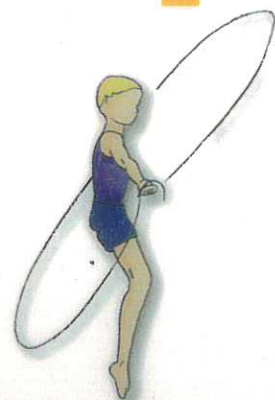
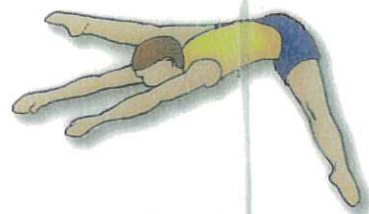




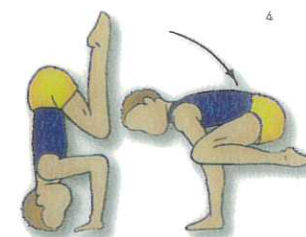
# proficiencyawards



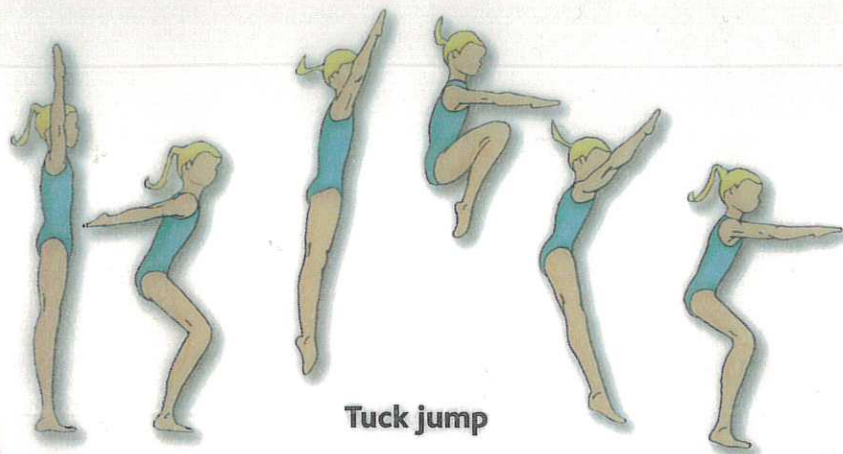
Skip for 45 seconds



Japana flat



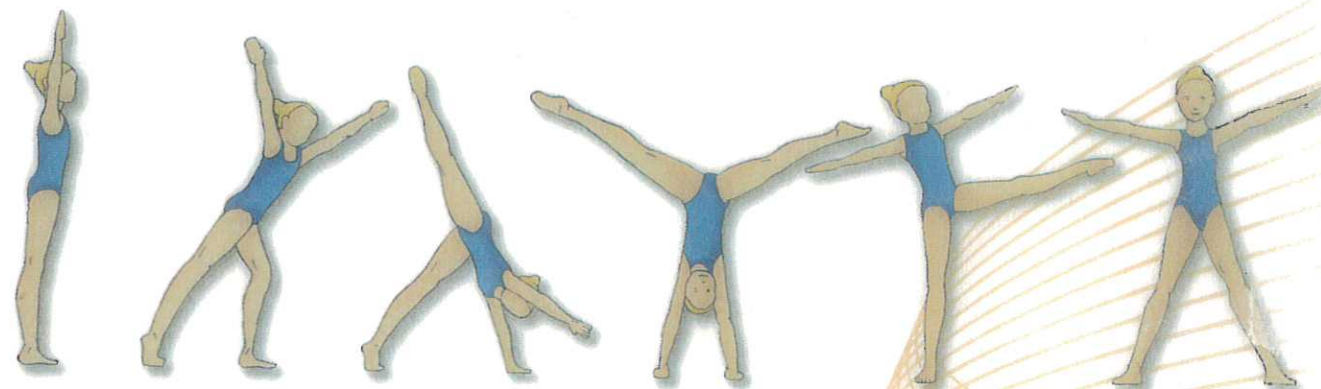
Headstand with knees bent and lower into frog



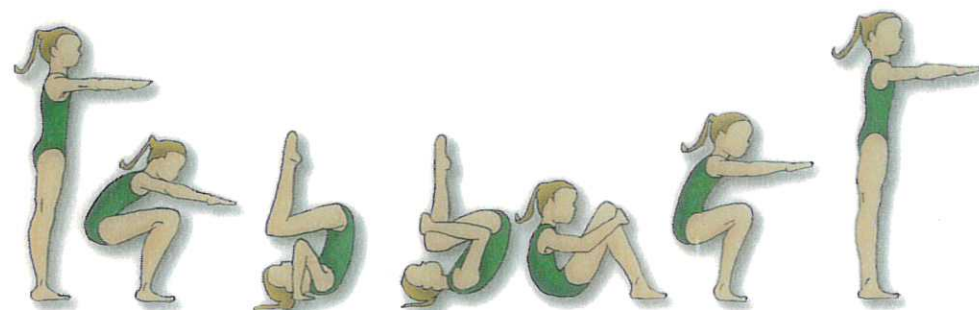
Tuck jump



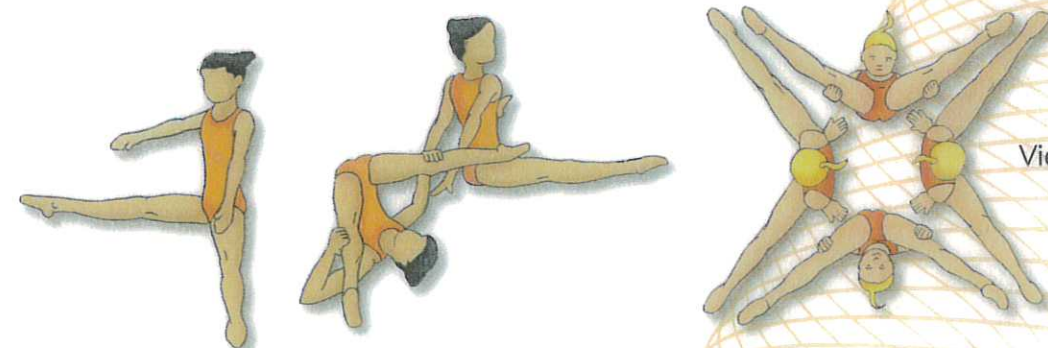
Headstand with knees bent



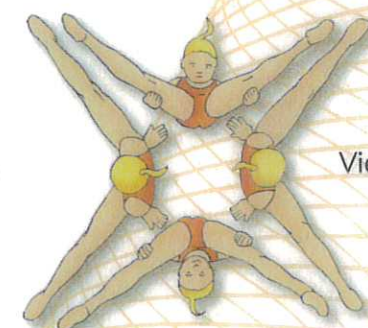
Cartwheel



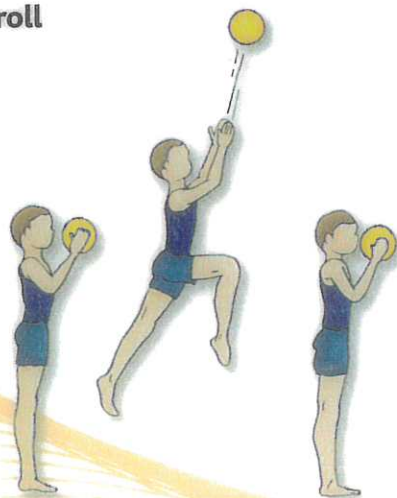
Forward roll



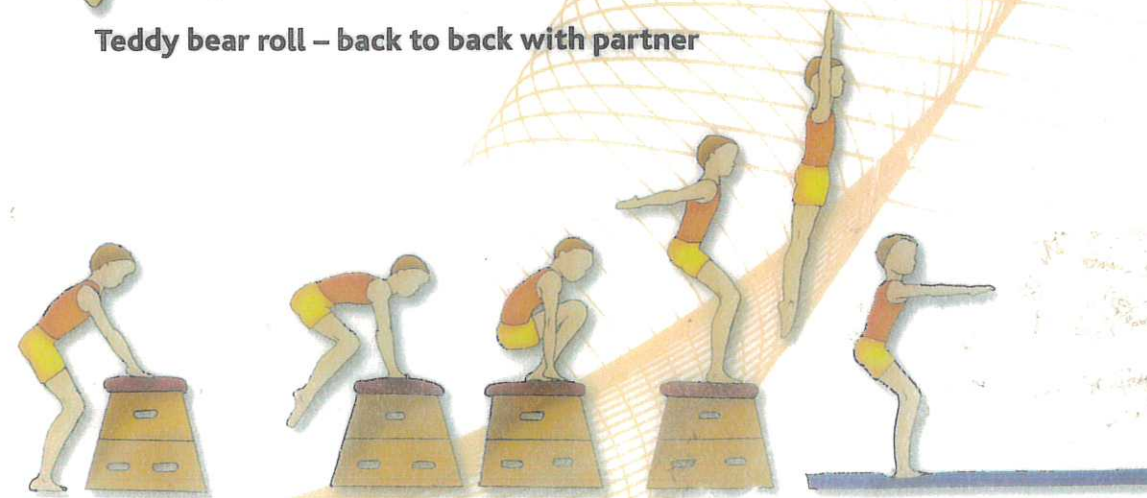
Teddy bear roll – back to back with partner



Viewed from above



Throw, jump and catch hand apparatus



Squat on box top and stretch jump off

3