

Q. Explain some various Cartwheels?

A. 2 Handed, 1 Handed,
2nd 1 Handed (also known as Far Handed)
and Ariel.

Q. Which part of the back do you bend in a
Handstand to Bridge?

A. You bend the middle of the back.

Q. Are the legs straight in a Hitch Kick?

A. Yes they are straight.

Q. When recovering from a Bridge,
what must you do?

A. You must push up through the pelvis
and shoulders, bringing your arms
above your head.

Q. Explain a Back Catch?

A. Holding the leg with both hands behind
the body and pulling the leg towards the head.