

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, arms by ears)
Arabesque (stand on good leg, arms out to side)
Kick, kick (arms out to side)
Lunge, Teeter-Totter, Lunge
Balance, foot in Passe (foot at knee) (hands on hips)
Straight Jump (arms up)
 $\frac{1}{4}$ pivot turn (arms up)
Straight jump, stick

Floor

Forward roll
Handstand
Cartwheel
Coupe step, coupe step (foot at ankle, hands on hips)
Passé balance hold (foot at knee, hands on hips)
Chasse (Gallop, arms out)
Split jump (arms out)
Releve hold (high Toe, arms up)
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 (stand on good leg, arms out)

Kick, kick (arms out)

Straight Jump (arms up)

Lunge, teeter-totter, lunge

Balance in Passe (stand on good leg, foot at knee, hands on hips)

Pivot turn (arms up)

Straight jump (arms up)

Side Handstand dismount

Floor

Handstand

Round off Rebound

Backward roll

Bridge (Come down then Candle stick to stand **OR** kickover)

Pivot turn, pivot turn (arms up)

Chasse, leap (arms out to side)

½ turn (arms in front)

Split jump (arms out to side)

Releve hold (up on toe, arms up)

Plié finish (bend finish)

Tiger 3

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 (arms up)

Arabesque (stand on good foot, arms out to side)

Step, leap (arms out to side)

Straight jump, straight jump (arms up)

Pivot, step, pivot (arms up)

Heel snap turn in passé (foot at knee, arms in front)

Fish pose (stand on good leg, knees together, bad leg

bent hands crossed in front)

Side Handstand dismount

Floor

Good Arm out, bad arm out ,

Bad foot side kick, good side kick

Split jump (arms out), straight jump (arms up)

Handstand bridge kick back over

Poses (down, front, side, down)

Handstand roll

Chasse (arms out), leap(arms out), step kick (arms up)

Backward roll to pushup

Good leg Split/dance

½ turn

Round off or Round off back handspring

Stick Finish

Slide out on floor, sit up, Pose