

ADVANCED BRONZE

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Dive roll to stand	3 jump series	Roundoff's x 4 over red	TRAMP
Backward roll from stand	Seat, star, full turn	legs straight	Shape Jumps tp stick
Backward roll to f/support	Seat drop 1/2 turn x 3	Up to handstand on red box	straight, tuck , star
Handstand hold 2 secs	Tummy drop hands under chin	Jump up to motorbike onto red box	Dive Roll
3 x cartwheels	Back drop to feet	Dive roll onto red box	1/2 turn
fwd roll step cartwheel	Forward egg roll	Jump front sault on long tramp	Full turn
fwd roll jump 1/2 bwd roll	Backward egg roll	Cartwheel over black boxes	Front sault tuck to feet
Roundoff straight Jump	Jump to full handstand on edge	2 forward egg rolls	Front handspring
Roundoff Tuck Jump	Jump front sault to feet	fwd & back walkover w barrel	
Handstand Fwd roll	Roundoff tuck jump big	- straight arms and legs	
Candlestick roll legs tight	Flyspring	close attempt at fwd handspring	

FLEXIBILITY	STRENGTH	WALL RUNNING	AIRBAG TRACK
Bridge Stretch	Front to rear support 10 secs	one step to back drop 3 bounces	Handstand walk ups to hold 5
Split 2 straight legs	Banana to superman 10 secs	5 x back drops controlled	Jump to dive roll into bag
Hands down yellow wall	Assisted handstand 10 secs	3 drop ins from blue edge back up	Back fall to dish in bag
to bridge and back up	15 sit ups		Forward egg roll into bag
	Wall chair sit 20 secs		Jump to back tuck roll on wedge
GIRLS PRE SILVER ENTRY	Bridge 10 secs		Roundoff rebound to dish in bag
Back Walkover	Bridge walking		
Forward Walkover	10 push ups from knees		
Splits 1 leg			