Tin Amendments

1. Handstand forward roll with straight arms

2. Forward roll to straddle sit & straddle lever (2 secs)

3. Lower to japana (2 secs) and swim through, Press up and swing leg through to splits with arms lifted to side (2 secs), turn to other leg splits with arms lifted to side (2 secs)

4. Bring back leg round, lower to lying position, push to Bridge (2 secs) and kick over through split handstand to lunge landing.

5. Cartwheel

6. Split jump (minimum 135 degrees)

7. Round Off or Handspring or Round Off flick

**BONUS**

0.3 Handspring performed without fall

0.5 Round off Flick performed without fall

**Floor D-score: 3.0** if all elements completed, **Deduct 0.5** for each missing element