






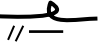
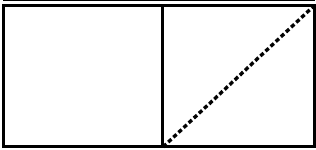


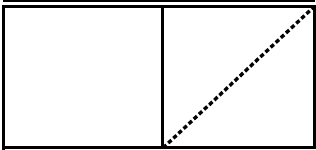
Level 1 Floor

	3/4 Handstand Lever out 	Cartwheel 1/4 turn inward 	Back Roll Tuck 	Candlestick 	Forward Roll Tuck 	Forward Passé Balance 	Forward Chassé 	Split Jump 30° 
	0.4	0.6	0.6	0.2	0.4	0.4	0.2	0.4

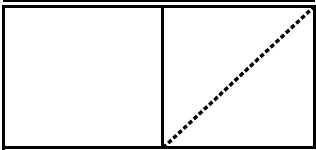
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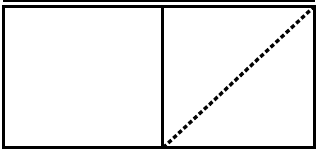
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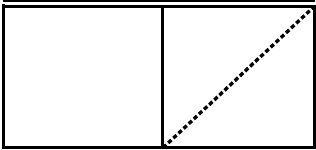
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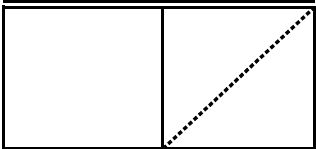
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




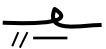
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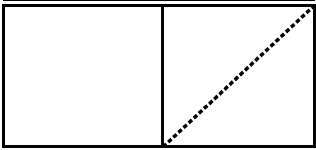
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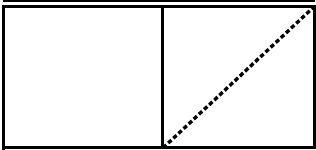
Level 1 Floor

	3/4 Handstand Lever out 	Cartwheel 1/4 turn inward 	Back Roll Tuck 	Candlestick 	Forward Roll Tuck 	Forward Passé Balance 	Forward Chassé 	Split Jump 30° 
	0.4	0.6	0.6	0.2	0.4	0.4	0.2	0.4

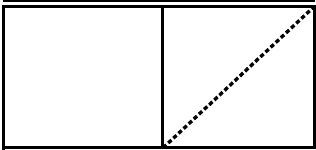
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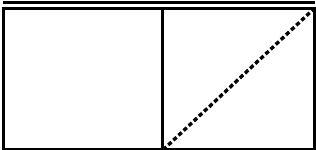
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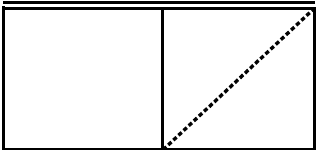
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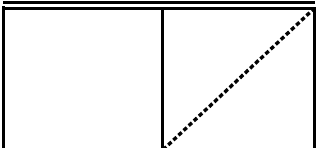
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5







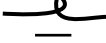
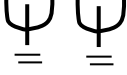
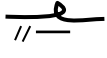


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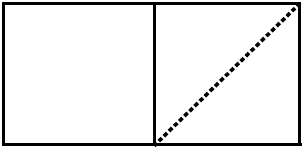


Level 2 Floor

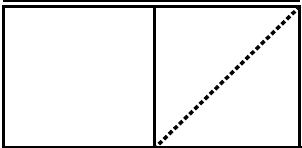
D. Hanford

	Handstand 1 sec Lever out 	Round-off 2 - 4 steps out 	Back Roll Pike out 	Candlestick 	Bridge-up, Kickover 	2 Pivot Turns Connection 	Straight leg leap 60° Chassé, Leap, leg swing 	Two ¼ Heel-snap Fwd Passé turns 	Split Jump 60° 
	0.4	0.6	0.4	0.2	0.4		0.6	0.4	0.4

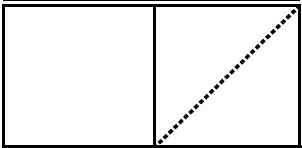
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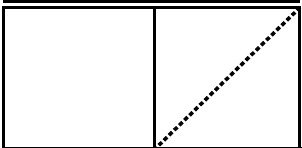
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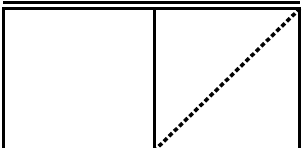
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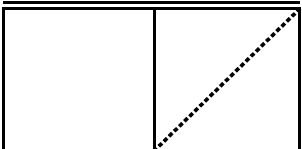
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5







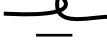
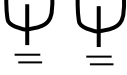
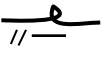


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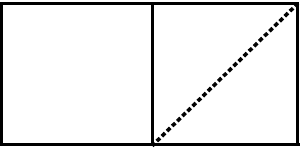


Level 2 Floor

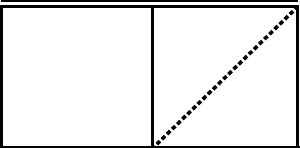
D. Hanford

	Handstand 1 sec Lever out 	Round-off 2 - 4 steps out 	Back Roll Pike out 	Candlestick 	Bridge-up, Kickover 	2 Pivot Turns Connection 	Straight leg leap 60° Chassé, Leap, leg swing 	Two ¼ Heel-snap Fwd Passé turns 	Split Jump 60° 
	0.4	0.6	0.4	0.2	0.4		0.6	0.4	0.4

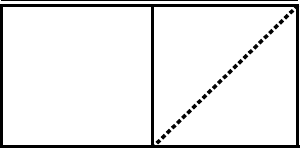
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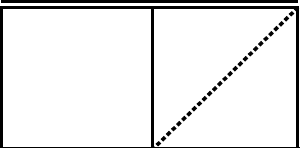
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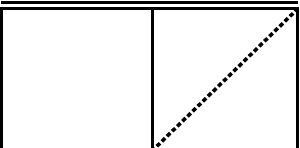
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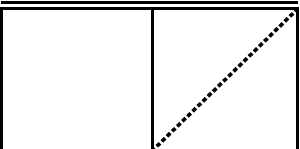
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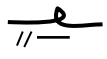


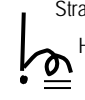


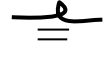




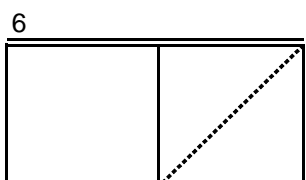
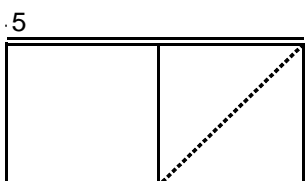
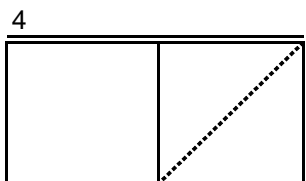
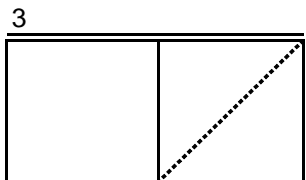
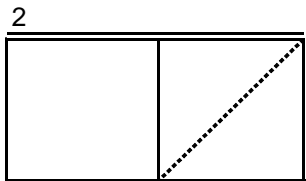
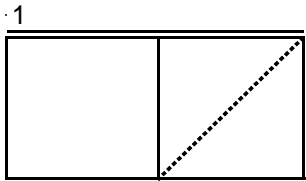
6



Level 3 Floor

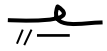





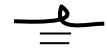


If reversing order -0.5

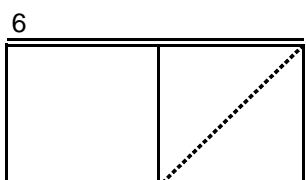
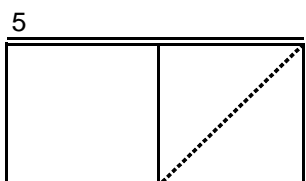
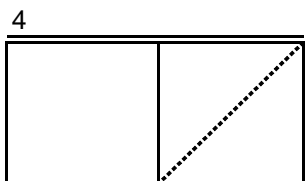
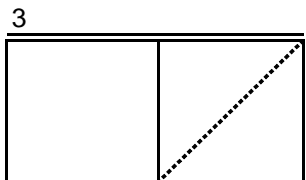
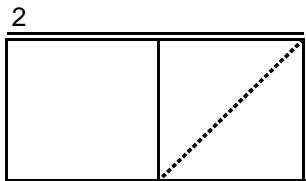
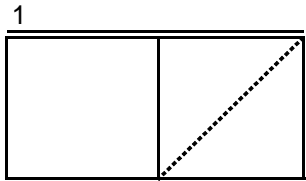
Arm waves & Leg swings <i>Horizontal</i>	Split Jump 90° 	Stretch Jump 	Handstand, Bridge, Back Kick-over 120° 	Handstand Fwd Roll Straight Arms Hold 1 sec 	Straight Leg Leap 90° <i>Chassé, leap, leg swing</i> in relevé 	Back Roll to Push-up 	Forward Splits 	½ Turn Fwd Passé 	Round-off Flic-Flac, Rebound 
	0.4	0.2	0.6	0.6	0.6	0.4	0.2	0.2	0.4 0.6












Level 3 Floor

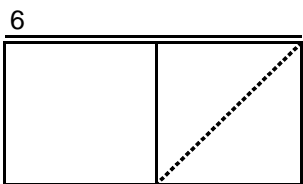
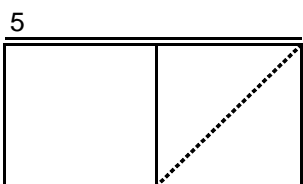
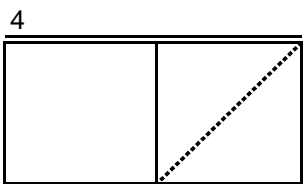
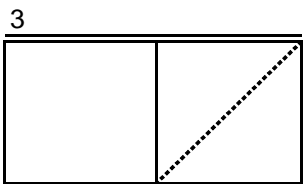
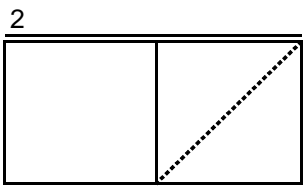
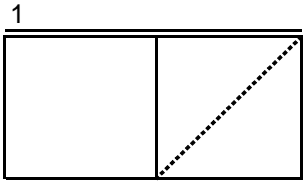
If reversing order -0.5

Arm waves & Leg swings <i>Horizontal</i>	Split Jump 90° 	Stretch Jump 	Handstand, Bridge, Back Kick-over 120° 	Handstand Fwd Roll Straight Arms Hold 1 sec 	Straight Leg Leap 90° <i>Chassé, leap, leg swing in relevé</i> 	Back Roll to Push-up 	Forward Splits 	½ Turn Fwd Passé 	Round-off Flic-Flac, Rebound 
	0.4	0.2	0.6	0.6	0.6	0.4	0.2	0.2	0.4 0.6












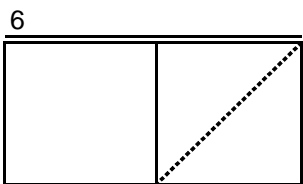
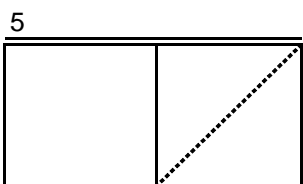
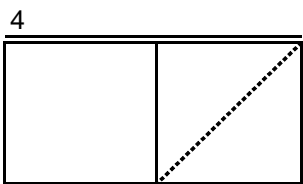
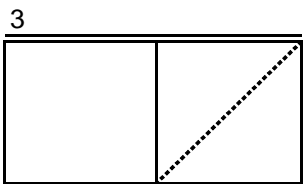
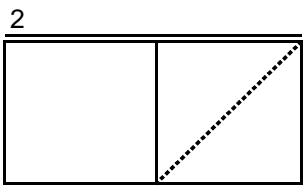
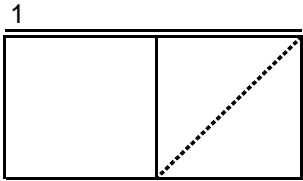
Level 4 Floor Exercise

Straddle Jump 120° 	Stretch Jump 1/2 Turn 	Fwd Handspring 2-ft, Rebound 	Back Roll HS Lever out Straight arms 	Forward Splits 	Straight Leg 120° Sissone, Chassé, Leap, Leg swing hop 	1/1 Turn Fwd Passé 	Back Walkover 150° 	Round-off Flic-Flac, Flic-Flac, Rebound 
0.4	0.4	0.6	0.4	0.2	0.6	0.4	0.4	0.4 0.6 0.6







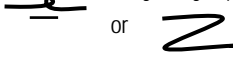




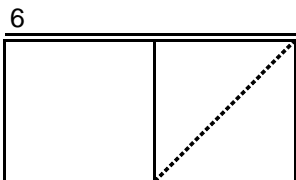
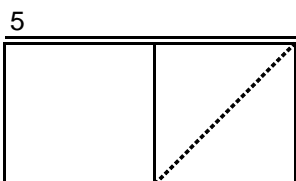
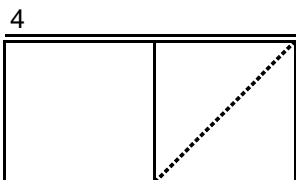
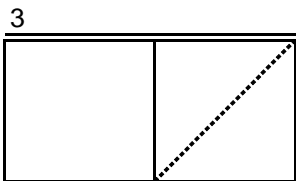
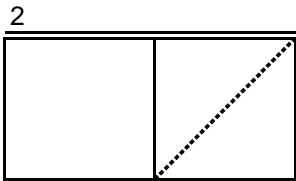
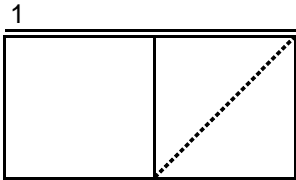
Level 4 Floor Exercise

Straddle Jump 120° 	Stretch Jump 1/2 Turn 	Fwd Handspring 2-ft, Rebound 	Back Roll HS Lever out Straight arms 	Forward Splits 	Straight Leg 120° Sissone, Chassé, Leap, Leg swing hop 	1/1 Turn Fwd Passé 	Back Walkover 150° 	Round-off Flic-Flac, Flic-Flac, Rebound 
0.4	0.4	0.6	0.4	0.2	0.6	0.4	0.4	0.4 0.6 0.6



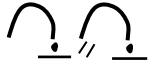



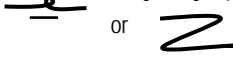




Level 5 Floor Exercise

Straddle Jump 150° 	Stretch Jump Full Turn 	Fwd Handspring Step-out, Fwd Handspring 2-feet, Rebound 	Front Tuck 	Back Roll HS Pike down Straight arms 	Forward Splits 	Straight leg or Switch leap 150° Sissone, Chassé, Leap, Leg swing hop or 	1/1 Turn Fwd Passé 	Round-off Flic-Flac, Back Tuck 
0.4	0.4	0.6 0.6	0.6	0.4	0.2	0.6	0.4	0.4 0.4 0.6



Level 5 Floor Exercise

Straddle Jump 150° 	Stretch Jump Full Turn 	Fwd Handspring Step-out, Fwd Handspring 2-feet, Rebound 	Front Tuck 	Back Roll HS Pike down Straight arms 	Forward Splits 	Straight leg or Switch leap 150° Sissone, Chassé, Leap, Leg swing hop or 	1/1 Turn Fwd Passé 	Round-off Flic-Flac, Back Tuck 
0.4	0.4	0.6 0.6	0.6	0.4	0.2	0.6	0.4	0.4 0.4 0.6

