

Diamond Level 1--JO Level 8

Bars:

- Clear Hip Handstand High Bar
- Kip Cast Handstand 1/2 Pirouette
- Double Back Dismount Into Pit
- Front Giants Strap Bar
- Spotted Blind Change on High Bar
- Toe Shoot Handstand With Spot
- Bail With Spot
- Straddle Back Drills
- Pak Salto Drills
- Clear Hip Stalder Toe Shoot Handstand Strap Bar
- Stalder On Strap Bar

Beam:

- Back Handspring Layout Low Beam
- Switch Leap + B Jump High Beam
- Switch leap Tour Jete High Beam
- Roundoff Layout Dismount High Beam
- Aerial High Beam
- Front layout dismount
- Back tuck high beam
- Switch leap back pike low beam
- D jump low beam
- Front Aerial Low Beam
- Triple Series On Floor Beam
- Gainer Back Tuck Dismount

Floor:

- Roundoff Back Handspring Full onto 2 8" Mats
- Roundoff Back Handspring 1/2 Punch Front
- Roundoff Back Handspring Double Full On Tumble Trak
- Front Handspring Front Tuck
- B + B Leap Pass
- C Leap
- C Jump
- 2/1 Turn

- Switch Leap Side Leap
- Shushunova
- round off double back tumble trak
- * Working Double Back Tuck Onto Pit Mat With Spot

Vault:

- Yurchenko Pike onto 2 8" mats
- Tsuk Pike Onto 2 8" Mats
- Tsuk Layout With Spot
- Yurchenko Layout with Spot
- Yurchenko Twisting Drills
- Tsuk Twisting Drills
- Front Handspring 1 1/2