

# POWERHOUSE

Category	Pro			Rookie Master
	Must get 7 ticks out of 8			Run
	Level 1	Level 2	Level 3	
Rolls	Backwards roll on the floor	Dive roll	Dive roll over a block	30-45 seconds
Bars	Under bar	180 lache	Cast up <b>AND</b> Straddle undershoot	Has to include an intermediate / advanced skill on bars
Vault	Reverse vault	Kong pre	Dash	Has to include an advanced vault
Conditioning	x 7 Box Jumps consecutively (Block to be waist height)	Traverse round 1 block - finish with climb up	Climb up from dead hang	Has to have a flipping / tricking element
Tricking	Back flip	Side flip	Gainer	No more than 2 second pause inbetween movements
Jumps	Plyo jumps - 3 two footed jumps in a row	Running pre upwards	Drop down scater pre to rail	The rest is free choice
Wall	180 cat	Tic tac on wall	Splat back 180	3 attempts to pass
Balance	Walk along rail between towers	180 pre to pallets	Drop pre floor bar	