


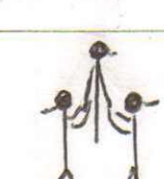
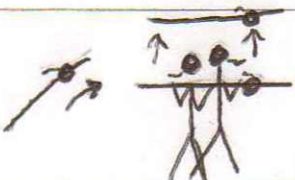

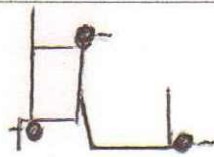
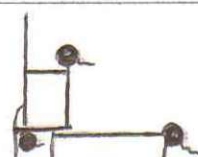

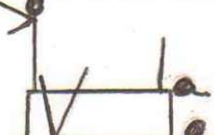
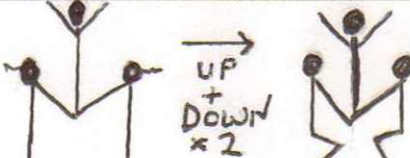



Level 3 - Trios

A		
	Base does a dropped hip bridge or crab with legs apart. Top stands on their knees whilst middle does a handstand for the top to catch.	Base stands in a loo position with legs at right angles and apart. Top stands on their knees whilst middle does a handstand for the top to catch.
B		
	Bases kneel down side by side. Top stands on bases shoulders	Bases stand side by side like leapfrog position and top stands on their backs
C		
	Jump to lie in arms then a throw and re-catch to lie flat again. Top performs a half twist in the throw staying tight	Two supported jumps. One jump must be a split jump on either right or left leg (e.g tuck jump, split jump or straight jump, split jump)
D		
	Base lie flat legs in the air straight. Middle stand in loo with legs at right angles leaning against the base with their legs apart. Top puts their shoulders on the middles legs so their head will be dangling in the middle and jumps to handstand	Base does a crab. Middle sits on the edge of the bases legs with their legs apart. Top puts their shoulders on the middles legs so their head will be dangling in the middle and jumps to handstand
E		
	Base lie flat. Middle puts their hands either side of the bases legs and their feet in the bases hand doing a front support. The top puts their hands on the middle ankles and feet on the middles shoulders to perform a front support on top.	Base lies with legs at vertical right angle and apart and arms up. Middle lies back to rest on the bases hands with the bases legs either side of the middles hips pressing into them. The top then stands on the middles legs
F		
	Bases hold hands to form a platform. Top stands on platform. All stand up straight then the two bases do two deep bend (squats) then stand back up again. Top just remains standing up straight (preps for the bend and throw stretch jump off)	Top lies on the floor. Bases hold a leg and an arm each and swing the top forwards, back, forwards and back. On the last back let go of the tops feet but keep hold of the hands so the top can stand. The swing should be fast high and powerful and on the let go the bases should have extended arms up to their heads
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