

Practice Handout

High V:



Touchdown:



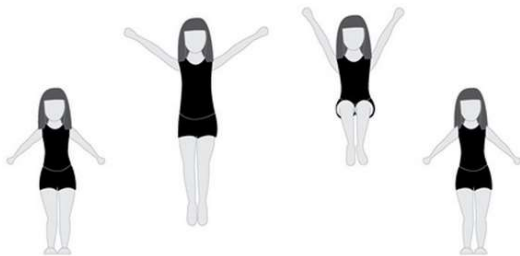
Clasp:



Hands on Hips:



Tuck Jump:



Cartwheel:



 **HOW TO DO A CARTWHEEL**