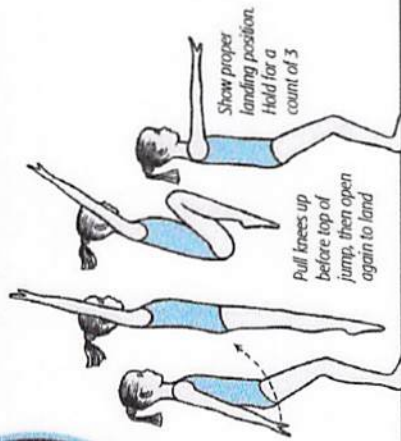




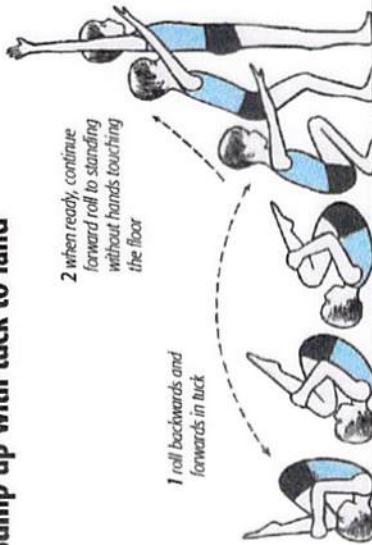
1 Jump up with tuck to land



Show proper landing position. Hold for a count of 3

Pull knees up before top of jump, then open again to land.

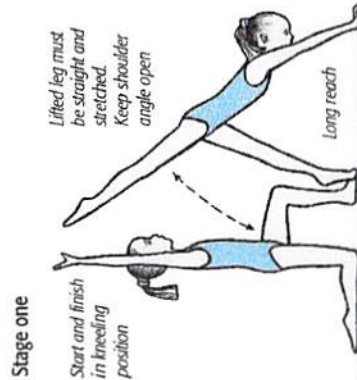
1 Jump up with tuck to land



2 when ready, continue forward roll to standing without hands touching the floor

1 roll backwards and forwards in tuck

3 Handstand preparation (from kneeling)



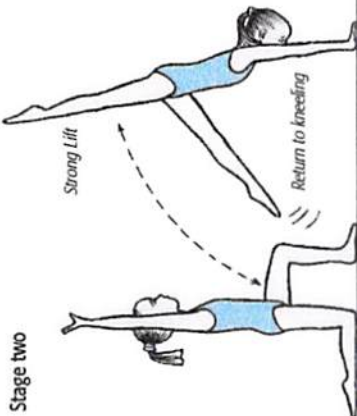
Stage one

Start and finish in kneeling position

Lifted leg must be straight and stretched. Keep shoulder angle open

Long reach

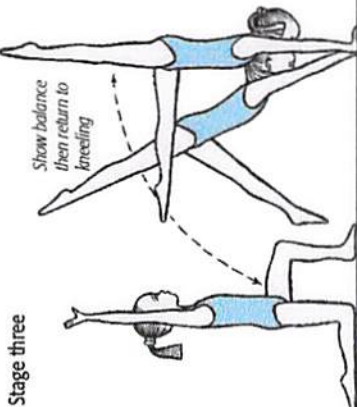
Stage two



Strong Lift

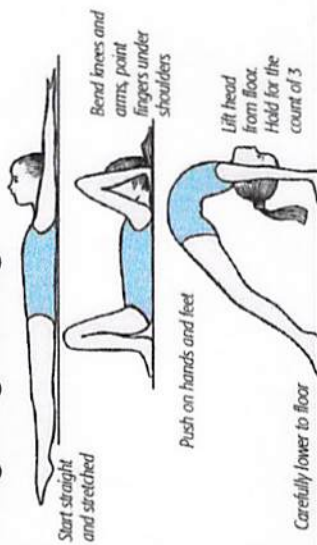
Return to kneeling

Stage three



Show balance then return to kneeling

4 Beginning the bridge



Start straight and stretched

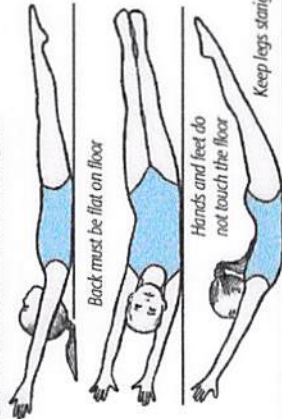
Bend knees and arms, point fingers under shoulders

Push on hands and feet

Lift head from floor. Hold for the count of 3

Carefully lower to floor

5 Roll from dish to hollow

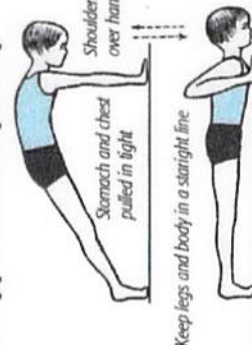


Back must be flat on floor

Hands and feet do not touch the floor

Keep legs straight and together

6 Front support to one pushup

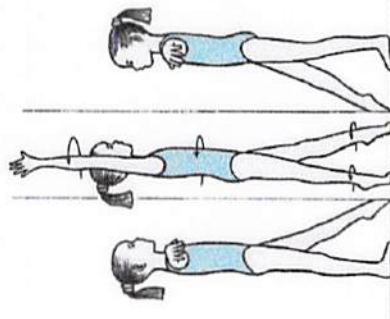


Shoulders over hands

Stomach and chest pulled in tight

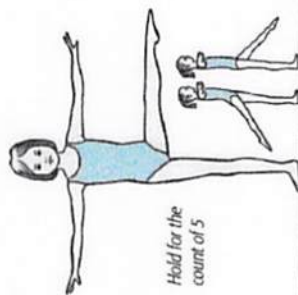
Keep legs and body in a straight line

7 Half turn on two feet



8 Balances

Show balances forwards, backwards and sideways. Show both left and right legs.



Hold for the count of 5

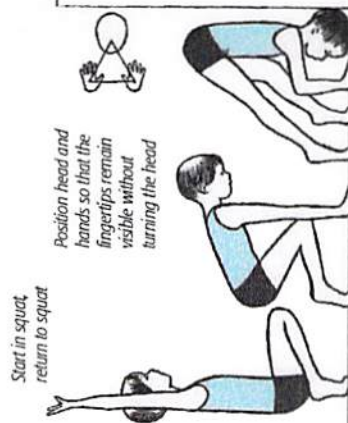
9 Cartwheel preparation

Walk through correct hand/feet sequence



10 Headstand preparation

Lightly touch the mat with flat back. Try not to lean



Start in squat, return to squat

Position head and hands so that the fingertips remain visible without turning the head