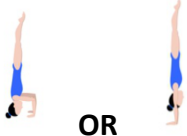






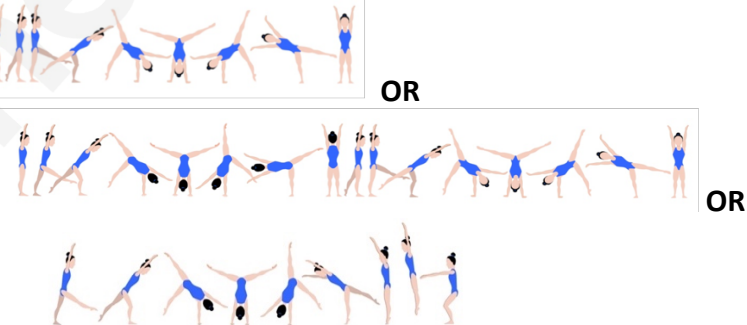


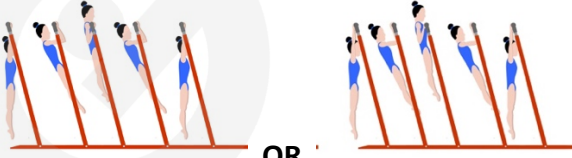


Level 01 to Level 04 - Floor Exercise

<p>Head Stand – 0.50 OR Handstand - 1.00</p>	 <p style="text-align: center;">OR</p>
<p>Standing Press - 1.00 OR Straddle Press – 1.20 OR L to Press – 1.50</p>	 <p style="text-align: center;">OR</p>
<p>Three Splits – 1.50</p>	
<p>Candle Stand – 1.00 OR Halasana – 1.00</p>	 <p style="text-align: center;">OR</p>
<p>Chakrasana Bent Leg– 0.80 OR Stright Leg - 1.00 OR On Ellbow – 1.00</p>	 <p style="text-align: center;">OR</p>
<p>Tuck Jump – 0.80 OR Straddle Jump – 1.00 OR Split Jump – 1.50</p>	 <p style="text-align: center;">OR</p>
<p>Toe turn 180 – 0.80 OR Toe turn 360 – 1.00</p>	 <p style="text-align: center;">OR</p>
<p>Cartwheel – 0.80 OR Cartwheel R & L – 1.0 OR Cartwheel feet together – 1.50</p>	 <p style="text-align: center;">OR</p>

Level 01 to Level 04 - Door Bar

L Hold Min 5 sec – 2.00	
L position to Pike Roll to L position – 2.00	
L Hold Min 5 sec – 2.00	
Chin up 2.00 OR Pull up 2.00	 OR
L Hold Min 5 sec – 2.00	