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BEAM

- 45° front kick & 30° arabesque walks (chest doesn't move)
- pivot, step, pivot (good form and steady)
- straight jump (arms up, toes pointed, legs tight)
- 90° split jump
- 3/4 cross handstand (medium/high beam)
- side handstand (medium/high beam)

BARS

- chin over bar, 2 foot pullover, no jumping
- cast back hip circle, shift wrists, finish on top
- 3 casts to 45° (with form), 3 times
- forward and backward leg cut
- mill circle (with light spot)
- front hip circle (with light spot)

VAULT

- jump to straight body handstand, back to board
- 20 sec handstand straight body hold facing wall with shoulders pushed to ears
- locked handstand--tree fall onto 8" mat (great form!)

TUMBLING

- straight arm back roll to pike stand
- round-off, push off both arms, tree fall onto mat
- back bend kick over (good form)
- bridge to stand (incline or off mat)
- handstand to controlled bridge on floor
- back handspring (light spot)

PLUS:

- split jump (90°)
- straight leg split leap (90°)
- 1/2 turn
- 15 v-ups
- 5 pull ups (straight body)