

B	I	N	G	O
Take off	Approach	Handspring prep vault	Squat	Safety
First flight	Straddle over vault	Spotting	Arms straight	Straddle on jump off
Take weight on arms	Balance in squat position	Jump on then off springboard	Land from a height	Straddle
Run up	Springboard	Horse	Second flight	Bench
Squat through vault	Flank Vault	Thrust from hands	Flat hands	Jump

B	I	N	G	O
Take weight on arms	Balance in squat position	Straddle on jump off	Arms straight	Bench
Flat hands	Straddle	Jump on then off springboard	Safety	Springboard
First flight	Handspring prep vault	Spotting	Second flight	Take off
Run up	Flank Vault	Straddle over vault	Horse	Squat
Squat through vault	Thrust from hands	Jump	Approach	Land from a height

B	I	N	G	O
Straddle	Second flight	Flank Vault	Flat hands	Horse
Bench	Jump	First flight	Jump on then off springboard	Take off
Run up	Squat through vault	Spotting	Balance in squat position	Straddle over vault
Take weight on arms	Springboard	Thrust from hands	Arms straight	Approach
Land from a height	Straddle on jump off	Squat	Handspring prep vault	Safety