

	Vault	Bars	Beam	Floor
Red I	Up & overs on mats	Jump to front support hold	Forward walks (high)	Forward roll
	Standing arm circle jump to board onto mat	Casting	Sideways walks (high)	Backward roll (wedge)
	Run, hurdle, squat onto feet on block	Forward roll off bar	Backwards walks (high)	3/4 Handstand
	Kick up to handstand fall flat on back on mat	Glide swing	Kicks (medium)	Cartwheel concept
		Block pullover	Straight jumps (low)	Bridge (hold for 10 sec)
		Barrel & floor bar forward roll	Arabesque (show no hold)	Candlestick
			Releve lock position hold	Chassé
				Introduction to all jumps
				Back bend down wall
Red II	Up & overs on mats	Pullover light spot	All walks & kicks on high	Beginning handstand roll
	Arm circle handstand fall flat on back on mat	Casting (hips off bar) 3 times	Arabesque hold	Backward roll
	Jump to board onto block (land on feet)	Beginning back hip circle	Straight jumps (medium)	Handstand
	Dive roll (mini tramp)	Elevators	Tuck jumps (low)	Back bend on mat
	Fall to stomach on barrel, up to handstand, flatback	Block shoot thru cut back	Lever mark T position	Cartwheel
		Glide swings 3 in a row	Pivot turn	Bridge with 5 leg lifts
			Leg balance in forward passé	Bridge kick over down wedge mat
			Standing leap over carpet square (low)	Handstand bridge with mat
				All jumps
Red III	Up & overs on mat	Pullover	All walks & kicks on high pivot turn at ends	Handstand roll
	Arm circle handstand hops on tumble track	Cast back hip circle	Arabesque hold on high	Handstand bridge kick over
	Jump to handstand flatback onto 2 8" mats (board)	Elevator to a shoot thru	Straight jump, pull to lock	Back bend kick over
	Handstand flat back (mini tramp) on rezi	Glide swings 5 in a row	Tuck jump (medium)	Beginning roundoff
	Fall to stomach on barrel, up to handstand, flatback	Casting (hips off bar) 5 times	Lever to beam touch beam, return to stand	Backward roll to push up (wedge)
			Leg balance in forward passé calf raises	1/2 in passé turn introduction
			Handstand on high way beam against wall	Leaps
			Split jump (low)	Split jump
			Standing leap over carpet square (medium)	