

	Vault	Bars	Beam	Floor
Shining Stars	Running drills	Pullover	All walks & kicks on high	Forward roll
	Standing arm circle jump to board onto mat	5 in a row casting	Handstand on highway beams	Backward roll
	Straight jump onto small block	Glide swing	Straight jumps (low)	Full handstand
	Barrel handstand flatback	Elevator shoot through	Leap over carpet square (low)	Carthwheel
	Run & jump on board to roll on rezi	Beginning back hip circle	Arabeque hold	Bridge kickover (wedge)
			Pivot turn	Back bend on mat
			Leg balance in forward passé	Chasse, jumps & leaps
		Lever mark T positon	Candlestick step out	
Mighty Stars	Running drills	Pullover	All walks & kicks on high pivot turn at ends	Beginning backward roll to push up
	Arm circle handstand hops on tumble track	Cast back hip circle	Arabesque hold on high	Beginning handstand forward roll
	Jump- handstand flatback onto 2 8" mats (board)	Beginning cast shoot through	Straight jump, pull to lock	Roundoff
	Handstand flat back (mini tramp) on rezi	Single leg cut backward	Tuck jump (medium)	Handstand bridge kick over (wedge)
	Barrel handstand flatback	Glide swing	Lever to beam touch beam, return to stand	Back bend kick over
			Leg balance in forward passé calf raises	Chasse, jumps & leaps
			Handstand (low)	Beginning back handspring on barrel
		Standing leap over carpet square (medium)		