

Competition – 1 hour routine:

1. 3 skips tuck jump star jump
2. 3 skips half turn jump
3. Forward roll to straddle sit
4. Hold japana (3 seconds)
5. 2 teddy bear rolls, finish in pike shape
6. Dish to arch (hold for 2 seconds each)
7. Roll back to dish, 1 vsit
8. Rock and stand up, step half spin
9. Cartwheel
10. Full turn jump

Competition VAULT:

Squat on/ Straddle on,
straight jump off, hold
landing, stretch.