



POWERHOUSE				
Category	Rookie			Rookie Master
	Must get 7 ticks out of 8			Run
	Level 1	Level 2	Level 3	
Rolls	Tucked rock backwards and forwards	Tucked rock to stand	Forwards roll	20-45 seconds
Bars	Hang on the bar	Hang on the bar and drop to landing	Lache	Has to include a vault
Vault	Ground kong	Speed step down	Step vault	Has to include a bunny hop / roll
Conditioning	x3 good form push ups	x5 sit ups	x5 squats	Include some sort of jump
Tricking	Handstand with feet on the wall	Cartwheel	Handstand on the floor	Has to end with a bar lache
Jumps	Straight jump, with a land	Jump from one spot to another with a land	Jump down from a 20 inch block with land	No more than 5 second pause inbetween movements
Wall	Tic tac on pallet (show on one side)	Show a tic tac on both sides (using pallet)	Tic tac pre (on pallet)	5 attempts to pass
Balance	Walk along floor beam	Walk along high beam	Balance on floor rail	