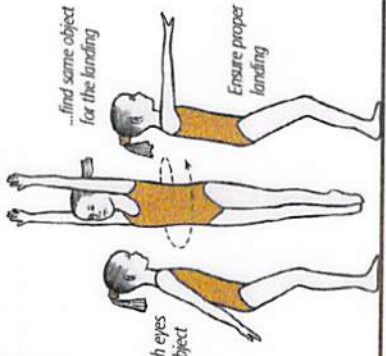




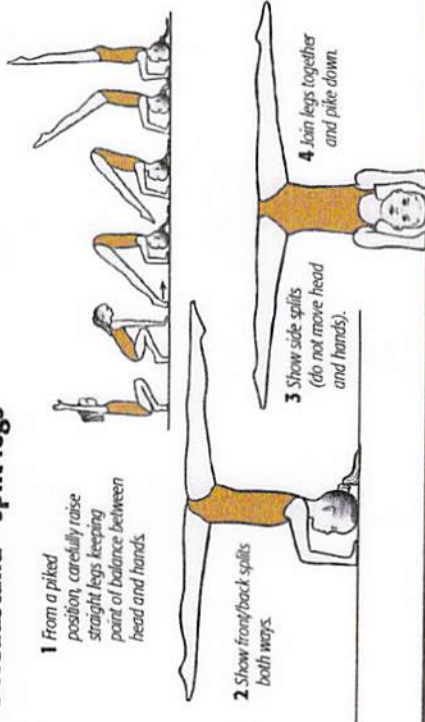
### 1 Jump up with full turn



Spot with eyes on an object ahead...  
...find same object for the landing  
Ensure proper landing

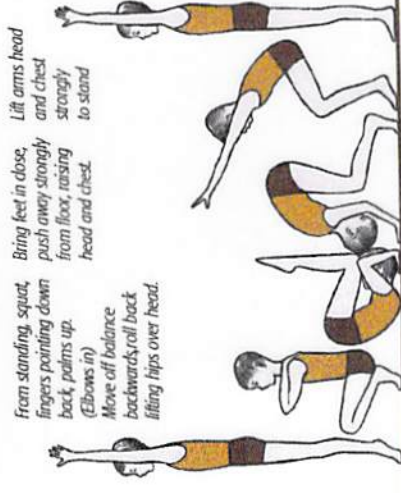
The jump is created by strong fast extension of the legs and feet. Swing arms up to help take off

### 4 Headstand - split legs



1 From a piked position, carefully raise straight legs keeping point of balance between head and hands.  
2 Show front/back splits both ways.  
3 Show side splits (do not move head and hands).  
4 Join legs together and pike down.

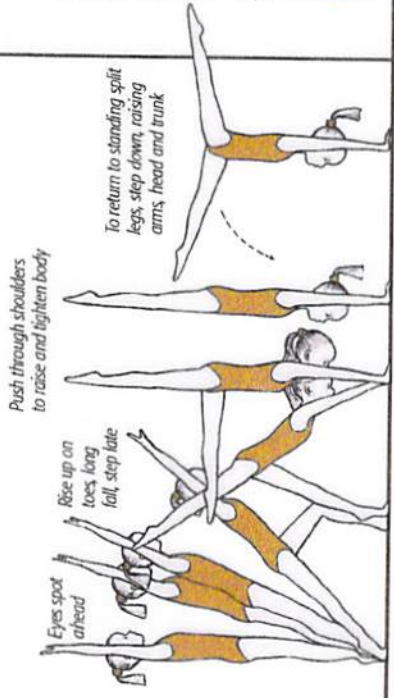
### 8 Backward roll (tucked)



From standing, squat, bring feet in close, push away strongly and chest back, palms up. (Elbows in) Move off balance backwards, roll back, lifting hips over head. Lift arms head and chest strongly to stand

### 2 Handstand (unassisted)

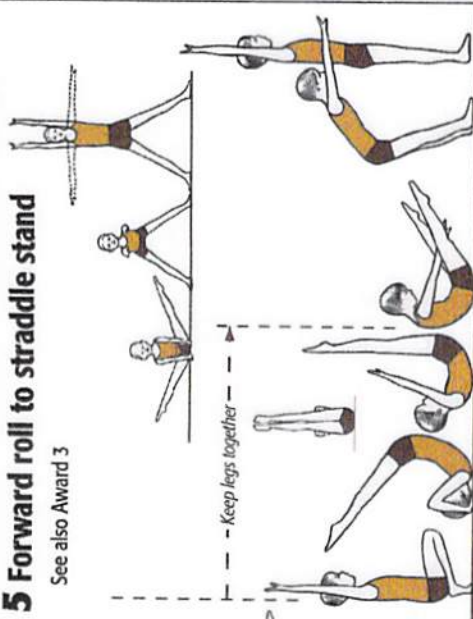
See also Award 3



Push through shoulders to raise and tighten body  
Eyes spot ahead  
Rise up on toes, long fall, step late  
To return to standing split legs, step down, raising arms, head and trunk

### 5 Forward roll to straddle stand

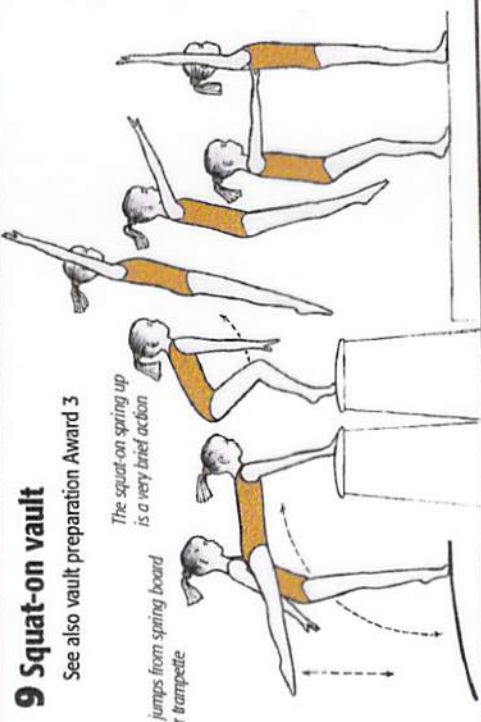
See also Award 3



Keep legs together

### 9 Squat-on vault

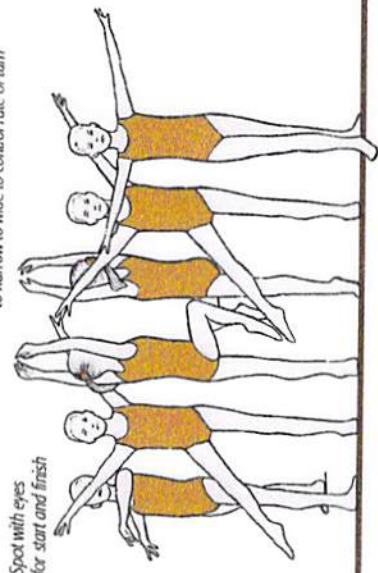
See also vault preparation Award 3



3 jumps from spring board or trampoline  
The squat-on spring up is a very brief action

### 3 Lunge to full spin

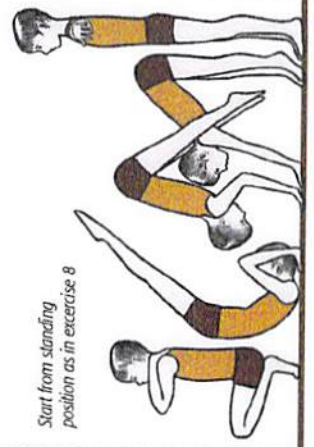
Spot with eyes for start and finish



Use the change from wide arms to narrow to wide to control rate of turn

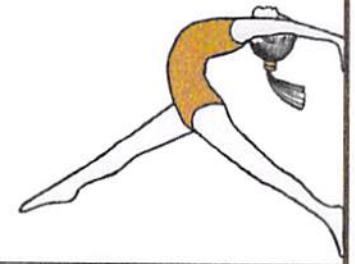
### 6 Backward to straddle stand

Squat... pike... Split here... and push To straddle stand

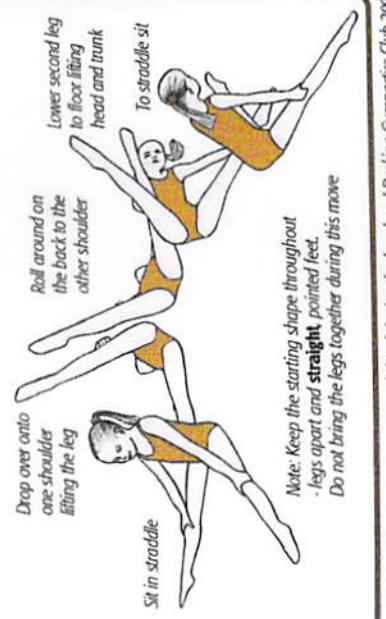


Start from standing position as in exercise 8

### 7 Bridge lifting one leg



### 10 Circle roll to turn 180°



Drop over onto one-shoulder lifting the leg  
Roll around on the back to the other shoulder  
Lower second leg to floor lifting head and trunk  
Sit in straddle  
To straddle sit

Note: Keep the starting shape throughout - legs apart and straight, pointed feet. Do not bring the legs together during this move