

BOYS ADVANCED SILVER

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Handstand hold 3 secs	Back saults, tuck, pike, layout	Roundoffs over red continuous	TRAMP
Handstand pop forward roll	Front Saults tuck, pike layout	Fly spring over red	All front saults, tuck, pike layout
Handspring or Flyspring	Barani to tuck back and front	Roundoff back tuck	Back tuck and layout to stick
Standing back tuck, front tuck	Fwd egg roll to front sault	Front tuck, front tuck	Barani to back sault into bag
Standing back pike	Back egg roll to back	Back tuck, punch front tuck	Gainer into bag
Run Barani , punch front sault	4 x back tucks	Press to handstand on red box	Front sault, 1/2 turn back sault
Roundoff whip, whip	Layout 1/2 twist	Front sault onto red box	Back layout 180 and 360
Roundoff back layout	Layout full twist	Back sault off red box	Front 360 layout
Corbet handstand back tuck	Side sault	Barani over black boxes	BOX AT TRAMP - Corbet
Front sault step out roundoff	Gainer and switch gainer	Kong, thief and shoulder vault	
	Cody	Side saults	Whips x 2
	Kaboom front and back	Barani over red to tuck back	Whip to layout
			Whip to layout twist

TRICKING	STRENGTH	WALL RUNNING	AIR ROLL
Butterfly & Palm Kick	20 sit ups	Standing and jump drop in	Front tuck over
Tornado & Hook Kick	20 push ups	Cartwheel to h/stand drop in	Kong vault, punch front
Corkscrew	30 sec dish	360 on wall	Rolls, barrel & shoulder
Slant gainer	Wall handstand hold 20 secs	Reversals	Roundoff with high legs
Scout & masterscote	20 tuck jumps	Spiderman spin	Kong vault to punch front sault
Arabian Dive Rolls	20 burpees	Palm flip	Barani Over
Parafuso Btwist		Tuck back on wall	Side sault over
360 Haandstand roll			