## <u>Intermediate</u>

|    | Skill                | Bonus (0.2)             |
|----|----------------------|-------------------------|
| 1. | Chase, cat leap      | Scissor leap            |
| 2. | Tuck jump, star jump |                         |
| 3. | Cartwheel ¼ turn     | Side to side            |
|    |                      | cartwheel, cartwheel    |
|    |                      | ¼ turn                  |
| 4. | Backward roll to     |                         |
|    | straddle stand-jump  |                         |
|    | to front support     |                         |
| 5. | Hold front support,  |                         |
|    | hold side support to |                         |
|    | pike support         |                         |
| 6. | Bridge/Bridge kick   | Shoulder stand, roll to |
|    | over                 | stand. Back bend,       |
|    |                      | kickover or backward    |
|    |                      | walkover                |
| 7. | Jump ½ turn          |                         |
| 8. | Round off, straight  | Round off, jump, b/w    |
|    | jump                 | roll to front support   |

Max start score: 11.1 (all bonuses in routine, plus 0.3 execution bonus)