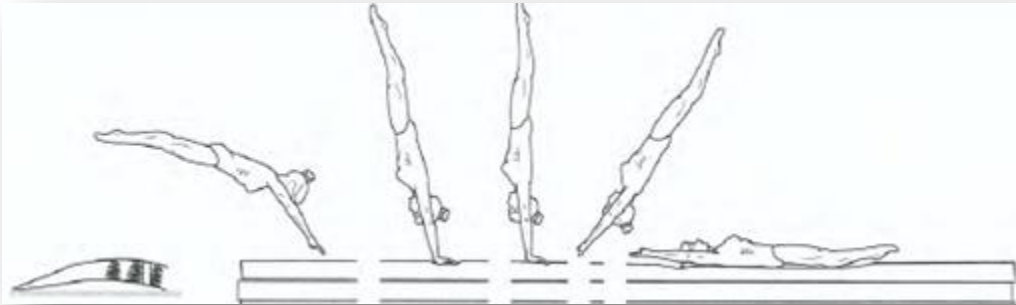


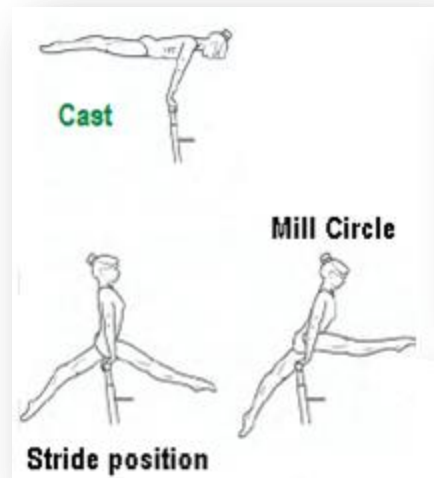
## VAULT

### 1. Jump to Handstand, Fall to Flat-back



## BARS

1. Pullover
2. Cast
3. Back hip circle
4. Single leg cut forward
5. Forward stride circle (AKA *Mill Circle*)
  - Hooking knee on the bar to complete the circle is allowable
6. Single Leg Cut backward
7. Dismount: Cast, Underswing
  - (substitutes: straddle on or sole circle)



# BEAM

1. Mount: Jump to front support
2. Swing to Push-Up – Jump to Tuck Stand

- Finish in Lock position

3. Arabesque

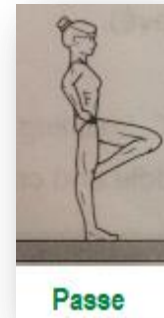
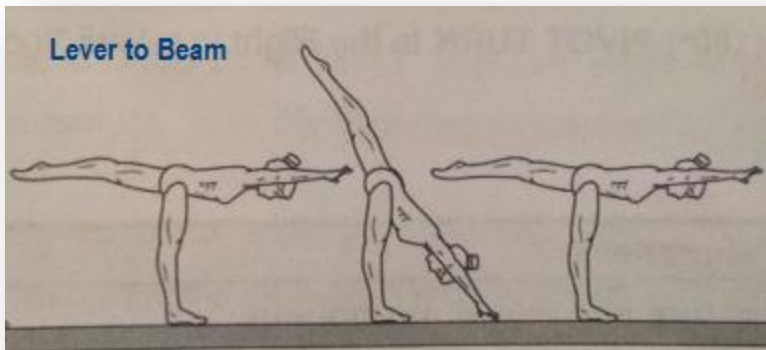
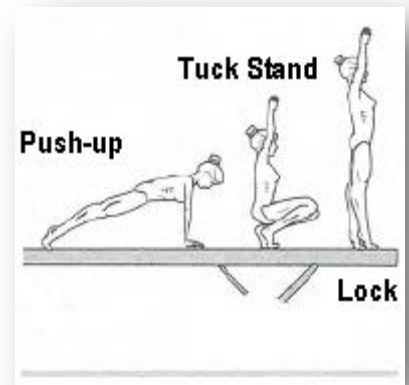
- Hold arabesque for 1 second

4. Leg Swings: Forward, Backward, Demi-Plié, Relevé

- Forward leg swing: swing “good” leg
- Backward leg swing: swing “bad” leg (good leg is your base)

5. Lever to Beam

- Pass through T position, touch beam, and land in lunge



6. Leg balance in forward passé

- Hold passé for 2 seconds (“good” leg is your base)

7. Pivot Turn (180°)

8. Stretch jump, Fish pose



9. Dismount: Cartwheel to Side Handstand, lower to stand facing beam

# FLOOR

## 1. Handstand

- Step Kick (to horizontal)
- Handstand must hit vertical, and must be held 1 second



## 2. Round-Off

## 3. Backward Roll to Pike Stand

## 4. Candlestick

## 5. Backbend, Back Kick-Over

## 6. Two Pivot Turns

## 7. Forward Chassé

## 8. Straight Leg Leap

## 9. Two ¼ Turns in Forward Passé

- Heel Snap

## 10. Split Jump... Press to Relevé stand

- Relevé is on high toe

## 11. Pose

- Good leg in front, arms by your ears.

