

Level

3

Floor

JDM 9/1/21

(*)
HANDSTAND
FORWARD ROLL



(0.60)
1 Sec Hold

STRAIGHT
LEG LEAP
90°



(0.60)

STRETCH
JUMP



(0.20)

SPLIT
JUMP 90°



(0.40)

(*)
HANDSTAND,
to BRIDGE,
KICK-OVER



(0.60)

FORWARD
SPLIT



(0.20)

(*)
1/2 (180°) TURN
IN FORWARD
PASSÉ



(0.40)

BACKWARD ROLL
45° ABOVE
HORIZONTAL
TO PUSH-UP



(0.40)

(*)
ROUND-OFF



(0.40)

FLIC-FLAC
TO 2 FEET
Rebound



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score