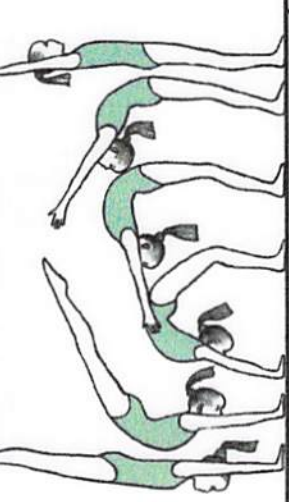




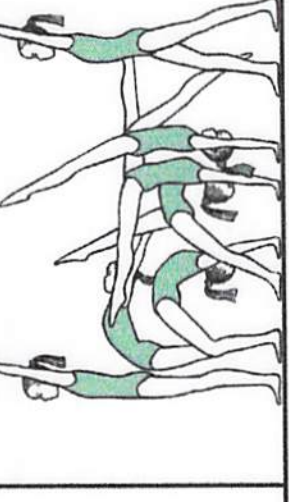
1 Step - leap, step - leap



2 Handstand - bridge - stand



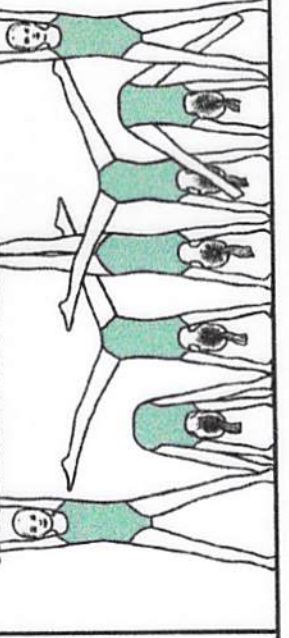
5 Backbend kick over



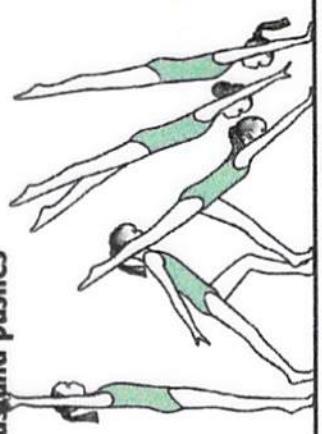
8 Straddle hold



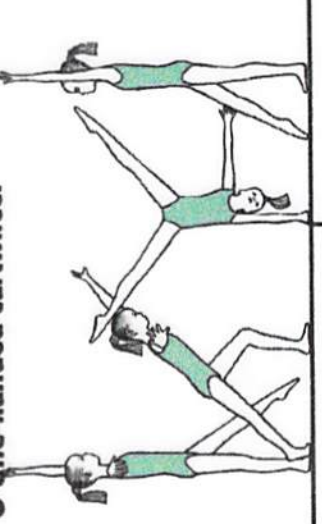
9 From straddle stand, jump to handstand and return



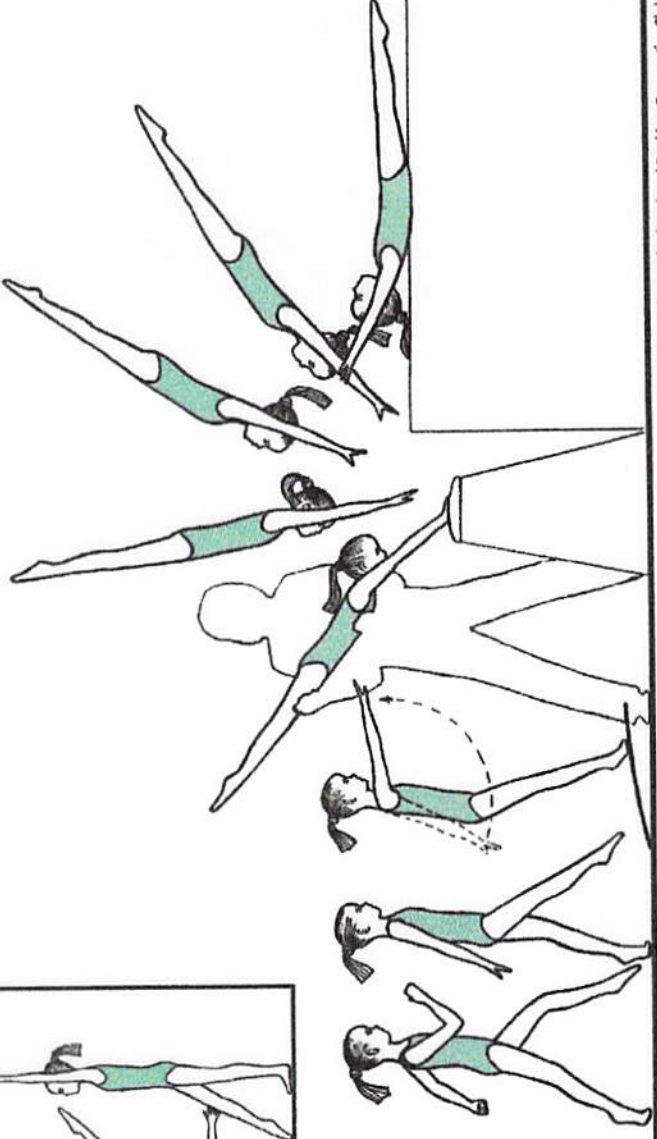
3 Handstand pushes



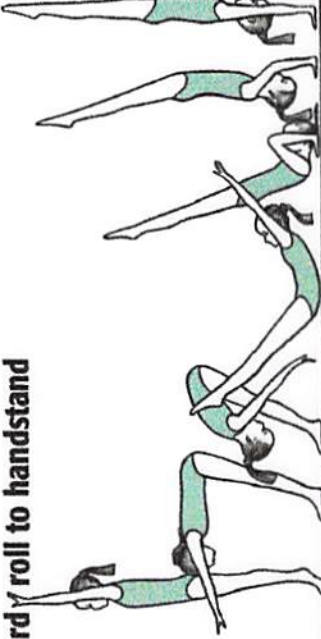
6 One-handed cartwheel



10 Handspring vault to flat back on a raised surface



4 Backward roll to handstand



7 Handstand

Hold for 5 seconds

