







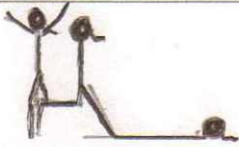







## Level 2 - Trios

A		
	Middle kneels on all fours. Base kneels up on two knees behind the middle. Top puts their hands on the lower back of the middle and feet on the bases shoulders.	Base lies down with legs up at right angles and apart . Arms up straight directly above shoulders. Top performs front support putting their feet in the bases hand. Middle then performs front support through the bases legs putting their feet onto of the tops feet.
B		
	Base lies on their back with bent knees. Middle puts their hands on the bases feet and performs a bridge. Top sits on the bases bent knees and puts their feet on top of the middles bridge. The base and top may hold hands	Top performs a straight leg headstand. Middle stands behind the top holding the headstand whilst performing an arabesque putting one foot on the bases shoulder who is kneeling upright behind the middle .
C		
	Both bases lunge side by side and top stands on their knees facing the bases	Both bases lunge side by side and top stands on their knees facing away from the bases
D		 Straight tuck straddle pike
	Jump to lie in arms of the bases. Top must show flight	Two supported jumps. The tops arms must be tight by their side in both jumps and bases hold the hand and upper arm of the base. Two jumps must be two different shapes
E		
	Base lie with straight legs in the air. Middle leans against the bases legs and stands in a loo position with legs at right angles. Top stands on the middles knees standing up straight. The middles knees will be apart and the top can face either way	Base does a crab. Middle sits on the bases knees with legs at right angles and the top stands on the middles knees. The middles knees will be apart and the top can face either way
F		
	Base lie on their back with knees bent up and slightly apart. The middle lies head to the bases feet but away from the base in the same position. The top puts their hands on the bases knees and their legs in the middles hands to perform front support	Base lies flat with arms up in the air. Middle does front support putting their feet in the bases hands and top performs a straddle lever on the middles shoulder
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 Japana	Pike or pike fold
J	Forward roll half turn straight jump	Backward roll half turn straight jump