

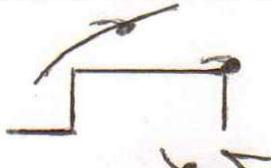



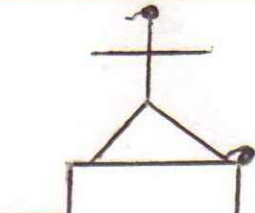









Level 2 - pairs

A		
	Top rest their feet on the base and performs front support lifting one leg up	Top rest their feet on the base and performs a reverse support lifting one leg up
B		Base may do banana 
	Base on hands and knees top performs a forward roll over the base	Base performs a dish whilst top does a cartwheel over placing one hand on either side of bases hips
C		
	Base kneeling down top stand on facing away and does one foot stand. Leg should be to the front at right angle	Base kneeling down top stand on facing the base and does one foot stand. Leg should be lifted behind at right angle
D		
	Base hands and knees top stands on their back (can stand on lower back or shoulders or one foot on each)	Base lies down legs bent and slightly apart. Top puts hands on bases knees legs in bases hands and performs a straight front support
E		
	Leapfrog . Top can go over the base any way.	Supported stretch jump. Top faces away from the base and base holds waist of the top. The bases arms should get straight
F		
	Base kneels down top puts hands on their legs to perform bridge. Base holds the back of tops shoulders and straightens their arms (may need to lean back)	Base kneels down and top performs a straight leg headstand. Base should hold the tops hips with straight arms
G	One foot stand leg in front 	Star shape balance 
H	Forward Roll to straddle stand (not flat back)	Backward Roll to straddle stand (not flat back)
I	Bridge or splits	Japana or pike fold
J	Forward roll half turn jump	Backward roll half turn jump