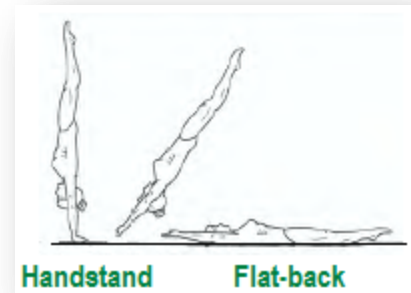


# Level 1

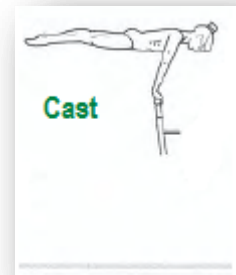
## VAULT

1. Stretch jump onto mat, then
2. Kick up to Handstand, fall to flat back



## BARS

1. Mount: Pullover
2. Cast
3. Back hip circle
4. Dismount: Underswing (substitutes: cast, straddle-on or cast, sole circle)



# BEAM

## 1. Mount: Jump to front support

## 2. Pike Lying Position; Relevé Balance

- (L) position with legs straight – roll forward into tuck stand
- Hold Relevé for 2 seconds

## 3. Arabesque

- Pause 1 second

## 4. Step, Leg swing, step, Leg swing

- First leg swing is with your “good” leg
- Second leg swing is with your “bad” leg

## 5. Lever –

- Step into Lever position and show “T” position
- End in lunge

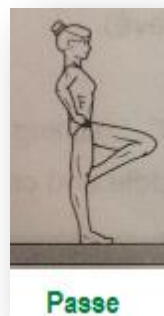
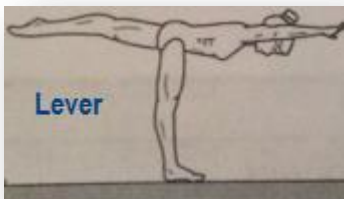
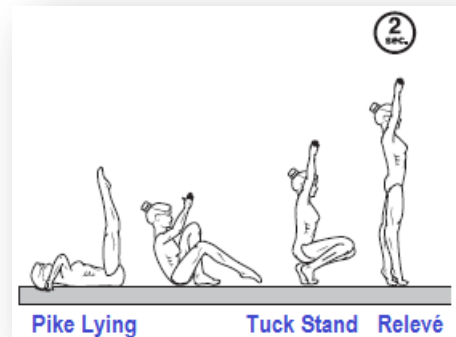
## 6. Leg balance in forward passé

- Passé is on flat foot

## 7. Demi-plié, Stretch jump

## 8. Stretch jump

## 9. Dismount: From kneel on one leg, Cartwheel to Partial Side Handstand, lower to stand facing beam



# FLOOR

## 1. $\frac{3}{4}$ Handstand (legs do not join)

- step down to lunge

## 2. Cartwheel $\frac{1}{4}$

- Forward entry and finish in lunge

## 3. Backward roll tuck

## 4. Candlestick

## 5. Forward roll, tucked

## 6. Walking steps

- First, Coupé “bad” foot
- Second, Coupé “good” foot

## 7. Forward passé balance

- “good” leg is your base leg, balance in relevé on high toe

## 8. Forward Chassé, Leg swing

## 9. Relevé balance Split jump

- From leg swing, step forward onto good foot, and close feet together.
- Then, Split jump to relevé balance (hold relevé for 1 second)

## 10. Pose

- Good leg in front, arms by your ears.

