

Middle Skills (complete skills to move to Plus)

- ___ Pike Forward Roll
- ___ Back Roll Stretch Jump...2 in row
- ___ Back Roll Shoot Through
- ___ Standing Mini Dive...8"
- ___ Hand/Hand ___ Far Arm ___ Near Arm CW
- ___ Kneel ___ Hurdle CW
- ___ T to Handstand Forward Roll
- ___ T to Handstand Step Out
- ___ T to Handstand Snap Down
- ___ Back Bend onto FX
- ___ Bridge Kickover
- ___ Whistle (good flip)

- ___ 1 leg lift ___ 1 pull up ___ 1 pike glide
- ___ Tuck Hang ___ Straddle ___ Pike (5sec)
- ___ Jump to Front Support (chest height straight arms)
- ___ 3 Mini Casts ___ Roll Off Bar
- ___ Bat Swing Dismount (2ft on)
- ___ 2 ft Pull Over (belly height)
- ___ 1 Back Hip Circle

- ___ Chasse' ___ short run knees high (quick)
- ___ Stand arm circle onto board punch stretch jump
- ___ 9 Run arm circle hurdle to board stretch up to resi
- ___ 9 Run arm circle hurdle to board dive roll up to resi
- ___ 9 Run arm circle hurdle onto board handstand flat fall

- ___ Forward ___ Back ___ Side releve' (low beam)
- ___ Half Turn
- ___ Knee to High Kicks
- ___ Chasse'
- ___ Traveling Stretch Jumps
- ___ Forward Chaine' ___ Back Chaine'
- ___ Tuck ___ Split jump
- ___ T into Dog Broken Leg-Rebound
- ___ Forward Roll
- ___ 2 ft Mount
- ___ Forward ___ High Kicks (high beam)
- ___ Front Support Swing Over