



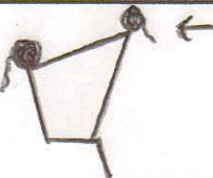





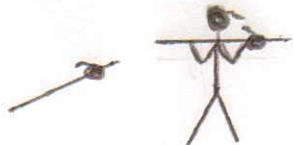



Level 3 - pairs

| | | |
|---|---|--|
| A |  |  |
| | Base lies flat bent knees and slightly apart. Top put shoulders in bases hands and their hands on bases legs to perform a handstand | Front or back angel on feet. Top should be in a full arch if front angel and a controlled arch if backwards angel |
| B |  |  |
| | One foot stand on knee facing away from the base knee should come up in front at a right angle | One foot stand on knee facing the base the tops leg should be bent with foot behind to make a right angle |
| C |  |  |
| | Counter balance top facing away. Bases legs should be at a right angle. Both partners leaning out with tight bodies. | Counter balance top facing the base. Bases legs should be at a right angle. Both partners leaning back with tight bodies |
| D |  |  |
| | Handstand on feet. Top should be in a straight line with the extended leg | Supported stag handstand. The base should be in a deep lunge so the arm and leg are in a straight line |
| E |  |  |
| | Supported star jump. Bases arms should get straight | Supported tuck jump. Bases arms should get straight |
| F |  |  |
| | Run and jump to lie in arms. Top should show flight and land in a straight line or in a slight arched. | Base does a shoulder stand legs in straddle and top dive rolls through legs or crab on crab |
| G | Drop back to bridge or handstand to bridge | Bridge kick over (don't have to show full stretched bridge) or half turn jump to land on one leg slide to splits |
| H | Arabesque or Y-scale | Straight leg headstand |
| I | Cartwheel | Full turn straight jump |
| J | Backward roll to front support | Dive roll show flight |