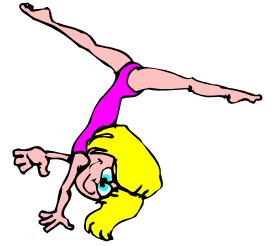


# Blue Stars



## Skills

### VAULT

1. Running techniques
  - a. High Knees
  - b. Booty Kicks
2. Hurdle, Arm Circle Straight Jump (Hollow body)
3. Squat on stand up on vault (spring board)
4. Arm circle dismount finish
5. Handstand Flat Back (S).
6. ¼ handstand on block
7. Straddle jump dismount
8. ½ turn jump dismount



### FLOOR

1. Body Positions
  - a) Tuck, pike, straddle & lunge
  - b) Straight, Hollow & Arch
2. Splits (Proper technique)
3. Headstand
4. Handstand forward roll w/ spot
5. Handstand snap down
6. Bridge back up cheese
7. Bridge kick over down cheese
8. Cartwheel good and bad leg
9. 1 handed cartwheel
10. Power hurdle, Round Off
11. Back straddle roll
12. Straight arm backward roll down cheese to push up
13. Bridge Walk ¼ floor
14. R/L leg leaps
15. Full turn on toe

### BAR

1. Tap swings on high bar (re-grip)
2. Glide Swing to Pike basket
3. R/L leg cuts
4. Stride support holds
5. 3 Casts to 45 Degrees
6. Pull Over
7. Cast back hip circle w/ spot
8. L hold- low bar 15 sec.
9. 5 belly button push ups

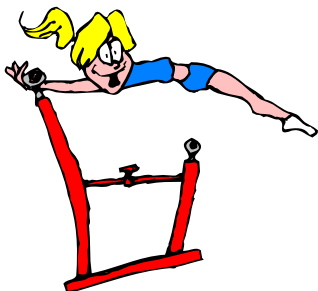


### LOW BEAM

1. Side Handstand
2. Cartwheel w/ spot

### HIGH BEAM

1. Relève Walks F/B/S
2. Relève Turns
3. Ice cream scoops
4. ½ turn
5. Lever
6. Scale hold 5 sec.
7. Kick/Step/Lock
8. V-Sit to a Squat On
9. Straight Jumps
10. Straddle jump dismount



### TRAMPOLINE

1. Seat Drop 1/2 Turn
2. Donkey kicks to handstand
3. Power Hurdle Round Off
4. Jump full turn