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CADET NUMBER

straddle vault

front vault

plank vault
knee dismount
vault

wolf vault

squat vault

thief vault
high front
vault

high front with
2 turn

neck spring

5 chin
3 skin the
cats

3 monkey
hangs

5 belly
grinds

single knee
mount

SINGLE knee
circle

kip

head balance
10 sec.

hand balance

snap up

1/2 lever
V position
10 sec.

jump forward and
back over foot
jump over stick
15 times

25 sit ups
25 push ups
Backward roll
to head balance

hand spring