



MATRATS PROGRESSION CHART

LEVEL	GYMNASTICS	MOVEMENT	TECHNIQUE STANDING	TECHNIQUE GROUND	FITNESS	OTHER
YELLOW	<ul style="list-style-type: none"> • Front Rolls • Shoulder Rolls (both Left & Right) • Back Rolls (Left, Right & Straight) 	<ul style="list-style-type: none"> • Bridge, touch nose • Tripod with hands, no knees • Ninja stand (5 seconds) 	<ul style="list-style-type: none"> • Wrestling stance • Set up and Double Leg • Duck Under • Sprawl 	<ul style="list-style-type: none"> • Half Nelson • Half Nelson Defence • Tight Waist breakdown 		
ORANGE	<ul style="list-style-type: none"> • Cartwheel • Round off • Dive Roll (over tabled wrestler) 	<ul style="list-style-type: none"> • Tripod, no knees or hands (rolling neck) • Tripod walk around • Headstand (5 seconds) 	<ul style="list-style-type: none"> • High C (using elbow control) • High C Defence: • Crotch Tilt • Sprawl defence 	<ul style="list-style-type: none"> • Thigh breakdown • Crossface • Head & Arm Defence 	<ul style="list-style-type: none"> • 10 Release pushups • 10 sit-ups • 5 squat jumps 	
GREEN	<ul style="list-style-type: none"> • Back Extension • Handspring 	<ul style="list-style-type: none"> • Headstand (10 seconds) to bridge • Handstand on wall (10 seconds) 	<ul style="list-style-type: none"> • Fireman Carry • Armdrag to leg attack • Shoulder throw 	<ul style="list-style-type: none"> • Crossankle & • Defence 	<ul style="list-style-type: none"> • 15 Release pushups • 20 sit-ups • 10 squat jumps 	
BLUE	<ul style="list-style-type: none"> • Round off to back extension • Handspring • One arm cartwheel 	<ul style="list-style-type: none"> • Bridge kick overs • Handstand (5 seconds) 	<ul style="list-style-type: none"> • Single Leg Attack • w/ Chest pressure • w/ Can opener • w/ to standing finish 	<ul style="list-style-type: none"> • Gutwrench & Defence • Snap to front headlock w/ head in hole 	<ul style="list-style-type: none"> • 20 Release pushups • 10 V-sits • 15 squat jumps 	<ul style="list-style-type: none"> • Demonstrate significant Yellow & Orange technique in competition matches
RED	<ul style="list-style-type: none"> • Handspring, Round off, Back roll/extension • Round off, back extension x 2 • 3 Handsprings in a row • Bonus: Front and/or Back Tuck 	<ul style="list-style-type: none"> • Walking on hands – ½ mat 	<ul style="list-style-type: none"> • Shuck • Hip Toss • Ankle Pick • Inside Leg trip 	<ul style="list-style-type: none"> • Leg Ride • ¼ Nelson 	<ul style="list-style-type: none"> • 25 Release pushups • 20 V-sits • 20 squat jumps 	<ul style="list-style-type: none"> • Demonstrate significant Green & Blue technique in competition matches