

Routine A

Badge Levels: 8 & 7

No.	Skill
1	Present
2	Straight Jump
3	3 x Bunny Hops
4	Jump Feet out to Front Support (Hold for 3 seconds)
5	Turn to Back Support (Hold for 3 seconds)
6	Show Pike, Straddle and Tuck shapes (Hold each shape for 3 seconds)
7	3 x Rocks, rock to stand on the last one
8	1 Leg Balance (Hold for 3 seconds)
9	Forward Roll
10	Present