**Beginner I & II, Tiger I**

**Level 1**

**Vault**

Squat on

Or

 Roll onto mat

**Bars**

Pullover

Cast

Backhip circle

Push away dismount

**Beam**

Mount, stand

Releve Hold (high Toe)

Arabesque

Kick, kick

Lunge, Teeter-Totter, Lunge

Balance, foot in Passe (foot at knee)

Straight Jump

¼ pivot turn

Straight jump, stick

**Floor**

Forward roll

Handstand

Cartwheel

Coupe step, coupe step (foot at ankle)

Passé balance hold (foot at knee)

Chasse (Gallop)

Split jump

Releve hold (high Toe)

Plié finish

**Adv. Beg, & Int I, Tiger 2**

Level 2

**Vault**

Roll/Flat back onto mat

**Bars**

Pull over,

 Optional: Shoot thru, mill circle

Cast Back hip circle

Underswing dismount

**Beam**

Mount to shin

Arabesque

Kick, kick

Straight Jump

Lunge, teeter-totter, lunge

Balance in Passe (foot at knee)

Pivot turn

Straight jump

Side Handstand dismount

**Floor**

Handstand

Round off Rebound

Backward roll

Bridge (Come down thenCandle stick to stand **OR** kickover)

Pivot turn, pivot turn

Chasse, leap

½ turn

Split jump

Releve hold (up on toe)

Plié finish (bend finish)

**Tiger 3 & Int II**

**Level 3**

**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

Heel snap turn in passé (foot at knee)

Fish pose

Side Handstand dismount

**Floor**

Arm out, arm out ,

side kick, side kick

Split jump, straight jump

Handstand bridge kick back over

Poses (down, front, side, down)

Handstand roll

Chasse, leap, step kick

Backward roll to pushup

Split/dance

½ turn

Round off back handspring

Pose