

	Vault	Bars	Beam	Floor
White I	Running drills (sprint, high knees, butt kickers)	Glide swing pullover	All walks, kicks, & levers on high	Handstand forward roll step out
	Arm circle handstand hops on floor	Double back hip circle	Pivot, step in front, pivot turn	Front limber
	Fall to stomach on barrel, up to handstand, flatback	Cast shoot thru	Straight jump, straight jump connected (med.)	Beginning back walkover
	Handstand flat back (board) on rezi	Cut back	Tuck jump (high)	1 to 3 steps, hurdle, roundoff
		Beginning mill circle	Split jump (medium)	Backward roll to push up
		Spotted casting to horizontal	Forward passé snap turn (1/2 turn on low)	Beginning back handspring
			Handstand on low beam	1/2 turn in passé
		Beginning side handstand flat back	Chassé Leap	
		Step leap over carpet square (medium)	Split jump straight jump	
White II	Running drills (sprint, high knees, butt kickers)	Glide swing pullover	All walks, kicks, & levers on high	Handstand walks
	Handspring on vault table fall to back on rezi	Back hip circle undershoot	Pivot, step in front, pivot turn (high relevé)	Front walk over
	Handstand flat back (board) on rezi	Shoot thru cut back	Straight jump, straight jump connected (high)	Back walkover
		Mill circle	Tuck & split jump on high	Back handspring
		Tap swings with re-grip	Forward passé snap turn (1/2 turn on medium)	Round off rebound
		Casting to horizontal	Handstand on medium beam	Beginning roundoff back handspring
		Beginning front hip circle	Side handstand to push up position on low	Beginning front handspring
			Step leap over carpet square (high)	Full turn
		Beginning cartwheel on low	Straddle jump, straight jump	
			Chassé Leap step leg swing	
Blue I	Running drills (sprint, high knees, butt kickers)	Beginning kip	All walks, kicks, jumps & levers on high	Handstand walks (forward & backwards)
	Handspring over vault table	Shoot thru, mill circle, cut back	Scale	Front handspring
	Beginning half ons	Squat on	Straight jumps connected, pivot, step in front, pivot	Round off back handspring
		Back hip circle under swing	Forward passé snap turn (1/2 turn on high)	Beginning back tucks
		Spotted cast to 3/4	Handstand on high beam	Beginning front tucks
		Front hip circle	Side handstand twist on medium beam	Back extension rolls
			Step leap land in low arabesque	Full turn
			Cartwheel on medium	Sissone
			Beginning backwalk over	Leap pass
			Straddle jump, jump half	
Blue II	Handspring over vault table	Front hip circle cast	All walks, kicks, jumps & levers on high	Handstand walks (forward & backwards)
	Half on	Kip	Scale at horizontal hold	Front handspring step out
	Twisting	Beginning long hang kip	Split jump, straight jump	Front fly spring
	Tsuks	Squat on jump to high bar	Step leap (120 degrees)	Front tuck
		Back hip circle under swing 2 tap swing	Lunge 1/2 turn	Round off 2 back handsprings
		Spotted cast to handstand	Full turn	Back tucks
		2 tap swings 1/2 turn dismount	Side handstand twist on high	Back extension roll pike down
		Fly away	Cartwheel on high	Straddle jump, jump full
		Free hips	Backwalk over	Turns
	Giants	Back tucks	Leap pass	