

Advanced Rec 1 Routine - Summer Comp 2019

- 1 Handstand forward roll
- 2 Two consecutive cartwheels
- 3 Round off
- 4 Chassé cat leap step to immediate
- 5 star jump
- 6 Full arabesque
- 7 1-arm cartwheel
- 8 Handstand bridge to stand/drop back kick-over/ forward or backward walkover (+ 0.5 bonus) (travel in same direction as cartwheel)
- 9 Handstand
- 10 Leg flexibility – splits/japana/pike fold

Vault options

Straight jump onto coaching block, round off off (Tariff: 8.0)

Handspring flat-back onto coaching block (thin mat on top of block) (Tariff: 10.0)