

Grade 4 Women's Groups

	1	2	3
A			
B			
C			
D	<p>0/4 back salto</p>	<p>0/4 back or front salto</p>	<p>1/4 back or front salto</p>
E	<p>rebound 360°</p> <p>1/4 back or front salto</p>	<p>rebound 540°</p> <p>1/4 back or front salto</p>	<p>3/4 back or front salto from cradle</p>
Flex	<p>i Backward walkover</p> <p>ii Forward walkover</p> <p>iii Valdez</p>	<p>i Change leg walkover</p> <p>ii One hand forward walkover</p> <p>iii One hand back walkover</p>	<p>i Back walkover to any splits</p> <p>ii Forward elbow walkover to any splits</p> <p>iii Healy turn</p> <p>iv 360° jump to splits</p> <p>v One hand valdez</p>
Stand	<p>i Headstand 2"</p> <p>iii Half lever 2"</p> <p>iv Straddle lever 2"</p>	<p>i Handstand 180° turn</p> <p>ii Wine glass 2"</p>	<p>i Handstand 360° turn</p> <p>ii Chest balance</p>
Agility / Tumble	<p>i Backward roll to handstand</p> <p>ii flic walkout</p> <p>iii Dive Roll</p> <p>iv Round off, 1/2 turn, cartwheel</p> <p>v Round off, 1/2 turn round off</p>	<p>i Headspring to stand</p> <p>ii Flic to knee</p> <p>iii Handspring</p> <p>iv Fly spring</p> <p>v Round off, flic</p>	<p>i Free cartwheel</p> <p>ii Headspring 180° turn to front support</p> <p>iii Hecht jump roll</p> <p>iv 2 handsprings</p> <p>v Round off 2 flics</p> <p>vi Handspring to one, round off flic</p>