

# TUMBLING STARS AWARD LEVEL 3

## *FLOOR*

**FORWARD ROLL, JUMP HALF TURN, BACKWARD ROLL, HANDSTAND PREP**

## *RANGE AND CONDITIONING*

**CIRCLE ROLL X 2, JAPANA HOLD 3 SEC'S, V-SIT, DISH ROCK X 3 , ARCH ROCK X 3, 2 PRESS UP'S, JUMP TO CROUCH, JUMP TO STAND**

## *P-BAR*

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

## *BEAM*

**MOUNT TO FEET (SQUAT ON, STRADDLE ON, JAPANA etc) STEP LUNGE TO HORIZONTAL AND RETURN THROUGH LUNGE (SEE DIAGRAM), CATERPILLAR WALK, BALANCE ON TOES, BUNNY HOP, STRETCH JUMP OFF**



## *VAULT*

**Jump to Raised Mats 60 CM**

## *LOW BAR*

**CIRCLE UP (can use slope to assist)**

**Float (Prep for upstart)**

## *TRAMPET*

**TUCK JUMP TO LAND**