

Tourmaline



Beam	Hold a balance on the beam for 5 seconds
Bars	Circle forward on the low bar unaided
Vault	Straight jump onto the vault
Trampet/DMT	Straight jump to stick a landing on the Trampet or DMT
Balance	One foot balance of your choice held for 5 seconds
Floor	Chasse down the length of the mat
Floor	Bridge with feet together and straight arms
Floor	Full turn jump
Floor	Straddle bunny jump
Floor	Forward roll to stand with no hands