



Team A&T Compulsory Counts: JUNIOR DIVISION TUMBLING

Action	
	5
	6
	7
	8
1	1 Start
	2 Hands (BHS)
	3 Feet (BHS)
	4 Land
	5 HOLD
	6
	7 Stand
	8
2	1 HOLD
	2
	3
	4
	5
	6
	7
	8
3	1 Jump
	2 Straddle Toe touch
	3 Land
	4 Step back
	5 Step back
	6 Hands (BHS)
	7 Feet (BHS)
	8 Land
4	1 Hold
	2
	3 Stand
	4
	5
	6
	7
	8
5	1 MOVE to sides
	2
	3
	4
	5
	6
	7
	8

Action	
6	1
	2
	3
	4
	5
	6
	7
	8
7	1 GO Power Hurdle RO BHS Tuck
	2
	3
	4
	5
	6
	7
	8
8	1
	2
	3
	4
	5 STAND
	6
	7
	8
9	1
	2
	3
	4
	5
	6
	7
	8
10	1
	2
	3
	4
	5
	6
	7
	8
11	1
	2
	3
	4
	5