

<p>Floor Tricks for each level must be mastered to advance to next level</p> <p><u>Level 1</u> Boat Donut Candlestick Bridges Stick Forward roll Backward roll Cartwheels facing mirrors, right and left Elbow stand Elbow stand to headstand ¾ handstand (legs do not join) <i>Forward passe balance- mark press to releve</i> <i>Forward chasse leg swing</i> <i>Releve balance, split jump</i></p>	<p>Beam Tricks for each level must be mastered to advance to next level</p> <p><u>Level 1</u> Mount: jump to front support, or step up to releve Lie back to pike (L) position with legs straight- roll forward into tuck stand Arabesque (show- no hold) Step, leg swing, step, leg swing Lever- mark T position Leg balance in forward passe on flat foot Releve- lock position- hold Stretch jump Dismount: From kneel on one leg, Cartwheel to partial handstand, lower to stand facing beam</p>
<p><u>Level 2</u> Bridge, lift arm, arm, leg, leg Kneeling back bend Standing back bend Front straddle roll Back straddle roll Fish Flops Backward roll pike to pushup position Lunge Cartwheels beginning and ending in lunge position, right and left Roundoff Pike pull up to headstand, split leg combinations Handstand, with legs together, step down into lunge Handstand forward roll <i>Pivot turn, step pivot turn</i> <i>Two ¼ (90x90) heel snap turns- legposition in forward passe... arms in forward middle</i> <i>Forward chasse- straight leg leap (60)</i> <i>Split jump press to releve lock position</i></p>	<p><u>Level 2</u> Mount: jump to front support, or step up to arabesque' Swing to push up, jump to tuck stand Arabesque (30 below horizontal) Front leg swing-close; back leg swing- close to stand- releve lock Lever to beam- touch beam and return to stand Leg balance in forward passe Pivot turn (180) Stretch jump, pull to lock to lock position Dismount: Cartwheel to handstand, lower to stand facing beam</p>

<p><u>Level 3</u> Standing back bend pull up Spider walks Tick Tocks Back pullover Back extension rolls Cartwheels one handed, left and right Cartwheel hand switch, right and left Cartwheel leg switch, right and left Tinsika Chasse, roundoff, rebound Handstand hold for 3 seconds Handstand forward roll, straight arms Arabian Headspring Front handspring to two foot landing <i>Split jump (90), to straight jump</i> <i>Leg swings to side, right and left</i> <i>Chasse, split leap (90) to large step, leg swing in releve</i> <i>Backward swing turn</i></p>	<p><u>Level 3</u> Mount: Leg swing to cross sit, or step up to arabesque and hold 3 seconds Arabesque (45 below horizontal) Straight leg leap (90) to plie arabesque hold Handstand with legs in split position Pivot turn, step pivot turn Stretch jump, stretch jump, pull to lock position ½ (180) heel snap turn in forward passe Dismount: Cartwheel to side handstand, (mark the position) ¼ turn</p>
<p><u>Level 4</u> Backwalkover, right and left Valdez Back handspring (flic flac) Back extension rolls, straight arms Ariel Handstand, hold for 5 seconds Front walkover, right and left Front handspring Front handspring step out Round off, back handspring, back handspring rebound to stick combination <i>Straddle jump (120), stretched jump (180)</i> <i>Running steps passe hop</i> <i>Sissone, chasse, Split leap (150)</i> <i>Full turn (360) in forward passe... arms in forward-middle or crown</i></p>	<p><u>Level 4</u> Mount: Leg swing to cross sit, or jump up to releve position Cartwheel Arabesque (45 or above) lift to scale (at horizontal- hold 1 second) Straight leg leap (120) to plie to lock position Cross handstand with legs together- hold 1 second Leg swing forward-backward- close to pivot turn Split jump (120) to stretched jump ½ (180) turn in forward passe Dismount: Cartwheel to side handstand (hold 1 second) ¼ turn</p>
<p><u>Level 5</u> Back handspring step out Whip back Back salto tucked Ariel 2 foot take off and landing Handstand, hold for 10 seconds Handstand pirouette</p>	<p><u>Level 5</u> Mount: Leg swing to cross sit, or jump up to one foot releve Back walkover OR Back handspring step out Arabesque slightly below horizontal- lift to scale (above horizontal- hold 1 second) Straight leg leap (150), stretch jump</p>

<p>Front handspring roundoff, back handspring step out combination</p> <p>Roundoff, back handspring, back salto tucked, to stick combination</p> <p>Whip front</p> <p>Front salto tucked</p> <p><i>Straddle jump (150) stretched jump (360) full turn</i></p> <p><i>Sissone, chasse, step split leap (150)</i></p> <p><i>Full (360) turn in forward passe... arms in crown</i></p>	<p>Cross handstand with legs together- hold 2 seconds, step down- backward releve walk</p> <p>Backward swing turn (minimum of horizontal)</p> <p>Split jump (150), sissone</p> <p>Full (360) turn in forward passe. Arms in crown</p> <p>Dismount: Cartwheel to side handstand, (hold for 2 seconds)- ¼ turn</p>
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