

Citrine



Beam	Walk the length of the high beam unaided.
Bars	Hang on the high bar for 5 seconds
Vault	Spring board jump with two feet to land
Trampet/DMT	2 jumps only on the DMT or 1 jump only on the Trampet
Balance	Balance of your choice to hold for 5 seconds
Floor	Rock and roll to stand with no hands
Floor	Show a dish and an arch shape
Floor	Star Jump
Floor	Travelling bunny jumps
Floor	Forward roll