

ABILITY LEVELS

BRONZE - Advanced

No	Description
01	Valdez <i>or</i> Handstand Healey spin to B. support
02	Backward roll to handstand (<i>straight arms</i>)
03	Hadnspring - two feet
04	Round off, back flick
05	Tuck front somersault
06	Cast into baby giant - bars
07	Stoop undershoot, 1/2 twist - bars
08	Handspring - vault



SILVER - Advanced

No	Description
01	Handstand full pirouette
02	Split leg back flick
03	"Noddy" - 1/2 twist to forward walkover
04	Aerial cartwheel
05	Round off, three back flicks
06	Round off, back flick, tuck back somersault
07	Half on - vault
08	Sole circle - bars



GOLD - Advanced

No	Description
01	Handstand double pirouette
02	Standing tuck back somersault
03	Free walkover <i>or</i> Whip, flick series
04	Handspring, tuck front somersault
05	Round off, back flick, straight back somersault
06	Somersault 1/2 twist
07	Half on, half off - vault
08	Undershoot to catch - bars
09	Back away - bars
10	Giant - bars

