

BRONZE – BRONZE – BRONZE

BARS

- chin over bar, kick pullover (off mat)
- back hip circle (light spot)
- cast to 30°, 3 times
- 5- sec hold front support with straight arms and body

VAULT

- tuck jump onto 16" mat
- 10 sec handstand hold against the wall

BEAM

- straight leg walks (front, side, back)
- flat foot lift to high toe lock position (tight body hold)
- straight jump (low beam)
- baby split cross handstand (handstand rock) (low beam)
- 3/4 side handstand (floor & low beam)

TUMBLING

- forward roll to stand (may use hands but feet and legs together)
- tuck and roll to stand (no hands)
- tucked back roll to squat (incline)
- lunge into 45° handstand, finish in lunge
- cartwheel (landing one foot at a time)
- 10-sec straight arm bridge hold
- bridge kick over (incline or off mat)

PLUS:

- correct straight and tuck jump (knees to hip level)
- pivot turn, step, pivot turn
- 10-sec hollow push-up hold position