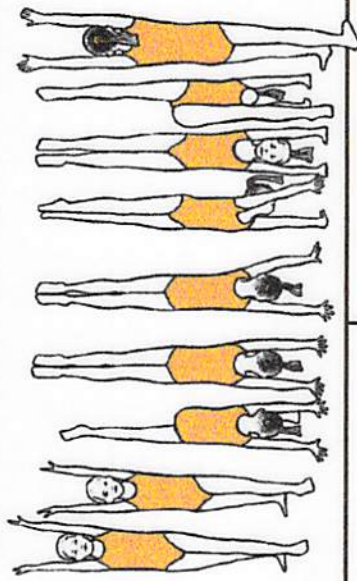




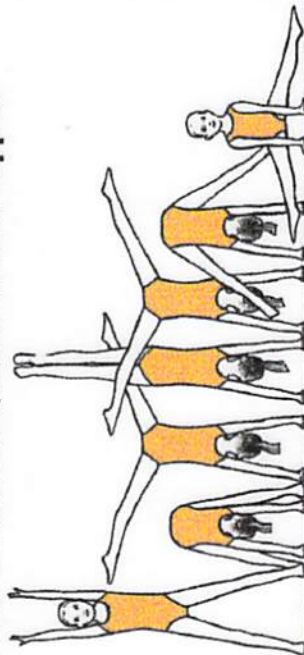
1 Handstand to half turn

Alternative hand placements

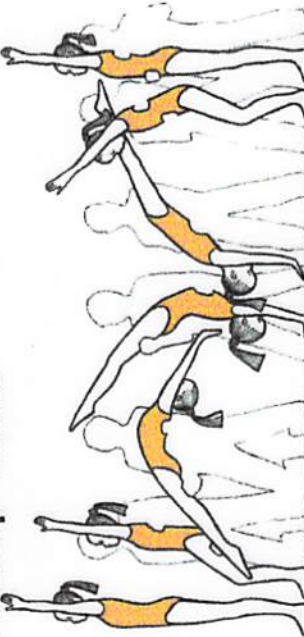


7 Backward walkover

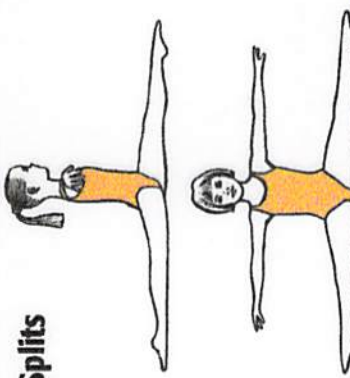
2 Jump - lever to handstand, lower to clear support



5 Back flip - assisted



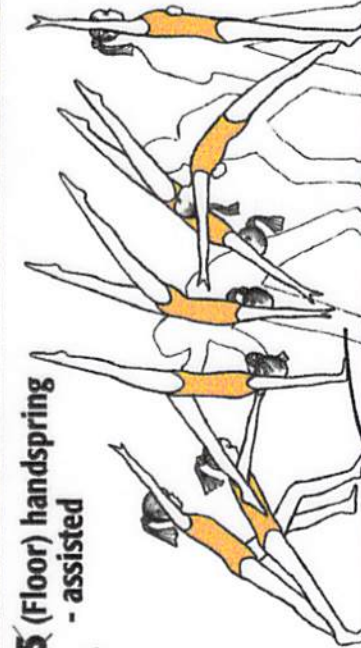
8 Splits



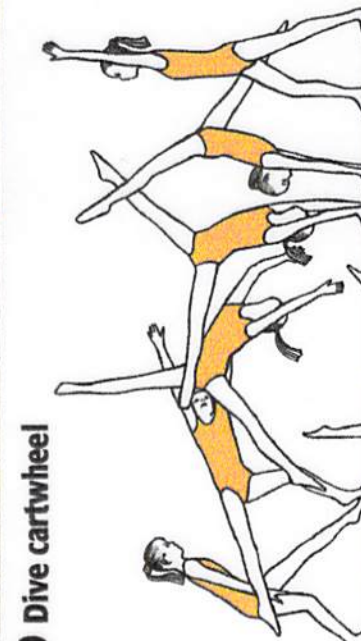
3 Hurdle step to lunge



6 (Floor) handspring - assisted

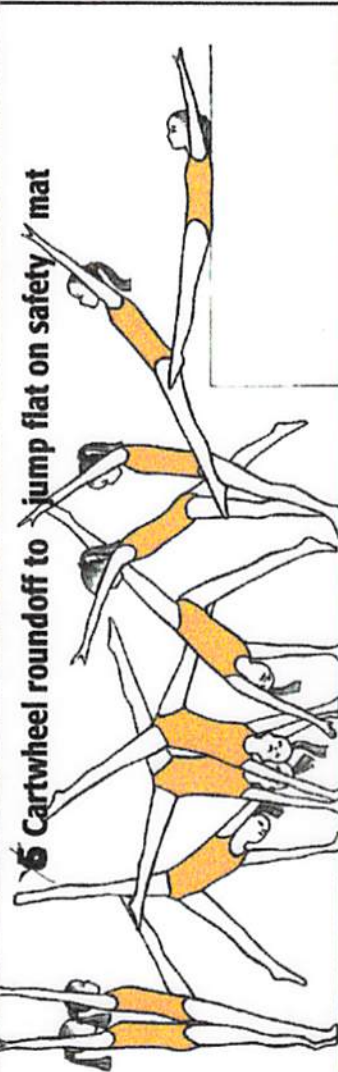


9 Dive cartwheel



4

5 Cartwheel roundoff to jump flat on safety mat



10 Handspring vault

