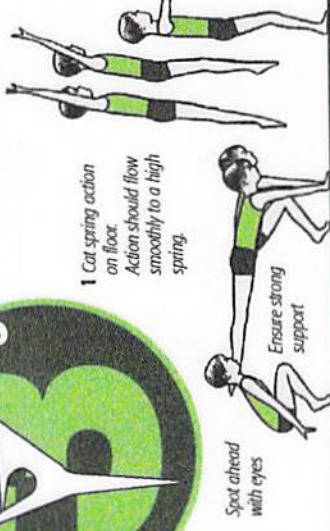




1 Vault preparation



1 Cat spring action on floor. Action should flow smoothly to a high spring.

2 Three kicks to horizontal on floor. Action should flow smoothly to a high spring.



Spot ahead with eyes. Ensure strong support.

2 Bridge

Work on shoulder extension exercises first



...bend knees and arms (close to body) fingers point under shoulders...

...push on feet and hands, straighten arms and legs to raise body. Look to floor, return slowly.



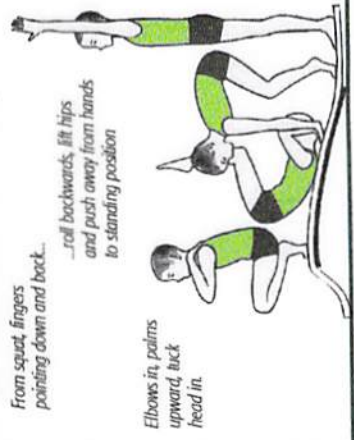
From stretched lying position...

4 Lunge to half turn (on one foot)



Spot with eyes to start and finish

5 Backward roll down slope



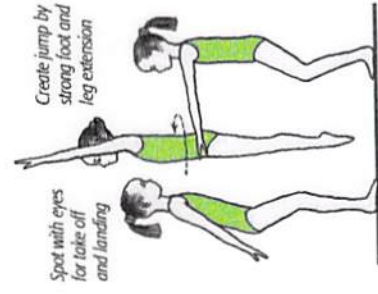
From squat, fingers pointing down and back...

...roll backwards, lift hips and push away from hands to standing position

Elbows in, palms upward, tuck head in.

3 Jump up with half turn

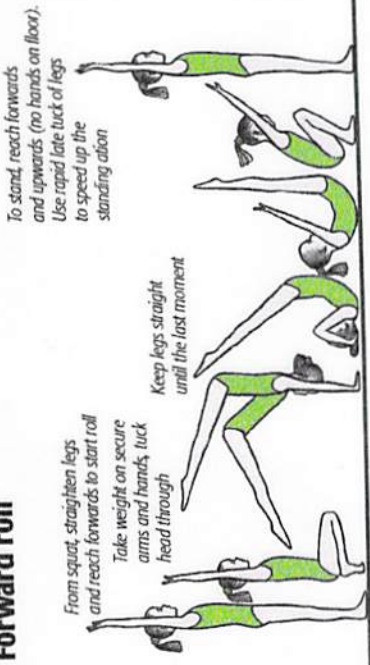
Show in both directions - keep body straight to secure landing



Spot with eyes for take off and landing

Create jump by strong foot and leg extension

8 Forward roll

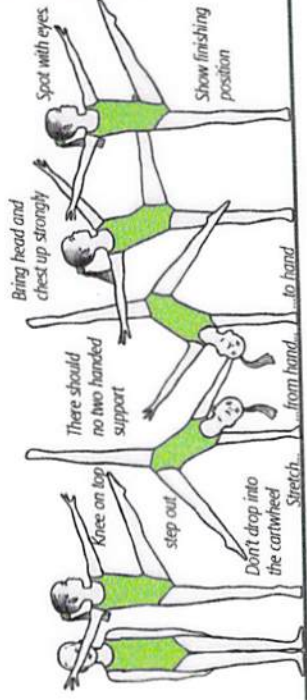


From squat, straighten legs and reach forwards to start roll. Take weight on secure arms and hands, tuck head through until the last moment. Keep legs straight

To stand, reach forwards and upwards (no hands on floor). Use rapid late tuck of legs to speed up the standing about

9 Cartwheel

This cartwheel should be stretched and lifted. It should travel in a straight line, finishing as a preparation for a move.



Bring head and chest up strongly

There should be no two handed support

Knee on top

step out

Don't drop into the cartwheel

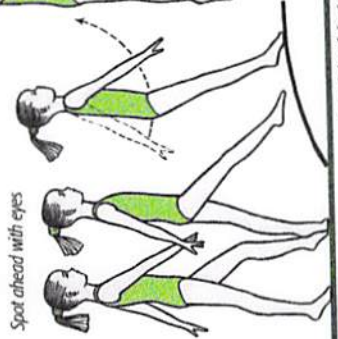
Stretch from hand to hand

Spot with eyes

Show finishing position

10 Circle roll to turn 180°

From a short run and with good body-tension, step and join onto springboard.

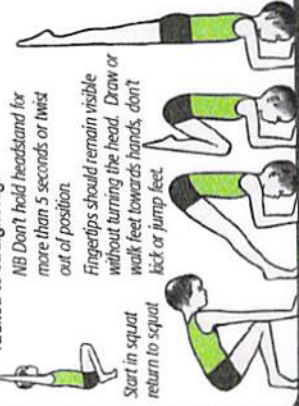


Spot ahead with eyes

To return to standing or kneeling spill legs and step back down. Lift head and arms and chest strongly.

7 Handstand (to support)

Handstands should be done with control, not speed and to a proper finish.



Tucked to straight legs. NB Don't hold handstand for more than 5 seconds or twist out of position. Fingertips should remain visible without turning the head. Draw or walk feet towards hands, don't kick or jump feet.

Start in squat return to squat

From kneeling, reach forwards. Do not drop into handstand

Drive leading leg straight to vertical. Avoid kicking

Strong foot and leg extension