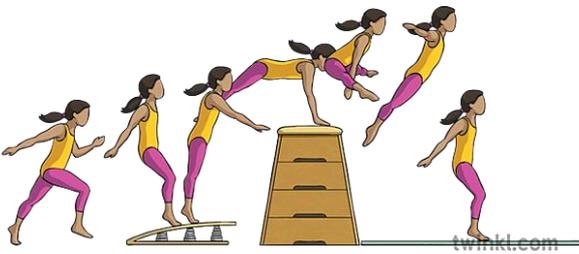


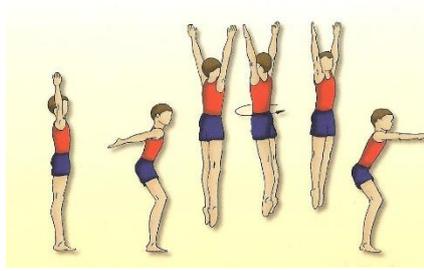
- squat through *or* straddle over 3 levels blue soft vault
- hold landing for 3 secs
- run up and dive forward roll from trampette down slope



- circle up
- 3 casts
- controlled forwards circle down to hold tuck position for 3 seconds



- handstand forward roll
- full turn jump
- one handed cartwheel



With widener if needed

- squat on (in middle of beam)
- backward walking to 'wall' end of beam
- forward roll
- straight jump
- step kicks to end
- straddle jump dismount, hold 3 secs

