

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