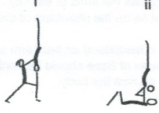



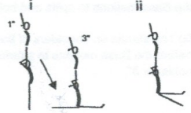
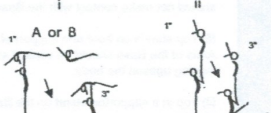
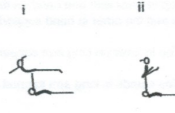

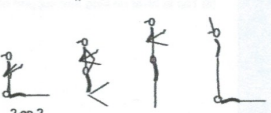



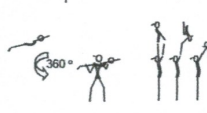
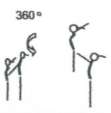



Grade 4 Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	<ul style="list-style-type: none"> <li>i Backward walkover</li> <li>ii Forward walkover</li> <li>iii Valdez</li> </ul>	<ul style="list-style-type: none"> <li>i Change leg walkover</li> <li>ii One hand forward walkover</li> <li>iii One hand back walkover</li> </ul>	<ul style="list-style-type: none"> <li>i Back walkover to any splits</li> <li>ii Forward elbow walkover to any splits</li> <li>iii Healy turn</li> <li>iv 360° jump to splits</li> <li>v One hand valdez</li> </ul>
Stand	<ul style="list-style-type: none"> <li>i Headstand 2"</li> <li>iii Half lever 2"</li> <li>iv Straddle lever 2"</li> </ul>	<ul style="list-style-type: none"> <li>i Handstand 180° turn</li> <li>ii Wine glass 2"</li> </ul>	<ul style="list-style-type: none"> <li>i Handstand 360° turn</li> <li>ii Chest balance</li> </ul>
Agility / Tumble	<ul style="list-style-type: none"> <li>i Backward roll to handstand</li> <li>ii flic walkout</li> <li>iii Dive Roll</li> <li>iv Round off, 1/2 turn, cartwheel</li> <li>v Round off, 1/2 turn round off</li> </ul>	<ul style="list-style-type: none"> <li>i Headspring to stand</li> <li>ii Fick to knee</li> <li>iii Handspring</li> <li>iv Fly spring</li> <li>v Round off, flic</li> </ul>	<ul style="list-style-type: none"> <li>i Free cartwheel</li> <li>ii Headspring 180° turn to front support</li> <li>iii Hecht jump roll</li> <li>iv 2 handsprings</li> <li>v Round off 2 flics</li> <li>vi Handspring to one, round off flic</li> </ul>