



# BEGINNER 1

## **FLOOR:**

1. CARTWHEEL OVER PANEL MAT OR ON FLOOR, STEP BACK TOGETHER.
2. JUMP 1/2 TURN
3. FORWARD ROLL TO STAND
4. TUCK JUMP
5. 3/4 HANDSTAND OR DONKEY KICK, STEP DOWN TO LUNGE
6. FEET TOGETHER, FORWARD ROLL TO STRADDLE SIT, STRETCH FORWARD.
7. LEG TOGETHER, LAY DOWN AND BRIDGE UP
8. LAY DOWN AND ROCK AND ROLL UP TO STAND

## **BARS: (SINGLE BAR)**

1. JUMP OFF BLOCK TO FRONT SUPPORT.
2. FRONT SUPPORT WALK TO MIDDLE OF BAR.
3. 2 CASTS (BELLY OFF BAR).
4. FORWARD ROLL TO STAND.
5. SKIN-THE-CAT.
6. FROM SKIN-THE-CAT HANG, RELEASE TO STAND

## **BEAM: (LOW OR MIDDLE BEAM)**

1. STRADDLE SIT MOUNT ON END OF BEAM.
2. RELEVE WALKS (TO MIDDLE OF BEAM).
3. STRAIGHT JUMP.
4. STEP KICK WALKS (TO END OF BEAM), 1/4 PIVOT TURN
5. SIDEWARD WALKS (TO MIDDLE OF BEAM).
6. FORWARD WALKS (TO END OF BEAM), 1/4 PIVOT TURN
7. STRAIGHT JUMP OFF SIDE OF BEAM.

## **VAULT: (TWO VAULTS ALLOWED BEST ONE SCORED)**

1. STRAIGHT JUMP OFF BOARD ONTO ONE 8" MAT.