



Recreational Level 1

Floor-

- Step kick forward, Step kick forward
- Lunge Cartwheel
- Forward Passe Hold 5 sec (hands on hips)
- Squat
- Lay flat
- Push into Bridge
- Lay flat
- Candlestick
- Squat to stand
- Forward Roll to stand

Bars- Pink

- Tuck hold 3 sec
- Stand
- Kick Over at pink bar w/ wedge mat
- Front Support
- Cast Hips to C stop

Beam- Carpet Beam

- front support, leg swing over, toes up, knees up, stand
- Walk Forward 3 steps- hands on hips
- Arabesque
- Squat, Pike, Squat, Stand
- Backward kick twice
- Step passe, step passe
- Tuck Jump off the side of the beam

Recreational Level 2

Floor-

- Forward Roll to stand
- Straddle Roll to stand
- Straight Jump Tuck Jump
- Cartwheel
- Backward roll
- Cartwheel
- Candlestick to straight jump
- Passe hold
- Handstand
- Step Relevé Lock
- Pose- Squat hands by sides touching the floor

Bars- Single Bar

- Glide Swing
- Kick over to front support
- 3 Cast
- Cast to C stop

Beam- High Beam

- front support, leg swing over, toes up, knees up, stand
- Passe hold, step
- Passe hold, step
- Straight Jump
- Step Relevé Lock
- Pivot Turn
- Arabesque
- Step Relevé lock hold (3 sec)
- Turn to side
- Tuck jump of side of beam

Recreational Level 3

Floor-

- Handstand Forward Roll
- Cartwheel
- Backward roll
- Chasse Leap
- Step Relevé Lock
- Run Round-off Rebound
- Candle Stick Shoot to lay flat on the back
- Bridge Kick-Over
- Pose- Squat hands by sides touching the floor

Bars-

- Glide Swing
- Kick over to front support
- Cast
- Back Hip Circle
- Cast- to underswing dismount

Beam-

- front support, leg swing over, toes up, knees up, stand
- Straight Jump, Tuck Jump
- Step, Arabesque
- Lever
- ½ Turn
- Step Relevé Lock
- Leap
- Step Relevé lock hold (3 sec)
- Side Handstand Dismount

Recreational Level 4

Floor-

- Handstand- to bridge kick over
- Chasse Leap
- Step Relevé Lock
- Pivot Turn
- Run- Round-off rebound
- Backward roll to Push Up
- Stand
- ½ Turn
- Straight Jump, Split Jump
- Back Walkover
- Pose- Cross foot over, bring one arm up (straight) other stays by ears

Bars-

- Glide Swing
- Two feet pullover
- Cast
- Back Hip Circle
- Back Hip Circle
- Cast to squat on jump down

Beam-

- Jump to fish pose mount, leg swing over, stand
- Straight Jump, split jump
- Step, Arabesque
- Handstand
- Step Relevé Lock
- ½ Turn
- Leap
- Step Relevé lock hold (3 sec)
- Side Handstand ¼ turn Dismount

Recreational Level 5

Floor-

- Handstand- to bridge kick over
- Chasse Leap
- Step Relevé Lock
- Pivot Turn
- Run- Round-off- back handspring
- Straight Jump, Split Jump
- Backward extension roll
- Stand
- Full Turn
- Handstand forward roll
- Front walkover
- Pose- Cross foot over, bring one arm up (straight) other stays by ears

Bars-

- Glide Swing
- Kip to bar
- Cast
- Back Hip Circle
- Front hip circle
- Cast to squat on jump to high bar
- Tap Swing with ½ dismount