




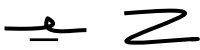






Level 5 Floor Exercise

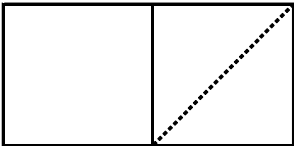
D.Hanford 8.3.2023

Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out 	Cartwheel 	Back Roll HS Straight arms 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

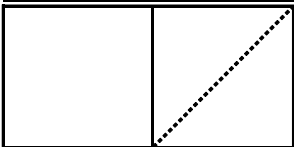
1 step or power hurdle ←arms cover ears→

Tuck or pike entrance OK

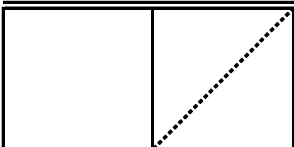
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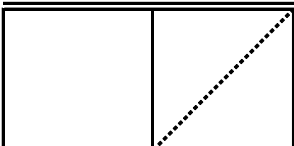
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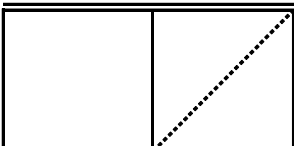
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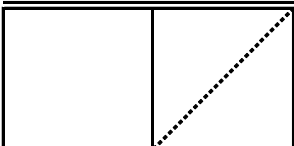
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5






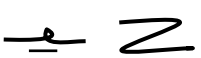
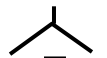





6



Level 5 Floor Exercise

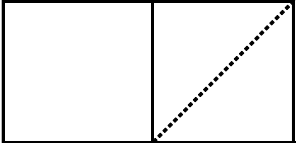
D.Hanford 8.3.2023

Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out Fwd Handspring step-out 	Cartwheel 	Back Roll HS Straight arms 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

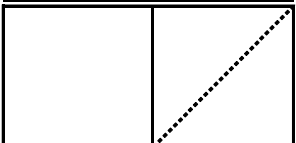
1 step or power hurdle ←arms cover ears→

Tuck or pike entrance OK

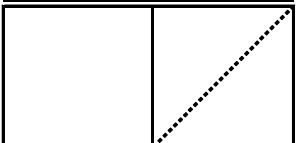
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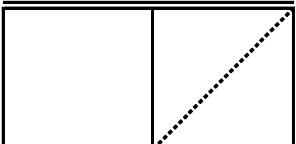
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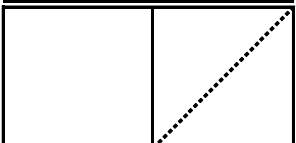
3



4



5



6

