

TUMBLING STARS AWARD LEVEL 1 BADGE TESTING

BAR

**CHIN UP, LEG LIFT, CIRCLE UP, CAST BACK HIP CIRCLE, CIRCLE
DOWN TO PIKE AND LOWER**

FLOOR

**ROUND OFF, BACKWARD ROLL STRAIGHT ARMS, HANDSTAND
HOLD, TUCKED PLANCHE, BRIDGE.**

TRAMPET

JUMP TO DISH

P-BAR

**JUMP TO SUPPORT, HOLD TUCK, WALK TO THE MIDDLE, 2 DIPS,
SWING TO STRADDLE SIT, LIFT TO PIKE, 2 X DISH SWING &
SWING DISMOUNT.**

BEAM

MOUNT, BALANCE, JUMP, ACRO, TURN, DISMOUNT

VAULT

HANDSPRING FLAT BACK 60 CM MATS