
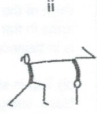



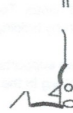


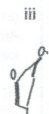


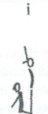















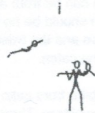


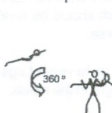




Grade 3 Pairs			
	1	2	3
A	 	 	 
B	   <p>counterbalance</p>	 	  
C	 	 	 
D	 	 	   <p>x2</p>
E	 		 
Flex	 <p>Bridge with one foot on the floor</p>	<p>i Any splits</p> <p>ii From standing drop back to bridge.</p>	<p>i Backward walkover</p> <p>ii Forward walkover</p> <p>iii Valdez</p>
Stand	<p>One foot stand 2"</p>	<p>i Bent leg headstand 2"</p> <p>ii Tuck half lever 2"</p>	<p>i Headstand 2"</p> <p>iii Half lever</p> <p>iv Straddle lever 2"</p>
Agility / Tumble	<p>i Forward or backward roll to straddle stand</p> <p>ii Backward roll with straight legs to stand</p> <p>iii Cartwheel, chasse, cartwheel</p> <p>iv Forward roll jump to 1 leg cartwheel</p>	<p>i Handstand forward roll to stand</p> <p>ii One arm cartwheel</p> <p>iii Cartwheel, chasse step, round off, straight jump</p> <p>iv Round off, stretch jump, backward roll</p>	<p>i Backward roll to handstand</p> <p>ii flic walkout</p> <p>iii Dive Roll</p> <p>iv Round off, 1/2 turn, cartwheel</p> <p>v Round off, 1/2 turn round off</p>