

# Routine B

Badge Levels: 6 & 5

<b>No.</b>	<b>Skill</b>
<b>1</b>	<b>Present</b>
<b>2</b>	<b>Tuck Jump</b>
<b>3</b>	<b>3 x Chasse Steps</b>
<b>4</b>	<b>Forward Roll to Pike Sit</b>
<b>5</b>	<b>Dish, roll over to Arch (Hold each for 3 seconds)</b>
<b>6</b>	<b>Press to Front Support (Hold for 3 seconds)</b>
<b>7</b>	<b>Turn to Side Support, then Back Support (Hold each for 3 seconds)</b>
<b>8</b>	<b>V-Sit with or without hand support (Hold for 3 seconds)</b>
<b>9</b>	<b>Rock to stand</b>
<b>10</b>	<b>Arabesque</b>
<b>11</b>	<b>Forward Roll</b>
<b>12</b>	<b>Star Jump</b>
<b>13</b>	<b>Present</b>