

# 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