

Two hour Gymnast Charisma Only

FLOOR:

1. Forward roll tuck jump, full turn jump.
2. Forward roll to pike.
3. V-sit hold, finish laying flat.
4. Push up to bridge, straight legs, come down and rock to straddle.
5. 2 teddy bear rolls.
6. Dish to arch, push up to front support.
7. 1 press up, turn to back support, rock to stand.
8. 3 skips, arabesque.
9. 1 handed cartwheel.
10. Handstand.

VAULT:

Squat on/ Straddle on/ Squat Through/ Straddle Over/ handspring, hold landing, stretch.

Height:

5/6- 80cm

7/8- 80cm

9/10- 100cm

11+- 110cm

Start Values for Vault:

Squat on/ straddle on- 8

Squat through/ straddle over- 9

Handspring- 10