

V	a	u	l	t
Tuck	Add a jump or roll	Horse	Spotter	Run up distance
Flight	Trampet	Safety mats	Balance	Through vault
Two feet	Bend knees	One leg	Pegasus	Straight arms
Power	Side vault	KTP's	Safety mats	Flat hands
Straddle vault	Gymnast	Yes	Handspring	Male and female

V	a	u	l	t
Two feet	Bend knees	Through vault	Balance	Flat hands
Handspring	Straight arms	One leg	Run up distance	Side vault
Flight	Horse	Safety mats	Safety mats	Tuck
Power	Gymnast	Trampet	KTP's	Spotter
Straddle vault	Yes	Male and female	Add a jump or roll	Pegasus

V	a	u	l	t
Straight arms	Safety mats	Gymnast	Handspring	KTP's
Flat hands	Male and female	Flight	One leg	Tuck
Power	Straddle vault	Safety mats	Bend knees	Trampet
Two feet	Side vault	Yes	Balance	Add a jump or roll
Pegasus	Through vault	Spotter	Horse	Run up distance