

Prone fall from stand onto 8" safety mat

3 front support swings (cast) – hips off bar

From floor, dive roll down waist high incline

Front to stride to back support

Handstand

Run, jump onto waist height apparatus (with beat board, with hands)

3 45 long hang swings to rear dismount

Forward roll from knee height apparatus

Backward 2 foot landing (hip height)

Floor

Kick to momentary handstand w/good form
 Forward roll from box onto mat
 Bridge kick-over
 Step cartwheel to lunge position
 Back straddle roll down wedge
 Tick-tock fwd. to bridge with one foot on block
 Tucked headstand

Pommel Horse

Front support travels 1/2 way
 Leg cuts forward
 Front support circles with feet in bucket
 In back support feet on block, walk hands in 180 degree circle

Rings

Cross support (2 sec)
 Skin the cat pull out
 Pike inverted hang to long swing

Vault

Straight jump onto vault with mini-tramp
 Forward roll from floor up to wedge
 Sprint to 2 foot jump with arm swing
 Donkey kick to near handstand
 Strong motorcycle landing off waist ht.
 Tuck through on cross blocks
 Straddle over on long blocks

Parallel Bars

Straight body cross support swing (5x) feet below bar
 Upper arm support
 Jump to 3 small long hang swings
 Front support travel

High Bar

Jump to tuck/straddle on floor bar
 5 casts
 Jump from box and 5 swings w/regrasp
 Pull-over with box
 3 beat swings and toes to bar 3 sec. hold
 Jump and toe on, swing fwd, bwd, shoot off

Trampoline

Doggy/table drop
 Jump full turn
 No bounce back drop on mat

