



# Topaz



Beam	Walk the length of the high beam backwards
Bars	Monkey along the length of the high bar
Vault	Squat on a box top from standing
Trampet/DMT	Show tuck and star shapes off the DMT or Trampet
Balance	Partner balance held for 5 seconds
Floor	Push up to bridge
Floor	Turning bunny jump or cartwheel
Floor	Half turn straight jump
Floor	Roll from a dish to an arch
Floor	Teddy bear roll