

Bronze Stars

VAULT

1. Running Techniques
2. Grapevine
3. Heel Drive Over Barrel (\$) to Flat Back
4. (R) Handstand flatback onto blue crash mat (spring board)
5. Handstand pops
6. Handstand flat back on vault (with spring board)
7. Pike jump dismount
8. Full turn jump dismount

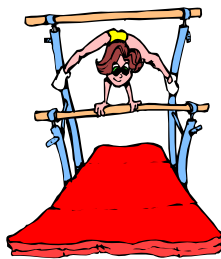
LOW BEAM

1. Handstand
2. Cartwheel
3. Step Step Leap
4. Full turn

HIGH BEAM

1. Straight leg runs
2. Releve Walks F/B/S
3. Grapevine
4. Cartwheel w/ spot
5. Single leg hops
6. Arabesque Hops
7. Tuck jump
8. Split jump good leg
9. Side handstand ½ turn dismount w/ spot
10. Side handstand w/ spot
11. Squat turn
12. Pike jump dismount
13. ½ turn jump dismount

Skills



BAR\$

1. Swing ½ turn dismount- high bar
2. Front Hip Circle w/ Spot
3. Long Hang Pull Over w/ Spot
4. Cast Squat on Stretch w/Spot
5. Cast Back Hip Circle
6. Single knee swing to support
7. Cast underswing
8. Skin the cat



FLOOR

1. Body Positions
2. Splits (Proper technique)
3. Bridge Kick Over
4. Cartwheel, Chasse, Cartwheel
5. 2 Step Round Off Rebound
6. Handstand-hold 3 sec.
7. Handstand Forward Roll
8. Handstand walks (couple of steps)
9. Back extension roll down cheese
10. Handstand Bridge
11. Split Leaps
12. Jumps- tuck, pike, straddle & split
13. Front limber
14. Back handspring over barrel
15. Back handspring down cheese (\$)
16. Bridge walks ½ floor
17. Dive roll

TRAMPOLINE

1. Front tuck onto Crash mat
2. Fly spring onto Crash mat
3. Back handspring with spot

