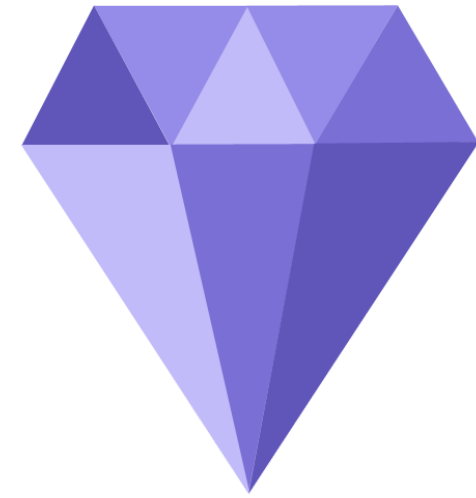


# Amethyst



Beam	Jump along the beam
Bars	Monkey the length of the high bar and back
Vault	Squat onto vault from a run and spring board jump
Trampet/DMT	Straddle jump on Trampet or DMT
Balance	Counter balance with partner
Floor	Cartwheel
Floor	Handstand with correct legs
Floor	Chasse cat leap
Floor	Bridge with a leg lift
Floor	Backward roll down the cheese, land on feet