

# Routine E

Badge Levels: Bronze, Silver & Gold

<b>No.</b>	<b>Skill</b>
<b>1</b>	Present
<b>2</b>	Straddle Jump <u>OR</u> Star Jump
<b>3</b>	2 Consecutive Cartwheels <u>OR</u> 1 Handed Cartwheel <u>OR</u> Free Cartwheel
<b>4</b>	Backward Roll to Front Support (Hold for 3 seconds)
<b>5</b>	Turn to Side Support, then Back Support (Hold each for 3 seconds)
<b>6</b>	Shoulder Stand rock to Straddle Stand
<b>7</b>	Backward Walkover <u>OR</u> Back Bend to Bridge, Kick Over
<b>8</b>	Full Spin <u>OR</u> Jump Full Turn
<b>9</b>	Handstand Forward Roll, Arabesque <u>OR</u> Handstand Forward Roll to Pike Sit, Splits, Rock to Stand <u>OR</u> Handstand Forward Roll to Pike Sit, Straddle Lever, Rock to Stand
<b>10</b>	Jump 1/2 Turn
<b>11</b>	Roundoff, Flick <u>OR</u> Chasse Step Scissor Kick/Split Leap, Roundoff
<b>12</b>	Present