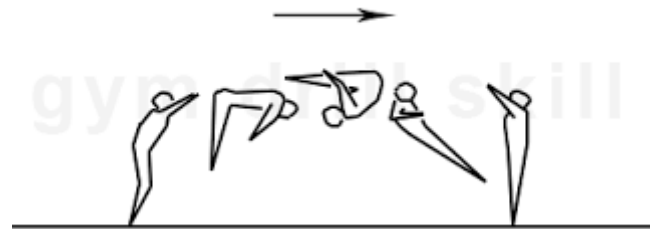
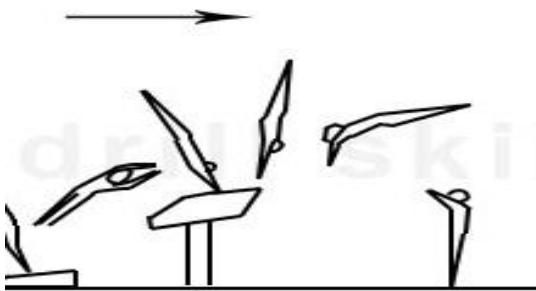


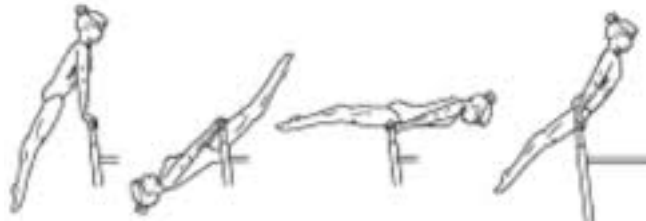
- roundoff over 2 stack, take off from 2 feet and land on 2 feet
AND
- pike front somersault from trampette to thick mats

P



- High bar
- 3 swings to $\frac{3}{4}$ giant
- Back hip circle
- straddle undershoot or tuck back away

P



- straddle lever mount
- quarter turn to sit across beam
- shoulder stand
- swing feet behind to needle kick stand
- cat leap, tuck jump
- half turn on single foot
- handstand immediate cartwheel
- punch front somersault dismount

P

- choose a routine to music to learn from library. (choice of 6 squad routines)
- to include:
- a roundoff flic
- a handspring OR free cartwheel.

P