

Beginners level 1



1

March on & Salute

2

Starting position
held 3 secs

3



4

Individual;
Straddle sit

5

B1 ii



6

Individual;
Front support

7



8

Individual;
Forward roll to
straddle sit

9

C1 i



10

End position held
3 sec

11

Salute and March
off

Beginners level 2



1

March on & Salute

2

Starting position
held 3 secs

3

A1 i



4

Individual;
Japana at 45
degrees

5

B2



6

Individual;
Back support

7

E2

But just from
rocking tuck shape
to supported
stand position



8

Individual;
Forward roll to
pike sit

9

C1 ii



10

End position held
3 sec

11

Salute and March
off

Beginners level 3



1

March on & Salute

2

Starting position
held 3 secs

3

Grade 1 A1ii



4

Individual;
Japana hands to
touch floor in
front of knees

5

Grade 1 B2

BASE NO HANDS



6

Individual;
Back support one
leg lifted to
horizontal

7

Individual;
Forward roll to
squad shape
hands may be
used to show final
squad position BUT
not to assist roll

8

E2

NO JUMP



9

C2



10

Salute and March
off

11

End position held
3 sec