



LEVEL 3 - BLUE BAND

NUMBER	SKILL
SAFETY/FLOOR SKILLS	
1	Side Roll over object
2	Dive Rolls
3	Flag
4	360 Dive Roll
JUMPING/RUNNING SKILLS	
1	Hurdles
2	Vault Precisions
3	Rotating 180 Precisions
4	Rotating 360 Precisions
VAULTING SKILLS	
1	Dash Vault
2	Lazy Spin
3	Speed Vault
4	Reverse Vault
5	Cast Vault
WALLS & BARS SKILLS	
1	Cat Back
2	Support to Underbar
3	Reverse Underbar
4	Horizontal Wall Run
5	Kipping Up
ACROBATIC SKILLS	
1	Flash Kick
2	Front Flip off height
3	Floor Kip Up
4	Front Half/Full
5	Round off Back Handspring



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