

## Yellow

### Vault

Straight jump on to vault or resi without hands

Handstand flat back on two 8 inch

Hurdle drill off spring board to straight jump land

### Bars

Pull over

Cast back hip circle

Under swing dismount

### Beam (medium beam)

Mount, swing leg over and squat on  
two kicks forward (straight legs, kick at horizontal without bending bottom leg)

Forward roll (low beam)

Lever, touch hands on the beam -> back to lunge

Handstand (legs close at angle)

Pivot turn

Straight jump

Split jump (straight legs, 30 degrees)

Tuck jump dismount (can stick it)

### Floor

Cartwheel (straight legs, land and finish)

Backward roll (down wedge)

Candlestick

Lay down, bridge

Kick over (down wedge mat)

3 steps split leap

Straight jump, split jump (connected)

Handstand forward roll (with spot)