

**Advanced Girls 1**

<b>Vault</b>	
Handspring to back with bb over vault	
Handspring with mini tramp over vault	
1/2 on with mini tramp over vault	
<b>Bars</b>	
Cast to horizontal	
Back hip circle, under swing	
Front hip circle	
Cast pike or straddle underswing dismount	
Forward stride circle	
Long swing pullover	
5 long swings to horizontal	
Glide swing toes to bar	
<b>Beam</b>	
Leap line of 2 or more elements	
1/2 turn, pivot turn	
Jump to straddle to handstand mount	
Handstand on high beam	
Cartwheel on medium beam	
Back walkover on highway	
Punch jump off beam	
Dive roll off end of beam onto resi	
<b>Floor</b>	
Press to handstand against wall or off box	
Bridge stand up or front walkover	
Back walkover	
Front handspring off box	
Bwd set onto height	
Aerial into pit or off springboard	
Back handspring over barrel or down incline	
Hurdle roundoff rebound to back on resi	
Split leap to 180°	
<b>Trampoline</b>	
Back drop, front drop	
Front 3/4	
Hands and knees drop, roll over to seat	
Back pullover to feet	
Fly spring	
Routine of 6 skills	

**INFORMATION ONLY**

E = Emerging C = Competent P = Proficient

Pass / Continue Advanced 1