




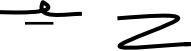




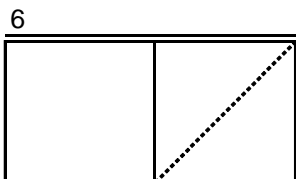
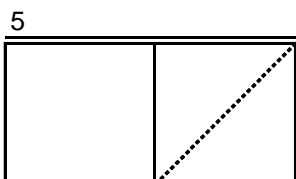
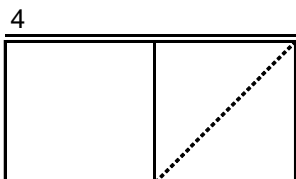
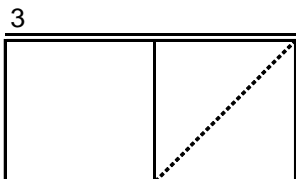
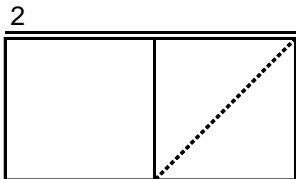
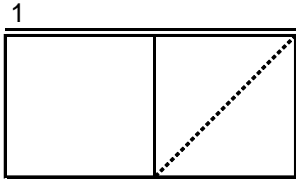





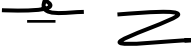






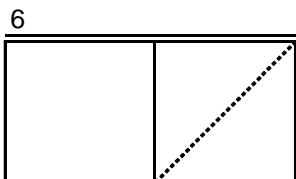
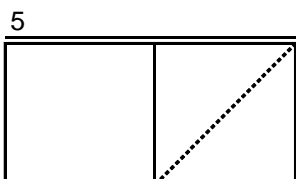
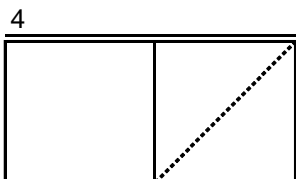
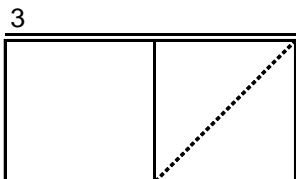
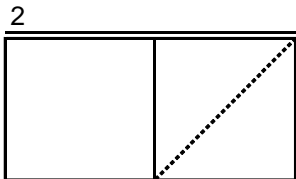
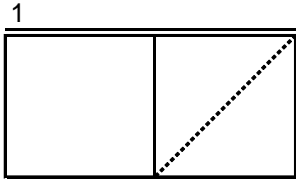
Level 5 Floor Exercise

Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out Fwd Handspring step-out 	Cartwheel 	Back Roll HS <i>Straight arms</i> 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6













Level 5 Floor Exercise

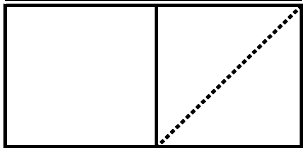
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out Fwd Handspring step-out 	Cartwheel 	Back Roll HS Straight arms 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6



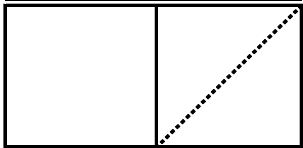
Level 4 Floor Exercise

Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ←arms cover ears→	Back Roll HS Straight arms 	Stretch Jump ½ Turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

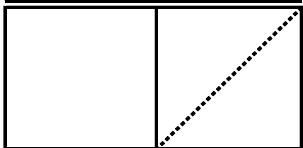
1



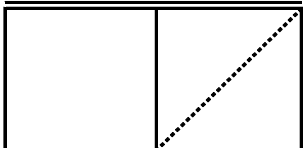
2



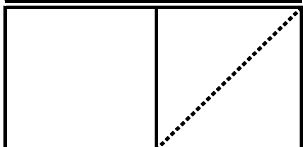
3



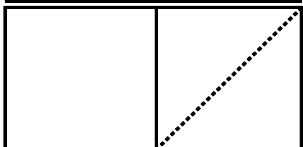
4













5

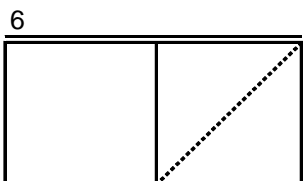
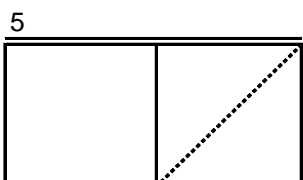
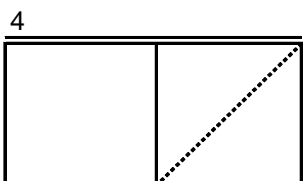
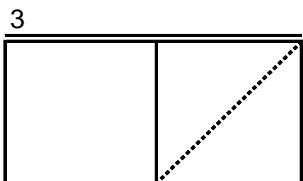
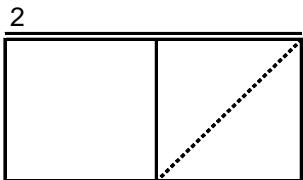
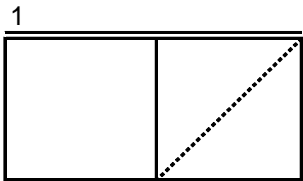


6




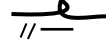







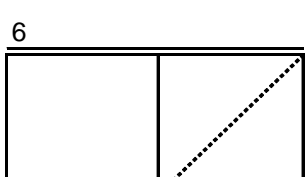
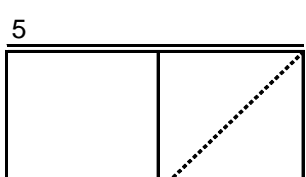
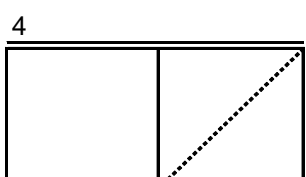
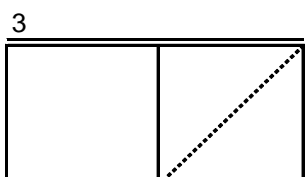
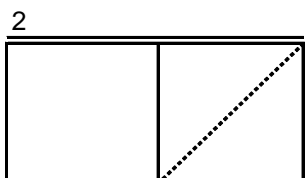
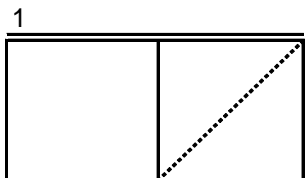
Level 4 Floor Exercise

Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ← arms cover ears →	Back Roll HS Straight arms 	Stretch Jump ½ Turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6




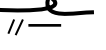

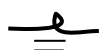





Level 3 Floor

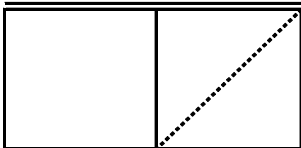
Handstand Fwd Roll, <i>straight arms</i> 1 second hold 	Straight Leg Leap 90° 	Stretch Jump  Broken connection -0.05	Split Jump 90° 	Handstand, Bridge, Back kick-over 120°  Arms cover ears	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° <i>lower to Push-up</i> 	Round-off Flic-Flac <i>,Rebound</i> 
0.6	0.6	0.2	0.4	0.6	0.2	0.2	0.4	0.4 0.6



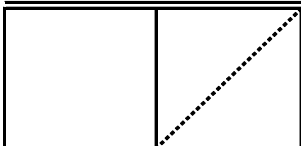
Level 3 Floor

Handstand Fwd Roll, <i>straight arms</i> 1 second hold 	Straight Leg Leap 90° 	Stretch Jump 	Split Jump 90° 	Handstand, Bridge, Back kick-over 120°  Arms cover ears	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° lower to Push-up 	Round-off Flic-Flac ,Rebound 
0.6	0.6	0.2	0.4	0.6	0.2	0.2	0.4	0.4 0.6

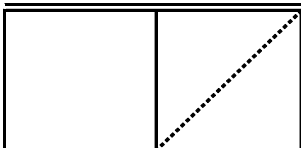
1



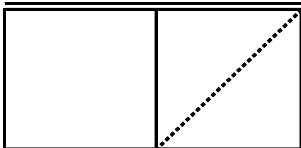
2



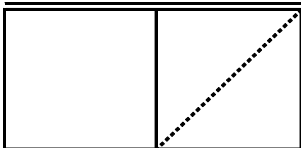
3



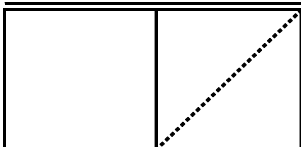
4




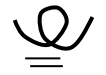


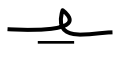
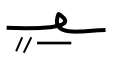



5



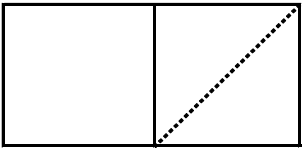
6



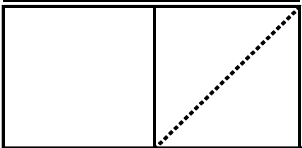
Level 2 Floor

Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i> 0.6	Back Roll to push-up position  0.6	Heel Snap ½ Turn Fwd Passé  0.4	Forward Chassé  0.2	Straight leg leap 60°  0.6	Split Jump 60°  0.4	Handstand <i>1 second hold</i>  <i>Arms cover ears</i> 0.4	Candlestick  0.2	Bridge-up, Kickover  <i>Arms cover ears</i> 0.6
---	--	---	---	--	---	---	---	---

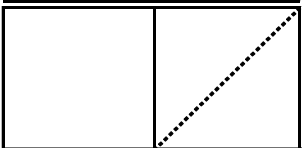
1



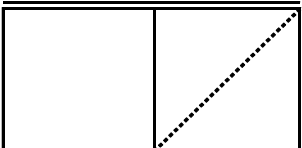
2



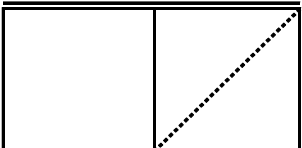
3



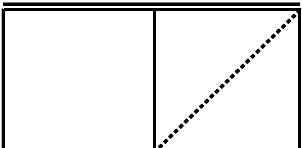
4








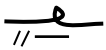



5



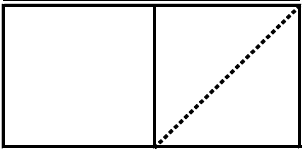
6



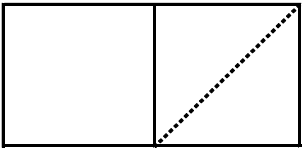
Level 2 Floor

Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i> 0.6	Back Roll to push-up position  0.6	Heel Snap ½ Turn Fwd Passé  0.4	Forward Chassé  0.2	Straight leg leap 60°  0.6	Split Jump 60°  0.4	Handstand <i>1 second hold</i>  <i>Arms cover ears</i> 0.4	Candlestick  0.2	Bridge-up, Kickover  <i>Arms cover ears</i> 0.6
---	--	---	---	--	---	---	---	---

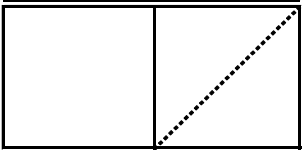
1



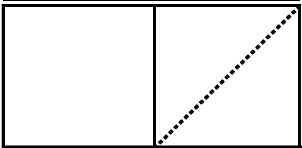
2



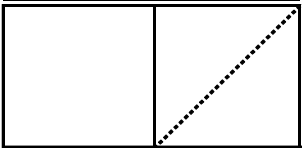
3



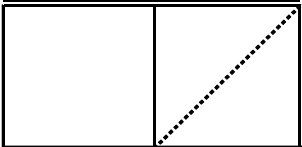
4











5



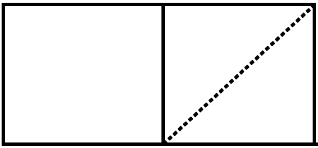
6



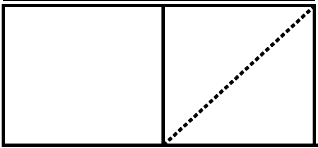
Level 1 Floor

	Cartwheel ¼ turn inward, close to stand  Arms cover ears	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand  Arms cover ears
	0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

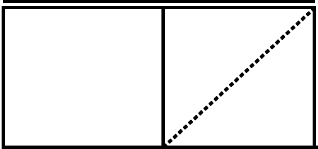
1



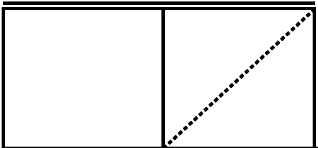
2



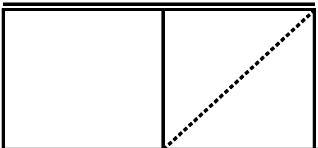
3



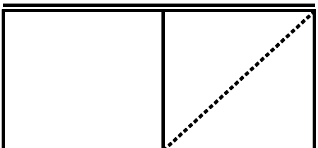
4











5



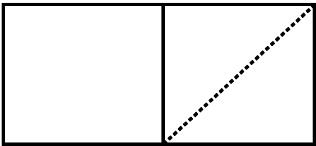
6



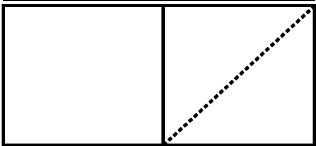
Level 1 Floor

	Cartwheel ¼ turn inward, close to stand  Arms cover ears	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand  Arms cover ears
	0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

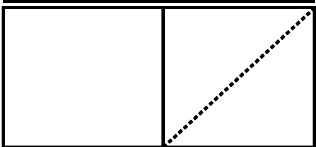
1



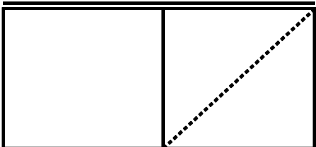
2



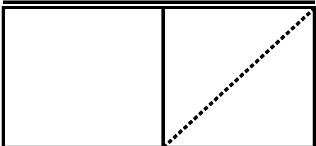
3



4



5



6

