



Level 3

- Present
- Handstand
- Forward Roll to immediate star jump
- Front to Back Cartwheel
- Back Roll to Straddle Stand
- Splits (forwards or sideways) (H)
- Pike Fold (H)
- Shoulder Stand (H)
- 1 Handed Cartwheel OR Round Off
- Y-Balance
- Stretch Jump 1/1 turn
- Present