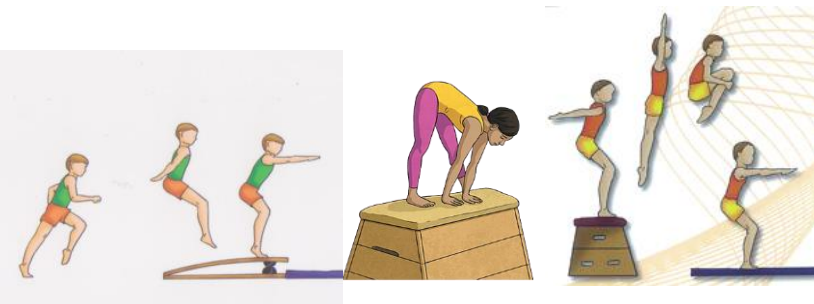


- run up to springboard & straddle onto 2 blue blocks, bring feet together, tuck jump dismount AND
- run up to trampette & show straight jump
- hold both landings for 3 secs



AND

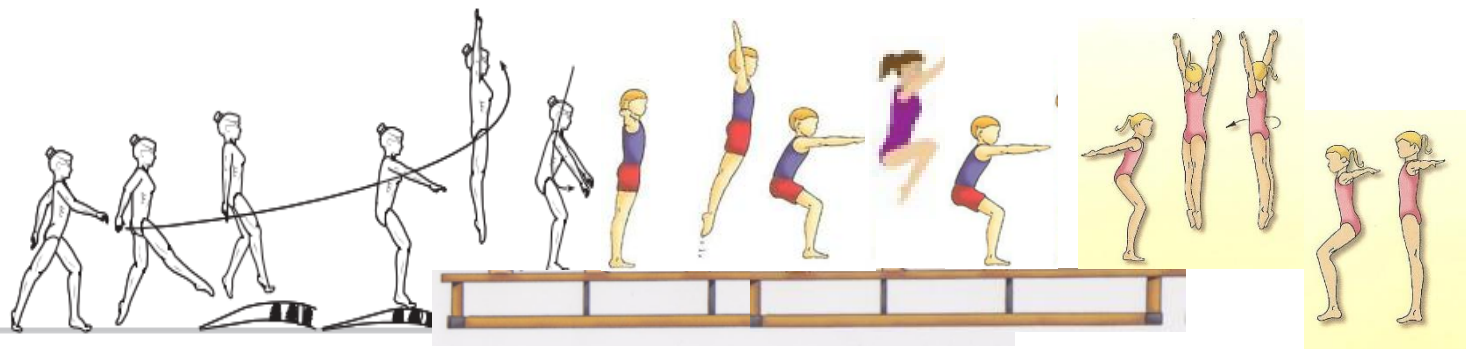


- jump to front support
- controlled forwards circle down



Beam 4

- small run up to springboard, straight jump onto bench
- walk on toes to middle
- straight jump immediate tuck jump (on spot), tiptoe walk to end
- Half turn dismount, hold 3 secs



4 Floor

- backwards roll down slope to feet
- shoulder stand & roll to stand
- half turn jump
- lunge to needle kick (supporting foot lifts off floor)

