

TUMBLING STARS AWARD LEVEL 3

FLOOR

CIRCLE ROLL X 2, JAPANA HOLD 3 SEC'S, V-SIT, DISH ROCK X 3 ,
ARCH ROCK X 3, DISH, 2 PRESS UP'S, JUMP TO CROUCH, JUMP
TO STAND, FORWARD ROLL, JUMP HALF TURN, BACKWARD
ROLL, HANDSTAND PREP

P-BAR

JUMP TO SUPPORT, TUCK HOLD, WALK ALONG BAR, DISMOUNT

BEAM

SQUAT ON, STEP LUNGE HANDSTAND PREP, CATERPILLAR
WALK, BALANCE ON TOES, BUNNY HOP, STRETCH JUMP OFF

VAULT

Jump to Raised Mats 60 CM

HIGH BAR

CHIN UP, LEG LIFT, 5 X FISH SWINGS

LOW BAR

CIRCLE UP

TRAMPET

TUCK JUMP TO LAND