

BURY SPECTRUM

LEVEL 1

1. Stand. Jump upwards to land in plié
2. Balance on one foot on two sections of box (leg to side)
3. From Sitting in tuck position, rock backwards & forwards 3 times
4. Lying on floor show dish and arch positions
5. Sit in straddle in good posture
6. Show front and back support
7. From crouch, show bunny hop (hips above shoulders knees bent)
8. Bounce and catch ball 3 times
9. Walk on bench on toes stretch jump dismount

Box move

Stretch jump from two section of box to land in plié

LEVEL 3

1. A forward roll
2. A handstand with support
3. From front support, jump to crouch, jump to stand, joined
4. A backward roll to straddle
5. Run, springboard jump to land in control
6. From back lying raise body to bridge
7. Circle roll (full circle)
8. Cat leap
9. Arabesque leg to horizontal

Box move

Star jump from three sections of box

LEVEL 5

1. Jump 1/1 turn
2. Handstand forward roll
3. Bridge kick over
4. 1 arm Cartwheel
5. Headstand with straight legs
6. Handstand hold 3 sec
7. Round off
8. Backward roll straight arms to pike stand
9. Tuck jump 1/2 turn

Box move

Squat on jump off joined three or four sections of box

BADGE COMPETITION 2013

LEVEL 2

1. From sitting in tuck position, rock backwards and then forwards to stand
2. Sideways roll on floor, from dish to arch and back to dish joined
3. Show and hold free piked 'V' sit arms optional
4. From front support lower to floor and push up, likewise back support
5. Bunny hop with weight on hands from side to side on box top
6. Jump 1/2 turn
7. Run Hurdle step onto two feet then jump to two feet
8. Arabesque
9. Walk backwards on toes along bench, turn, stretch jump dismount

Box Move

Stretch jump from three sections of box to land in plié

LEVEL 4

1. Forward roll to straddle stand
2. A handstand on own
3. Backward roll
4. A headstand with tucked legs
5. Cartwheel
6. Scissor leap
7. 10 Skips
8. 'Y' Balance
9. Bridge lift one leg hold for 2 sec

Box move

Tucked jump from three sections of box

ADVANCED LEVEL

1. Forward roll straight legs
2. Backwards roll straight arms to pike stand
3. Cartwheel
4. Walkover
5. Jump 1/1 turn
6. Arabesque leg to horizontal
7. Handstand
8. One way splits
9. Round off stretch jump

Box move

Jump on block walk along Jump off (Grade 14)