**Level 1 (Beg I & II)**

**Vault**

Squat on

**Bars**

Pullover

Cast

Backhip circle

Push away dismount

**Beam**

Front Support, Straddle Sit

Mount, stand

Releve Hold

Arabesque

Kick, kick

Lunge, “T”, Lunge

Balance foot in Passe (at knee)

Straight Jump

¼ pivot turn

Straight jump, stick

**Floor**

Handstand

Cartwheel

Backward Roll

Candlestick, stand

Forward roll

Coupe step, coupe step

Passé balance hold

Chasse

Kick hold

Split jump

Releve hold

Plié finish

**Level 2**

**(Tiger I, Adv. Beg, & Int I)**

**Vault**

Roll onto mat

**Bars**

Pull over,

Optional: Shoot thru, mill circle

Cast Back hip circle

Underswing dismount

**Beam**

Mount to shin

Arabesque

Kick, back kick

Straight Jump

Lunge, lever, lunge

Balance in Passe

Pivot turn

Straight jump

Fish pose

Side Handstand dismount

**Floor**

Handstand

Round off Rebound

Backward roll

Candlestick

Bridge hold Candle stick stand **OR** kickover

Pivot turn, pivot turn

Chasse, leap, step kick

½ turn

Split jump

Releve hold

Plié finish

**Level 3**

**(Tiger II & Int II)**

**Vault**

Flat back

**Bars**

Glide Swing

Pullover

Shoot through, Mill Circle

Cast Back hip Circle

Under swing Dismount

**Beam**

Mount to shin

Lunge handstand, lunge

2 backward steps

Arabesque

Step, leap

Straight jump, straight jump

Pivot, pivot

½ Turn in passé

Fish pose

Handstand dismount

**Floor**

Arm, arm, side kick, side kick

Split jump, straight jump

Handstand bridge kick back over

Poses

Handstand roll

Chasse, leap, step kick

Backward roll to pushup

Split/dance

½ turn

Round off back handspring

Pose