

- run up, squat onto 3 blue blocks, tuck jump dismount  
AND
- run up to trampette & tuck jump



AND

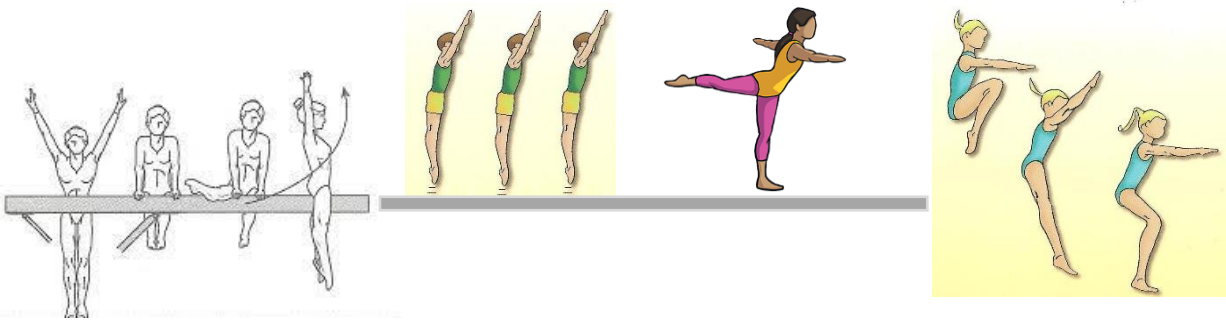


- jump to front support
- cast
- forwards circle down with control



(without widener)

- front support, leg round, toes behind to stand
- small continuous jumps to middle
- Arabesque
- dip walks to end
- tuck jump dismount



- kick up to handstand against wall, lunge to stand
- cartwheel
- forward roll
- tuck jump

