

# CHIN HOLD



This certificate is awarded to:

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for holding their chin above the bar for 10 seconds.



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**DATE**

*Rainbow  
Gymnastics Staff*



# HANDSTAND HOLD



This certificate is awarded to:

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for successfully holding a handstand for as many  
seconds as they are old.

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**DATE**

*Badlands  
Gymnastics Staff*

The page is decorated with various geometric shapes: a black square with four yellow dots in the top left; a grey rectangle in the top right; a large grey circle in the top right; a large red circle in the bottom right; a grey semi-circle in the bottom left; and three grey vertical bars in the bottom left. There are also four red dots above the date line and three grey horizontal bars in the bottom right.

# ROPE CLIMB



This certificate is awarded to:

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for climbing half way up the rope.



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**DATE**

*Wimbleton  
Staff*