

B	I	N	G	O
8 releve walks step lock pivots	arabesque hold 5 sec	3 standing tuck on tramp or in pit	7 good handstand feet together	5 split jump
3 bridge stand ups arms by ears	8 candlestick jumps feet tight	6 cartwheels and 6 roundoffs	1 front handspring	7 cast away from bar
7 pike backward roll with hand push	T & needle balanced on beam	FREE	10 steps hurdle	5 pike jumps
5 pike roll	7 handstand flat on mat	5 pullover two feet by yourself	5 back hip circle by yourself	5 tight back walkovers
5 Knneling side handstand on beam	2 kneeling bridges perfectly	6 standingneedlekicks on each leg	on your back 20 kicks each leg	3 bridge stand ups arms by ears

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5 pike roll	10 steps hurdle	FREE	5 pike jumps	arabesque hold 5 sec
5 back hip circle by yourself	6 standing needle kicks on each leg	8 releve walks step lock pivots	3 bridge stand ups arms by ears	7 handstand flat on mat
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