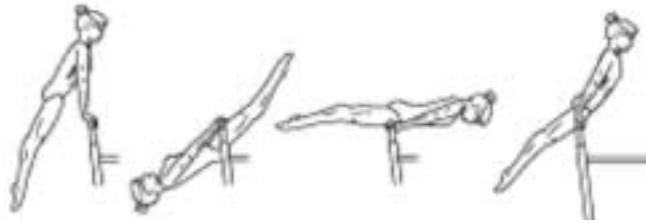


- handspring over 2 blue blocks AND
- front somersault from trampette to thick mats





- circle up
- forward circle to chin up
- pike hold
- circle (muscle) up
- cast, back hip circle
- cast to straddle undershoot





without widener

- straddle on to lever hold
- Y balance
- cartwheel
- handstand
- split leap
- free round off or punch front dismount





with links and/or dance

- handspring *or* free cartwheel
- forward walkover *or* controlled handstand, bridge and stand
- Round off flic *or* standing flic

