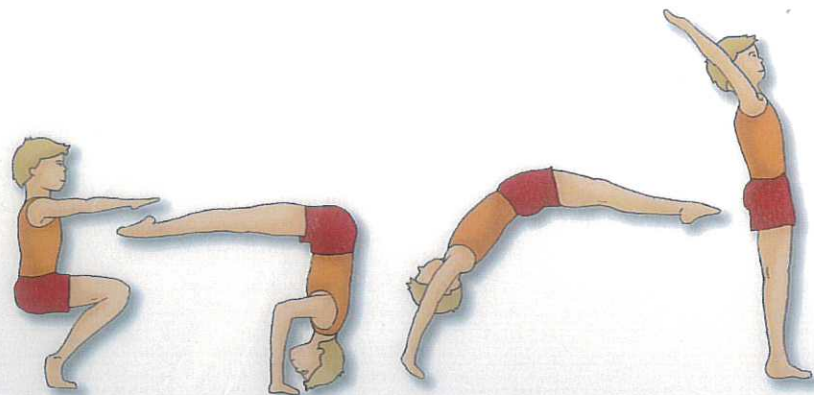
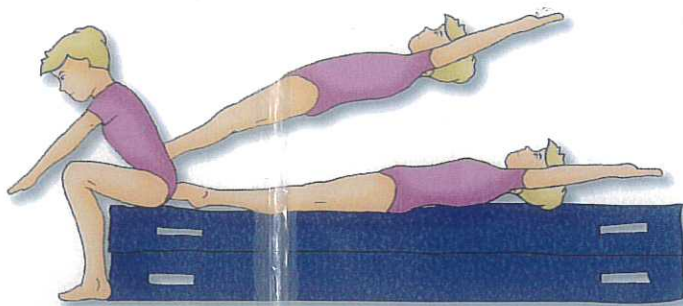




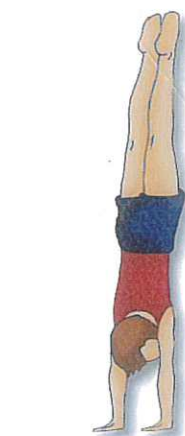
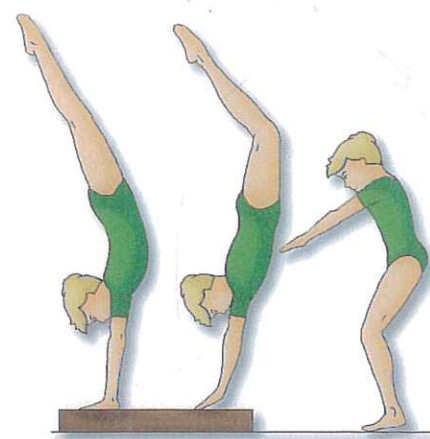
# proficiencyawards advanced



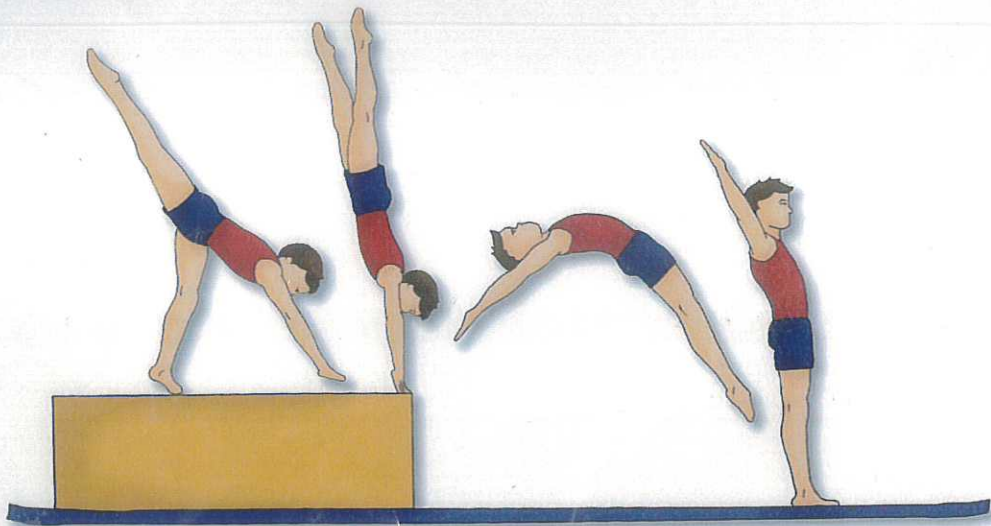
Headspring



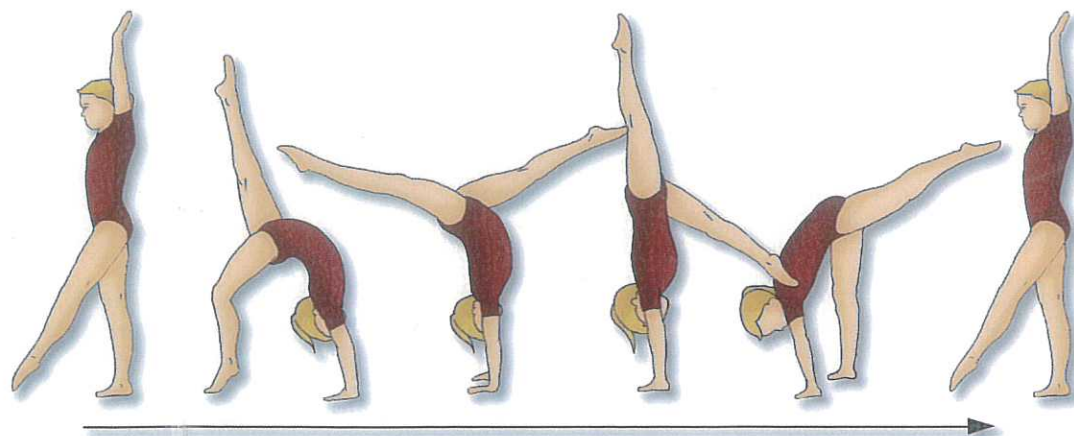
Jump to back lie on a soft surface and donkey kick



Handstand held (3 seconds)



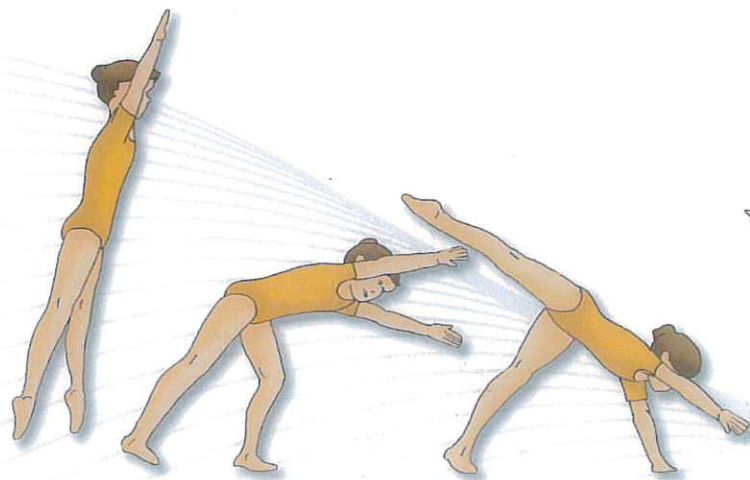
Handspring off a low platform



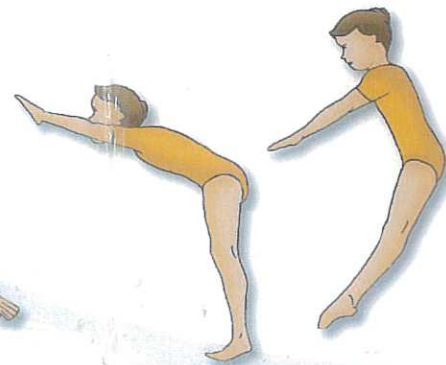
Backward walkover



Tucked planche (3 seconds)



Round off



Forward roll to straddle lever or 1/2 lever (3 seconds)



# Floor

# Silver