

TUMBLING STARS AWARD LEVEL 2 BADGE TESTING

P-BAR

SKILL - JUMP TO SUPPORT, HOLD TUCK, WALK TO THE MIDDLE, SWING TO STRADDLE SIT, LIFT TO PIKE, SWING DISMOUNT.

BEAM

SKILL - SQUAT ON, STRETCH JUMP, CATERPILLAR, HANDSTAND PREP, STEP RE-BOUND JUMP DISMOUNT.

VAULT

SKILL - JUMP TO HIGH BLOCK IMMEDIATE DIVE ROLL

BAR

SKILL - CIRCLE UP, CAST, CIRCLE DOWN, 5 SWINGS WITH REGRASP DISMOUNT

FLOOR

SKILLS - HANDSTAND, FORWARD ROLL TO STRADDLE SIT, JAPANA, DISH, ARCH, DISH, LIFT TO V-SIT, TURN TO FRONT SUPPORT PRESS UP'S, JUMP TO CROUCH, JUMP TO STAND, CARTWHEEL, BACKWARD ROLL TO FRONT SUPPORT.

TRAMPET

SKILL - STAR JUMP TO LAND

COOL DOWN EVALUATE BADGE TESTING