



# JACK BOYS

## **FLOOR:**

1. FRONT KICK TO LUNGE
2. 3/4 HANDSTAND , FINISH IN LUNGE,
3. STEP TOGETHER, FORWARD ROLL TO STAND
4. CARTWHEEL, FINISH IN LUNGE
5. STEP TOGETHER, BACKWARD ROLL TO STAND
6. TUCK JUMP

## **PARALLEL BARS:**

1. JUMP TO SUPPORT TUCK HANG
2. 2 SWINGS FORWARD
3. STRADDLE ON BARS ON SECOND FRONT SWING
4. CLOSE TO L SUPPORT ( NO HOLD REQ )
5. TWO SWINGS BACKWARD
6. ON SECOND BACK SWING, DISMOUNT BETWEEN BARS

## **HORIZONTAL BAR:**

1. HANGING 1/2 TURN
2. PULL UP TO CHIN HANG, CAN SPOT ( 3 sec )
3. LOWER TO STRAIGHT HANG, HOLD TUCK HANG ( 3 sec )
4. KICK BACK TO 3 SWINGS
5. DISMOUNT BACKWARDS ON THIRD SWING

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

1. STRAIGHT JUMP TO AN 8 INCH MAT