







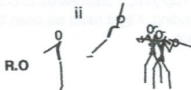




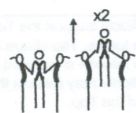



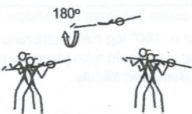
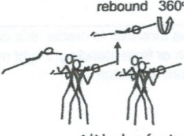



Grade 3 Women's Groups			
	1	2	3
A			
B	i  ii 	i  ii 	i  ii  R.O.
C	 1/4 front salto		
D		 x2	i  ii  4/4 back salto
E	 1/4 front salto	 180° 0/4 back or front salto	 rebound 360° 1/4 back or front salto
Flex	 Bridge with one foot on the floor	i Any splits ii From standing drop back to bridge.	i Backward walkover ii Forward walkover iii Valdez
Stand	One foot stand 2"	i Bent leg headstand 2" ii Tuck half lever 2"	i Headstand 2" iii Half lever iv Straddle lever 2"
Agility / Tumble	i Forward or backward roll to straddle stand ii Backward roll with straight legs to stand iii Cartwheel, chasse, cartwheel iv Forward roll jump to 1 leg cartwheel	i Handstand forward roll to stand ii One arm cartwheel iii Cartwheel, chasse step, round off, straight jump iv Round off, stretch jump, backward roll	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, 1/2 turn, cartwheel v Round off, 1/2 turn round off