

LEVEL 1 ROUTINES

VAULT

Run, hurdle, punch spring board to **Straight jump** to 8" (arms up), stick landing
Lunge on mat, **handstand flatback**

BARS

Pullover

1-3 casts into **back hip circle**

Cast to **perch or straddle on, sole circle dismount**

BEAM

Straight arm **front support, swing good leg over to straddle sit**, bring arms up to "V"

Lay back on beam, bring legs straight up to ceiling, **pike hold** 2 seconds (arms hold beam behind head)

Stand to **relevé hold** 2 seconds (arms in crown)

Arabesque hold 2 seconds (side arms)

Step bad foot, kick good foot, step good foot, kick bad foot, step bad foot, kick good foot to lunge (bring arms to ears)

Lever to "T" hold 2 seconds, finish in lunge

Bring bad foot to **passé hold** 2 seconds (hands on hips)

Stand feet together, **straight jump** (arms to ears), finish arms down

Step good foot forward and lower bad knee to beam, kneel (arms at ears) into **side handstand dismount**

FLOOR

Step kick to lunge, **handstand**, finish in lunge

Step kick to lunge, **cartwheel**, finish in lunge

Step feet back together, **backward roll**, finish standing (arms in "V")

Candlestick, roll down and straight into **forward roll**, finish standing (arms in "V")

(Side arms) Step good foot, bad foot coupé, step bad foot, good foot coupé

(Hands on hips) step good foot, bring bad foot to passé, lift heel to **passé hold in relevé** 1 second, lower heel

(Side arms) **Bad leg chassé**, step bad foot, kick good foot forward and close in front

Split jump (side arms), feet together relevé hold 1 second (arms in crown)

Finish in pose