

## Novice 2 & Novice 3

- 1.) Forward roll to stand (no hands)
- 2.) Caterpillar walk to front support
- 3.) Front support turn to back support
- 4.) Shoulder stand (hold 2) roll to stand (opt)
- 5.) Arabesque
- 6.) Straight jump, star jump
- 7.) Mini handstand (L shape) or handstand hold
- 8.) Side to side cartwheel

**All Novice & Intermediate routines marked out of  
10.00**

**Bonus for execution/tidiness/neat presentation –  
0.3**