







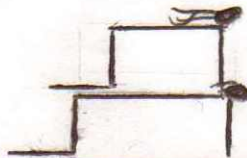

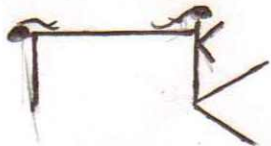





Level 1 - pairs

A		
	Sit in straddle supported headstand-hold hips	Supported headstand – hold at bases shoulder height
B		
	Counter balance facing each other both leaning out hold wrists	Counter balance top facing away from the base both lean out hold wrists
C		
	Forward roll over banana- top put hands on the other side of base	Forward roll over dish - top put hands on the other side of base
D		
	Front support in hands of base. Looking for straight lines and right angles. Hands should be above shoulders	Front support on knees of base.
E		
	Kneel on top of bases back looking for knees at right angle for base and bases shoulders over hands – top should be in the best right angles they can make	Top lies back on bases back. Just the shoulder and head should be resting on the base looking for right angles and straight lines again. Tops arms should be straight up above shoulders
F		
	Base sits in straddle top rests feet on bases shoulders front support	Base sits in pike sit top rests feet on bases shoulders front support
G	Front Support	Reverse Support
H	Forward Roll	Backward Roll
I	Frog Balance 	Tuck Headstand 
J	Forward roll star jump	Backward roll star jump