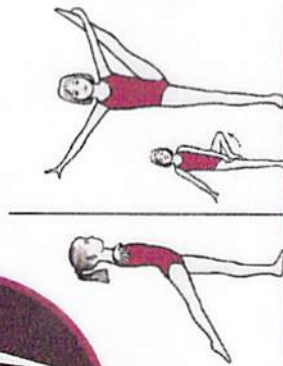




1 Arabesque and Y-balance

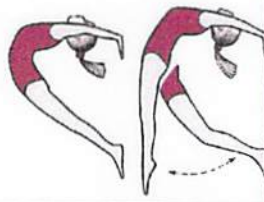
Hold each for 5 seconds without movement



Keep head erect. Keep the chest up until lifted foot is at maximum height

2 Bridge

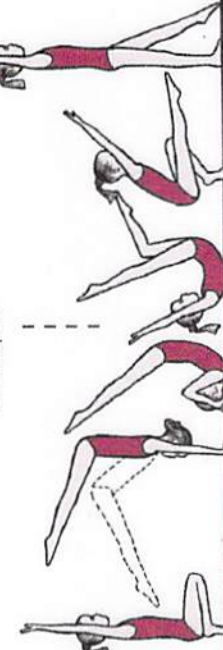
Jump both feet to the horizontal. Show three times



5 Forward roll to step out

Refer also to Award 3

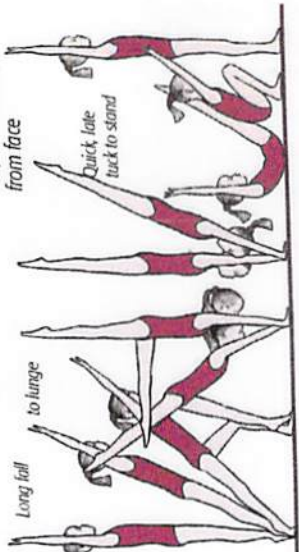
Bend leg to step out at this point



8 Handstand to forward roll

Refer also to Award 2. The handstand must be clearly shown.

Tip out of handstand, head between arms, keep knees away from face

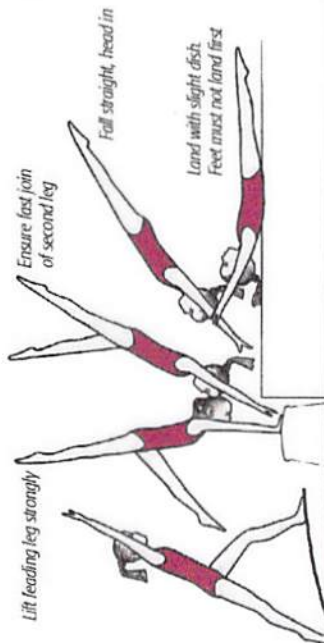


Long fall to lunge

Quick late tuck to stand

3 From step, handstand to flat back landing on safety mat

Some thrust through the shoulders/arms should be shown



Lift leading leg strongly

Ensure fast join of second leg

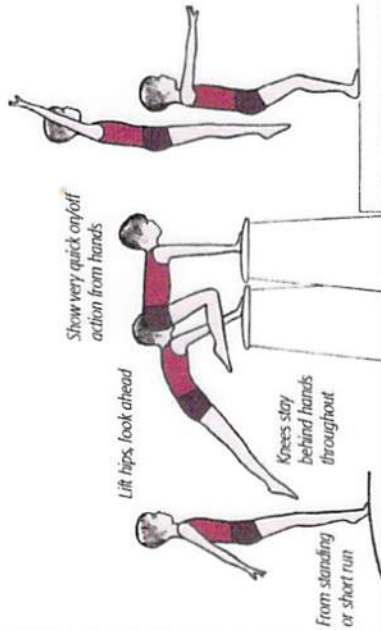
Fall straight, head in

Land with slight dish

Feet must not land first

6 Squat (through) vault

See also vault preparation Award 3



Show very quick on/off action from hands

Lift hips, look ahead

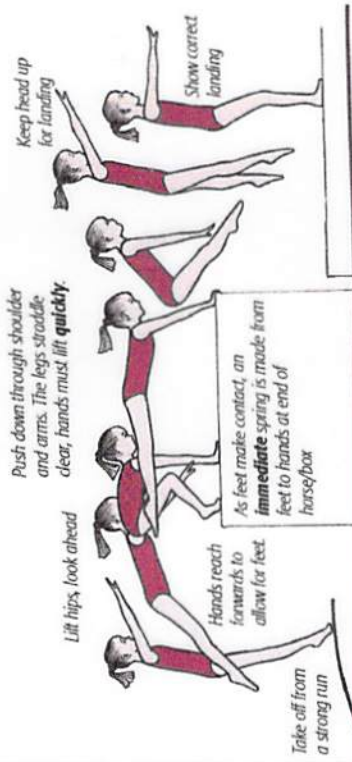
Knees stay behind hands throughout

From standing or short run

9 Catspring vault (squat on - straddle off)

See also vault preparation Award 3

This is a powerful vault and must be learnt carefully. The objective is to show flow and flight at a constant speed.



Lift hips, look ahead

As feet make contact, an immediate spring is made from feet to hands at end of horse/box

Push down through shoulder and arms. The legs straddle clear, hands must lift quickly.

Keep head up for landing

Show correct landing

4 Backward roll to straddle stand (on straight legs)

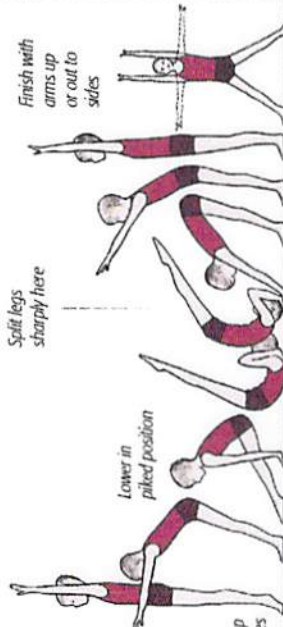
Push on hands, lift hips

Split legs sharply here

Finish with arms up or out to sides

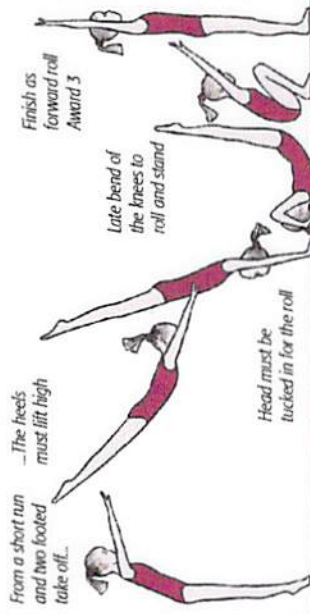
Lower in piled position

Rise-up on toes



7 Dive forward roll

The degree of flight must be consistent with the ability of the gymnast. A good floor mat is essential.



From a short run and two footed take off... The heels must lift high

Late bend of the knees to roll and stand

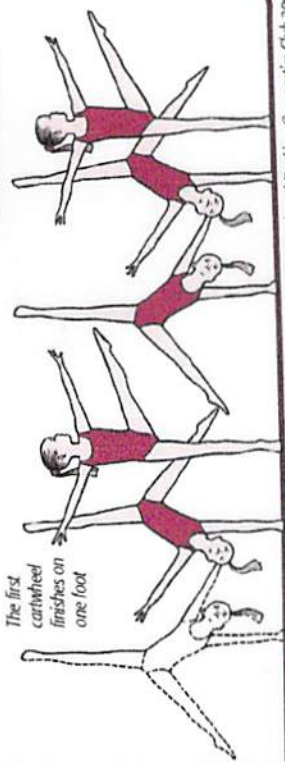
Head must be tucked in for the roll

Finish as forward roll Award 3

10 Two consecutive cartwheels

There is no extra step in between as this would make two single cartwheels. See also Award 3

Always try to finish on one foot to link with next move



The first cartwheel finishes on one foot