Boost level 1

1 — March on & Salute

2 — Starting position held 3 secs

3 — Base on hands and knees
Top in piked front support feet on base forming a right angle

4 — Individual; Japana flat

5 — B3

6 — Individual; Straddle sit lift legs up and down no hold- legs must be straight

7 — E2

8 — Individual; Forward roll to stand

9 — C2
With base releasing one leg of top
Top may lift leg or remain horizontal

10 — End position held 3 sec

11 — Salute and March off

Boost level 2

1 — March on & Salute

2 — Starting position held 3 secs

3 — Base on hands and knees
Top in piked front support feet on base forming a right angle
One leg raised to vertical

4 — Individual;
Pike fold to touch toes
Does not need to be flat

5 — B3
With one arm released

6 — Individual;
Straddle sit lift legs
Hold 3 sec

7 — E2
E2 with star jump

8 — Individual;
Forward roll stretch jump
Hold landing 3 sec

9 — C3

10 — Salute and March off

11 — End position held 3 sec

Boost level 3

1 — March on & Salute

2 — Starting position held 3 secs

3 — Grade 1 A2

4 — Individual; Pike fold flat 1.

5 — B3 With one arm released & repeat to opposite arm release Hold each release 3 sec

6 — Individual; pike sit lift legs up and down – no hold required

7 — Grade 1 E3 As E3 but no jump just supporting roll to stand

8 — Individual; Forward roll star jump Hold landing 3 sec

9 — Grade 1 C3 With top forward roll to exit

10 — End position held 3 sec

11 — Salute and March off