
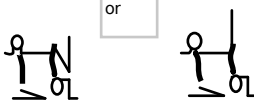

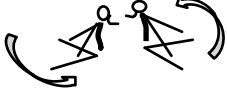




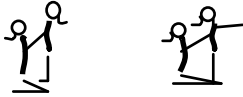
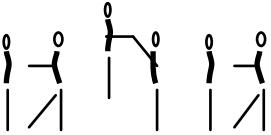


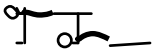
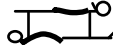












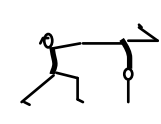


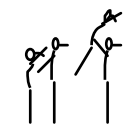
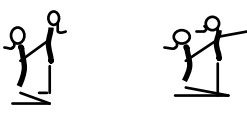











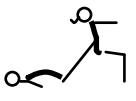











Preparatory A

A			
B	<p>Teddy bear roll</p> 	<p>Forward Roll over Hollow</p> 	<p>Cartwheel over dish</p> 
C			<p>or</p> 
D			
E			
F	<p>or</p> 		
FLEX	<p>Straddle sit</p> 	<p>Japana 45° only Not flat</p> 	
STAND	<p>Front support 2"</p> 	<p>Back support 2"</p> 	<p>Frog balance 2"</p> 
AGILITY	Forward roll to straddle sit	Forward roll to stand	Backward roll to Straddle stand
TUMBLE	Forward roll straight jump	Backward roll straight jump	Forward roll 180° jump
	0.1	0.2	0.3

Preparatory B			
A		(i)  or (ii) 	
B	Cartwheel over dish 	Supported cartwheel 	Supported jump - shape optional 
C	or 	or 	(i)  (ii) 
D			(i)  (ii) 
E			(i)  or (ii) 
F		(i)  or (ii) 	(i)  or (ii) 
FLEX		Pike fold	Bridge or Japana 
STAND	Frog balance 2" 	Shoulder stand 2" 	One foot stand 2" "V" sit or 
AGILITY	Backward roll to Straddle stand	Forward roll to Straddle stand or Backward roll to stand	Backward roll with straight legs to stand or Forward roll straddle through to lie on front
TUMBLE	Forward roll 180° jump	Cartwheel chasse cartwheel	Forward roll jump to 1 leg cartwheel
	0.1	0.2	0.3