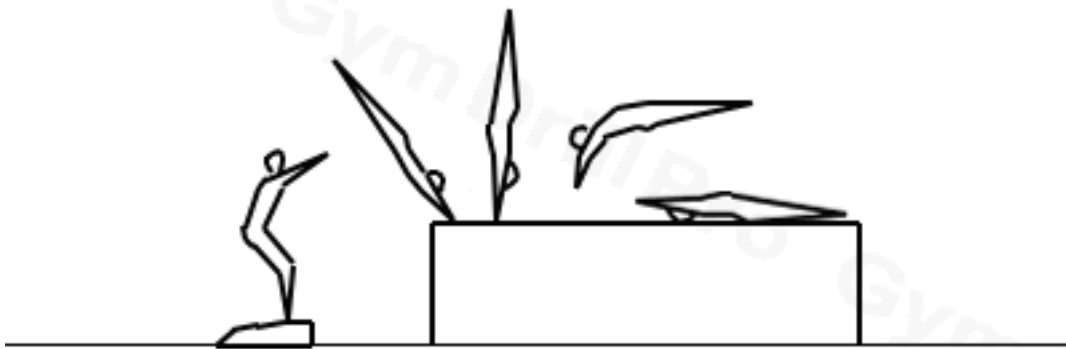




- handstand flatback with hands on 2 blue blocks to land on thick mats
- AND
- dive forward roll from trampette, over orange hexagon onto thick mat





- jump from block to squat and stand
- reach high bar, jump to front support
- forward circle down to chin up in pike
- lower to hang, hang half turn x 2
- straddle feet up to bar, 3 straddle swings
- hang dismount





with links and/or dance

- handstand (hold for 3 secs)
- full turn jump
- backward walkover/bridge kickover
OR backward roll to handstand
- round off





without widener

- jump to front support, leg round to stand
- kick towards handstand
- forward roll
- straight jump immediate tuck jump
- leap towards splits
- round off dismount

