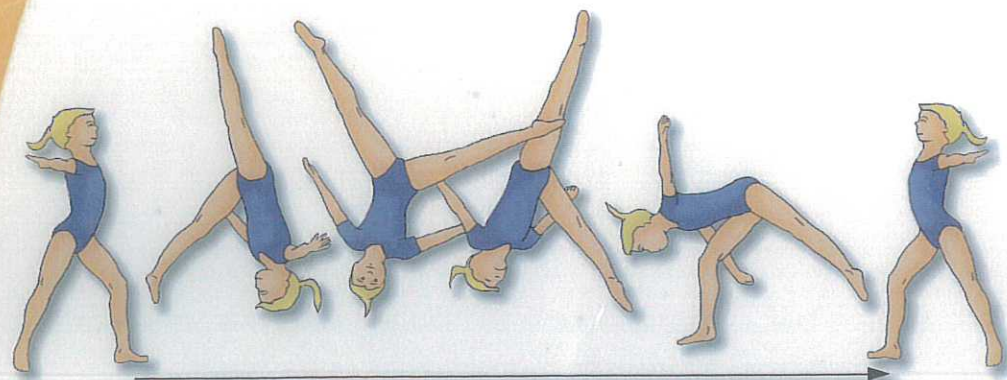
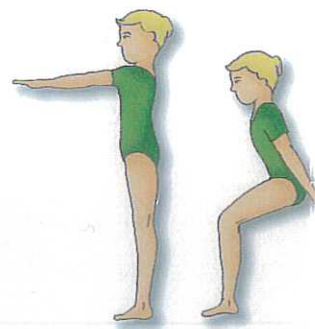




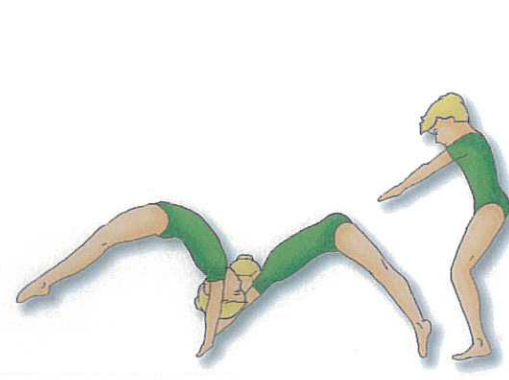
# proficiencyawards advanced



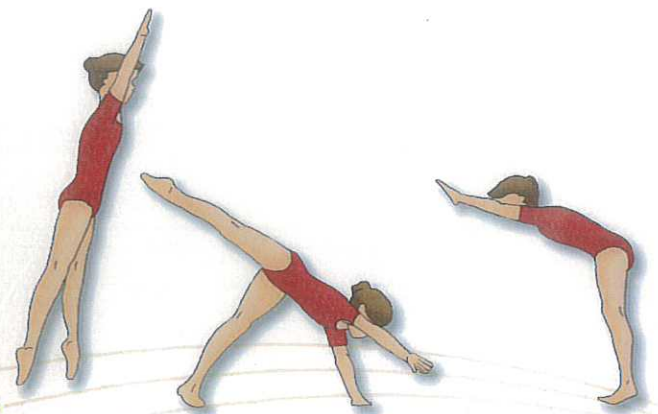
Free cartwheel



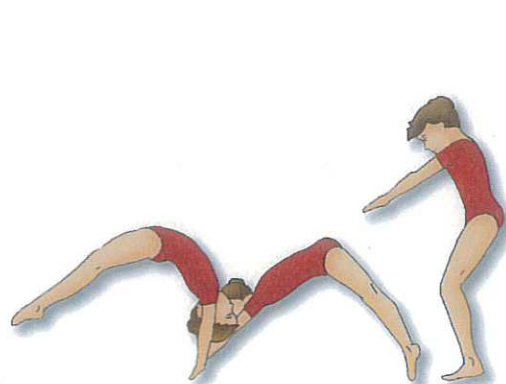
Standing flic



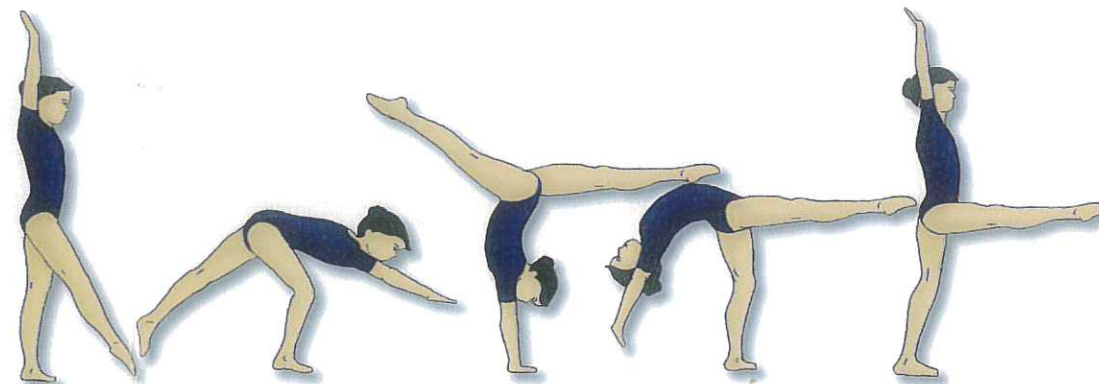
Handspring



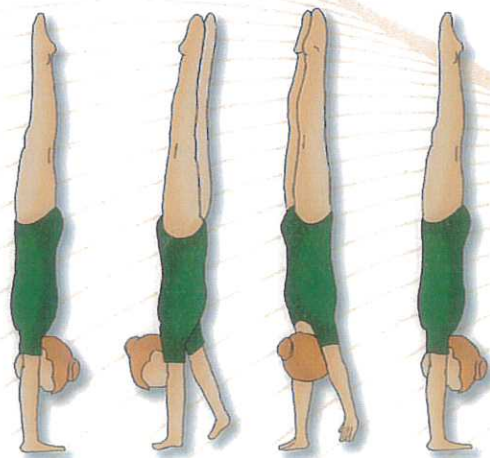
Round off flic



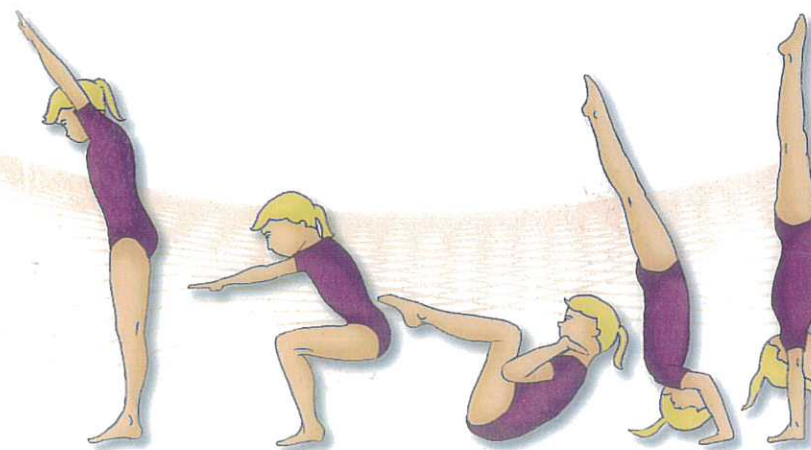
Forward walkover or handstand through bridge to stand



Lift to handstand with straddled legs and straight arms or piked with bent arms



Handstand pirouette - minimum 360°



Backward roll to handstand - not held

# Gold

# Floor