



PRE TEAM BOYS

FLOOR:

1. FRONT KICK TO LUNGE
2. HANDSTAND FORWARD ROLL
3. JUMP HURDLE TO CARTWHEEL, CARTWHEEL STEP TOGETHER
4. BACKWARD ROLL TO PUSHUP
5. PRESS TO STRADDLE STAND
6. PRESS TO HEADSTAND (HOLD 3 sec)
7. FORWARD ROLL FROM HEADSTAND, TUCK JUMP
8. RUN, HUDLE, ROUND-OFF REBOUND

PARALLEL BARS:

1. JUMP TO SUPPORT INTO 2 SWINGS FORWARD
2. STRADDLE ON IN SECOND FRONT SWING
3. LIFT TO STRADDLE L-HOLD (HOLD 3 sec)
4. CLOSE TO PIKE L-HOLD ABOVE BARS, 3 SWINGS
5. ON THIRD BACK SWING, DISMOUNT SIDEWAYS OVER BAR

HORIZONTAL BAR:

1. HANGING 1/2 TURN
2. PULLUP PULLOVER WITH **SPOT**
3. CAST UNDERSHOOT, 3 SWINGS
4. HOP ON THIRD BACK SWING
5. 3 SWINGS
6. DISMOUNT BACKWARDS ON THIRD SWING

VAULT: (TWO VAULT ALLOWED BEST ONE SCORED)

STRAIGHT JUMP UP TO 2, 8 INCH MATS