

Christmas Competition Routines

Boys Floor Routine:

Salute

Handstand

Forward roll to straddle sit

Straddle Fold (2secs)

Grab ankles and teddy bear roll

Bring legs together to pike sit (1secs)

Lift to back support (1secs)

Roll to front support (1 secs)

Squat in

Jump to extended arch

Step forward to arabesque (1secs)

Kartwheel

Move of choice

Salute

Boys Rings Routine:

Salute

Jump to catch rings (with coach support)

Tuck Hold

Chin up

Arch, Dish, Arch, Dish

Drop off to steady landing

Salute