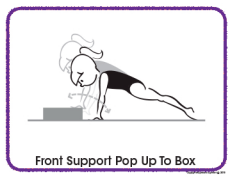
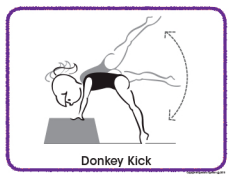
# Roundoff
# Positions, Progressions & Skills

2



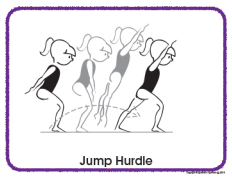
Front Support Pop Up To Box

3



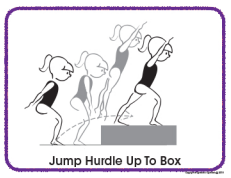
Donkey Kick

4



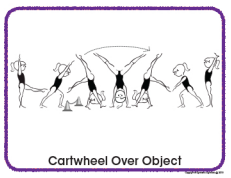
Jump Hurdle

5



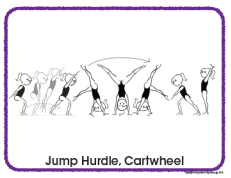
Jump Hurdle Up To Box

6



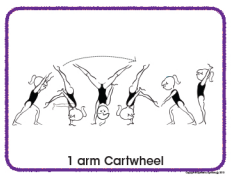
Cartwheel Over Object

7



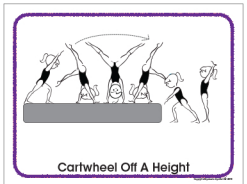
Jump Hurdle, Cartwheel

8



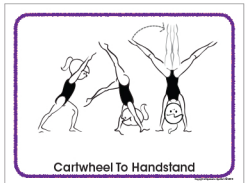
1 arm Cartwheel

9



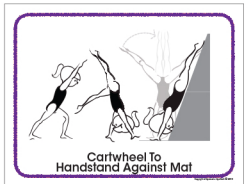
Cartwheel Off A Height

10



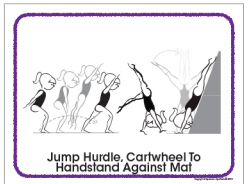
Cartwheel To Handstand

11



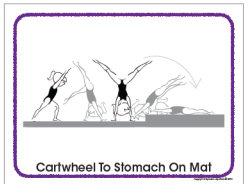
Cartwheel To Handstand Against Mat

12



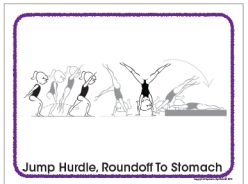
Jump Hurdle, Cartwheel To Handstand Against Mat

13



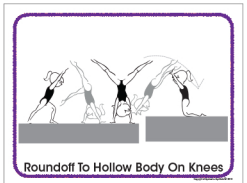
Cartwheel To Stomach On Mat

14



Jump Hurdle, Roundoff To Stomach

15

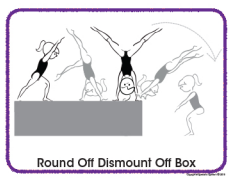


Roundoff To Hollow Body On Knees

16

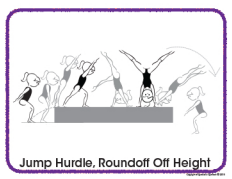
Jump Hurdle, Roundoff To Knees

17



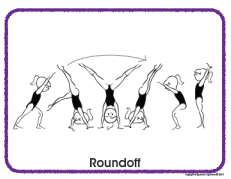
Round Off Dismount Off Box

18



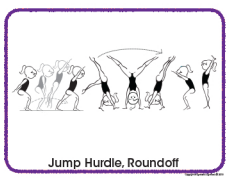
Jump Hurdle, Roundoff Off Height

19



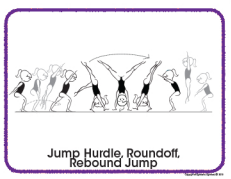
Roundoff

20



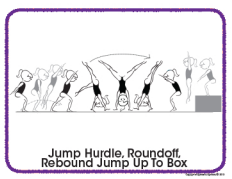
Jump Hurdle, Roundoff

21



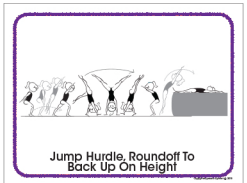
Jump Hurdle, Roundoff, Rebound Jump

22



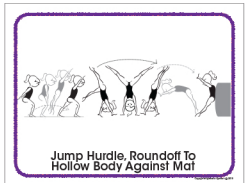
Jump Hurdle, Roundoff, Rebound Jump Up To Box

23



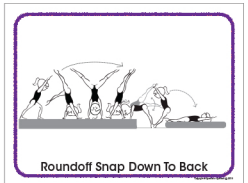
Jump Hurdle, Roundoff To Back Up On Height

24



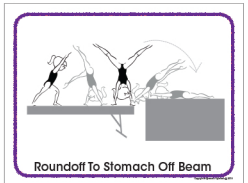
Jump Hurdle, Roundoff To Hollow Body Against Mat

25



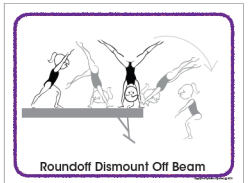
Roundoff Snap Down To Back

26



Roundoff To Stomach Off Beam

27



Roundoff Dismount Off Beam

28

Roundoff To Straight Jump Off Beam

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