seat drop to front drop
- ___ back drop
- ___ 4 skill routine

8. Silver

A - Attempted
L - Learning
M – Mastered

Floor

- ___ straddled press headstand roll out
- ___ handstand (3 sec) roll out
- ___ power hurdle to round off, rebound to land flat back on waist high mat
- ___ bridge with correct shoulder technique
- ___ splits one way
- ___ cartwheel to handstand to ¼ turn cartwheel out
- ___ backward extension to momentary handstand step out
- ___ from handstand, arch over bridge
- ___ forward handspring from waist height block to stand on crash mat of same height

Beam

- ___ connected stag leap, scissor leap
- ___ stag leap, low beam
- ___ scissor leap, low beam
- ___ ½ turn on one foot held landing, low beam
- ___ tuck jump, high beam
- ___ cartwheel, low beam
- ___ squat or straddle mount on waist height beam

Uneven Bars

- ___ front support to front support swing to underswing dismount (hips on bar)

Uneven Bars and Horizontal Bar

- ___ long hang swing (3x) to pullover to front support
- ___ back hip circle
- ___ jump to front support with straight arms, on chest height apparatus
- ___ front support swing, feet above horizontal, return to bar
- ___ bar height on back swing (boys)

Parallel Bars

- ___ handstand dismount from cross support swing (assisted)
- ___ flank dismount at front of cross support swing
- ___ back uprise to cross support
- ___ piked inverted swings, shoulders bar height on swing (3x)
- ___ press to shoulder stand from straddled sit
- ___ jump to cross support with straight arms, bar at chest height

Vault

- ___ handspring with beat board and mini-tramp, to land flat back on shoulder height mat
- ___ from handstand spring from shoulder height block to land on feet at floor level

Pommel Horse

- ___ stride support swing, rear foot shoulder height (left and right)
- ___ assisted double leg circles on mushroom or buck (3x)
- ___ straddled Czechkehre
- ___ front pick up to ½ double leg circle

Rings

- ___ long hang swing, feet ring height on backward swing
- ___ small cross support swings
- ___ rear hang piked pull-up to pike inverted hang
- ___ feet supported, muscle-up to support

Trampoline

- ___ ½ turntable
- ___ airplane
- ___ front drop to seat drop

9. Orange

A - Attempted
L - Learning
M – Mastered

Floor

- ___ 1/1 turn, one foot, held landing
- ___ handstand press up and down on wall
- ___ handstand with 4 consecutive weight transfers
- ___ power hurdle to forward handspring
- ___ backward walkover using incline or padded “donut” cylinder
- ___ cartwheel punch to straight jump
- ___ high dive cartwheel from beat board onto safety mat

Beam

- ___ squat/straddle mount, high beam with beat board
- ___ forward roll to stand, high beam
- ___ cartwheel, high beam
- ___ stride leap to stag leap on high beam
- ___ ½ turn on one foot , held landing, high beam
- ___ run to 2 foot punch straight jump dismount from high beam

Uneven Bars

- ___ front support on low bar, push away to glide swing
- ___ front support swing to straddle on, full backward sole circle (assisted)

Uneven Bars and Horizontal Bar

- ___ long hand swing (3x) with back swing to horizontal , release on back swing to land
- ___ front support swing 45°, return to bar

Parallel Bars

- ___ cross support swing to momentary assisted handstand (3x)
- ___ piked inverted support, kip to cross support
- ___ stemme rise to cross support
- ___ cross support swing, hops on back swing
- ___ from long hang swing to upper arm-support (moy)

Vault

- ___ from beat board, handspring on shoulder height horse to land flat back on same height mat
- ___ from beat board and mini-tramp, handspring on regulation height horse to land standing in 6” crash mat or pit

Pommel Horse

- ___ stride swing undercut, left and right
- ___ double leg circles on mushroom/buck (2x)
- ___ loop on end of horse no pommels

Rings

- ___ long hang swing to layout backward salto dismount
- ___ controlled lower through straddled back lever to rear hang
- ___ piked inverted cast to long hang swing
- ___ jump from beat board/mini-tramp, muscle-up
- ___ L-sit (3 sec)

Trampoline

- ___ front drop to back drop
- ___ back drop ½ turn to feet
- ___ seat drop 1/1 turn to feet



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Mini Rollers

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Beginner levels

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Jr Springers

Ages 6-8 yrs
Cangym badge levels 4-6
Intermediate levels

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Ages 9-13 yrs
Cangym badge levels 4-6
Intermediate levels

Acros

Ages 7-13 yrs
Cangym badge levels 7+
Advanced levels

10. Yellow

A - Attempted
L - Learning
M – Mastered

Floor

- ___ free handstand lower with control to piked or straddled stand
- ___ backward walkover
- ___ handstand ½ turn to hold to roll out
- ___ forward handspring
- ___ L-sit or straddled support (5sec)
- ___ forward salto progression or assisted salto
- ___ standing backward handspring down incline
- ___ forward walkover using incline or padded “donut” cylinder
- ___ chassé to split leap

Beam

- ___ jump ½ turn, low beam
- ___ side step on mount with one hand, high beam
- ___ cat leap, low beam
- ___ kick to held handstand, step down, long beam
- ___ jump to tuck on from beat board onto low beam

Uneven Bars and Horizontal Bar

- ___ chin up pommel to connected back hip circle
- ___ front support swing to 45° above horizontal, to long hang swing
- ___ long hang kip to front support on high bar

Parallel Bars

- ___ long hang swing (3x) to horizontal back swing with landing
- ___ backward salto dismount set with mats at bar height
- ___ cross support swing to momentary handstand to forward roll to upper arm support
- ___ glide kip to cross support (assisted)
- ___ front uprise to cross support swing
- ___ cross support swing, rock back to 2 piked inverted swings
- ___ tucked L-sit (2 sec) press to shoulder stand

Vault

- ___ from beat board, handspring on regulation height horse to land standing in 6” crash mat or pit
- ___ 15 consecutive

Pommel Horse

- ___ double leg circles on back/mushroom (5x)

Rings

- ___ cast to long hang swing, feet ring height on back swing
- ___ tucked cross support press to shoulder balance
- ___ straddled back lever assisted
- ___ cross support dips (3x)

Trampoline

- ___ ½ turn to back drop
- ___ front drop series
- ___ front drop ½ turn to feet
- ___ 5 skill routine

11. Green

A - Attempted
L - Learning
M – Mastered

Floor

- ___ press handstand with hip spot step down
- ___ forward handspring
- ___ forward walkover
- ___ run, forward salto from beat board or assisted
- ___ chassé side split leap
- ___ standing backward salto from height (assisted)
- ___ standing backward handspring on floor
- ___ handstand 1/1 turn

Beam

- ___ backward walkover, low beam
- ___ jump ½ turn, high beam
- ___ from board, jump to side handstand mount and step out, high beam
- ___ cartwheel punch to straight jump dismount from high beam
- ___ 1/1 turn on one foot, high beam
- ___ chassé to split leap, low beam
- ___ cat leap cartwheel on high beam

Uneven Bars

- ___ glide kip
- ___ straddled inverted swing to straddled sit on bars
- ___ backward sole circle

Uneven Bars and Horizontal Bar

- ___ long hang swing to horizontal, return to bar

Parallel Bars

- ___ cross support swing to handstand, momentary hold, swing down
- ___ cast to upper arm support (assisted)
- ___ press handstand on parallettes (assisted)
- ___ swing to shoulder stand (2 sec)
- ___ glide kip to cross support

Vault

- ___ from beat board, handspring on regulation height horse land on feet

Pommel Horse

- ___ front scissor (left or right side)

Rings

- ___ chin ups (5x)
- ___ L-sit press to shoulder stand

Trampoline

- ___ back drop to front drop
- ___ back drop series
- ___ 5 skill routine

12. Gray

A – Attempted
L – Learning
M – Mastered

Floor

- ___ press handstand, press down to piked or straddled stand
- ___ chassé, side split leap
- ___ forward salto from height
- ___ backward walkover to backward handspring
- ___ round-off, backward handspring to set
- ___ from beat board, aerial cartwheel
- ___ handstand 1/1 turn to held handstand, roll out
- ___ straddled split jump

Beam

- ___ cat leap ½ turn, low beam
- ___ backward walkover, high beam
- ___ press to handstand mount, low beam
- ___ handstand (2 sec) step down, long beam
- ___ chasse to split leap, high beam
- ___ 2 foot side mount with beat board, high beam
- ___ forward walkover, low beam
- ___ cartwheel to handstand to straddle down to stand, high beam
- ___ backward salto dismount (with assistance)

Uneven Bars

- ___ long hang swing to stoop stand low bar

Uneven Bars and Horizontal Bar

- ___ long hang swing with ½ turn at horizontal
- ___ kip cut catch on low or high bar

Parallel Bars

- ___ glide kip to straddled sit with straight arms
- ___ cross support swing layaway to long hang swing
- ___ swing to handstand hold (2 sec)
- ___ backward salto dismount (opposite side pitch spot)
- ___ L-sit (2sec) piked/straddled press to shoulder stand (2sec)

Vault

- ___ handspring with ½ turn, land on stomach on horse height mats

Pommel Horse

- ___ double leg circles on pommels (2x)
- ___ loops, no pommels (2x)

Rings

- ___ long hang swing, feet higher than rings in front swing
- ___ straddled back lever (1sec)
- ___ cross support dips (5x)

Trampoline

- ___ cradle
- ___ 1/1 turn to back drop
- ___ 5 skill routine, with 1 element from above



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Intermediate levels

Acros

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Cangym badge levels 7+
Advanced levels

13. Silver

A - Attempted
L - Learning
M - Mastered

Floor

- ___ press to handstand, press down to straddled support
- ___ handstand 1 ½ turn step out
- ___ from run and hurdle, forward handspring to forward salto into 6" mat
- ___ round-off backward handspring, backward salto assisted or into pit
- ___ from run, forward salto walk-out
- ___ switch split leap

Beam

- ___ from beat board, jump or press to handstand mount, cartwheel out, high beam
- ___ straddled split jump, low beam
- ___ cartwheel to backward salto dismount (assisted) low beam
- ___ forward walk-over, high beam
- ___ round-off on, low beam
- ___ back handspring low beam, with pad or assisted

Uneven Bars

- ___ long hang swing, stoop backward to land on mats at low bar height in straddled or piked sit

Uneven Bars and Horizontal Bar

- ___ front support swing to near handstand
- ___ single bar giant with bent legs
- ___ tucked flyaway from front support swing or long hang swing

Parallel Bars

- ___ cross support swing, layaway moy to upper arm swing (assisted)
- ___ backward salto dismount same side spot
- ___ L-sit (2 sec) press to handstand (assisted)

Vault

- ___ handspring ½ off

Pommel Horse

- ___ front scissor, left and right

Rings

- ___ long hang swing, feet higher than rings backward swing
- ___ cast or long hang swing to back uprise (assisted)
- ___ straddled back lever (2 sec)

Trampoline

- ___ cruise
- ___ cat twist

14. Gold

A - Attempted
L - Learning
M - Mastered

Floor

- ___ forward handspring to forward salto
- ___ round-off two backward handsprings
- ___ round-off backward handspring, backward salto
- ___ run, forward salto walkout to round-off backward handspring
- ___ aerial cartwheel menchelli
- ___ series of 3 different leaps

Beam

- ___ cat leap ½ turn, high beam
- ___ backward handspring, low beam
- ___ round-off on high beam
- ___ straddled split jump, high beam
- ___ cartwheel or round-off to backward salto dismount

Uneven Bars

- ___ free hip circle to above horizontal
- ___ long hang swing, release to stoop backward and regasp low bar, to glide

Uneven Bars and Horizontal Bar

- ___ long hang swing from handstand to tucked flyaway
- ___ front support swing to handstand
- ___ backward giant swing

Parallel Bars

- ___ moy to upper arm swing
- ___ backward salto dismount
- ___ cross support swing to held handstand (3 sec)
- ___ glide or drop kip to cross support swing
- ___ L-sit (2 sec) straight arm press to handstand (2 sec)

Vault

- ___ handspring 1/1 turn
- ___ ½ on ½ off handspring

Pommel Horse

- ___ double leg circle on pommels (3x)
- ___ loops, no pommels

Rings

- ___ long hang swing, feet and shoulder above ring height
- ___ cast or long hang swing to back uprise
- ___ straddled back lever (3 sec)
- ___ muscle-up to cross support

Trampoline

- ___ corkscrew
- ___ 10 skill routine



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