

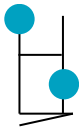
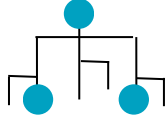
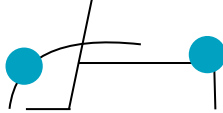
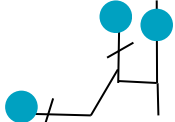
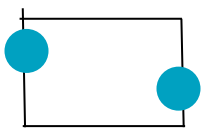
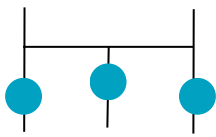
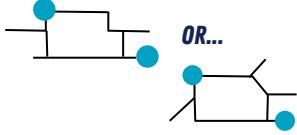
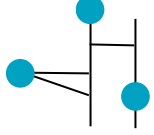
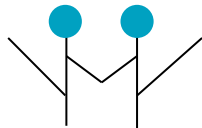
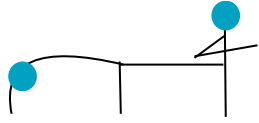


The logo features the letters 'IGAT' in a bold, dark blue font. To the right of the letters is a stylized silhouette of a gymnast in a handstand position, colored in a lighter blue shade. The background consists of several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth.

IGAT

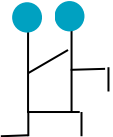
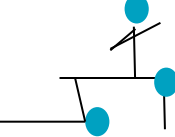
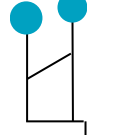
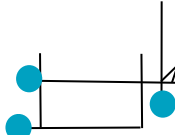
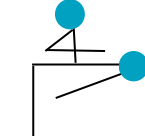
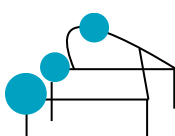
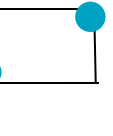
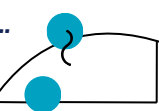
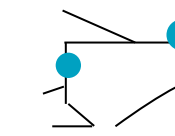

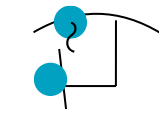
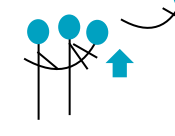
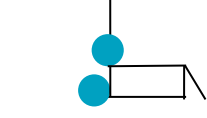
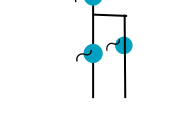
GROUP 6'S

-
- Pick 3 Pair moves and 2 Trio Moves
 - 4 individuals to be performed by all
 - Everyone must be joint and being supported or supporting someone.

GROUP SIX - LEVEL 1

PAIR MOVES - PICK THREE		TRIO MOVES - PICK TWO	
	1		1
	2		2
	3		3
	4		4
	5		5
	6		6
4 INDIVIDUALS TO BE PERFORMED BY ALL			
1 foot stand (leg at right angle, not to knee).			
2 x linked backward rolls.			
Japana/Pike Fold/Bridge			
Chasse Jump to two feet 1/2 turning straight jump			
Chasse Jump to two feet tuck jump / 1/2 spin			

GROUP SIX - LEVEL 2

PAIR MOVES - PICK THREE	TRIO MOVES - PICK TWO
 <div data-bbox="518 369 622 504" style="border: 1px solid black; padding: 5px; text-align: center;">1</div>	 <div data-bbox="1013 369 1117 504" style="border: 1px solid black; padding: 5px; text-align: center;">1</div>
 <div data-bbox="518 542 622 676" style="border: 1px solid black; padding: 5px; text-align: center;">2</div>	 <div data-bbox="1013 542 1117 676" style="border: 1px solid black; padding: 5px; text-align: center;">2</div>
 <div data-bbox="518 723 622 857" style="border: 1px solid black; padding: 5px; text-align: center;">3</div>	 <div data-bbox="1013 723 1117 857" style="border: 1px solid black; padding: 5px; text-align: center;">3</div>
 <p data-bbox="311 929 343 974">OR..</p>  <div data-bbox="518 904 622 1039" style="border: 1px solid black; padding: 5px; text-align: center;">4</div>	 <div data-bbox="1013 904 1117 1039" style="border: 1px solid black; padding: 5px; text-align: center;">4</div>
 <p data-bbox="311 1108 343 1153">OR..</p>  <div data-bbox="518 1070 622 1243" style="border: 1px solid black; padding: 5px; text-align: center;">5</div>	 <div data-bbox="1013 1070 1117 1243" style="border: 1px solid black; padding: 5px; text-align: center;">5</div>
 <div data-bbox="518 1252 622 1424" style="border: 1px solid black; padding: 5px; text-align: center;">6</div>	 <div data-bbox="1013 1252 1117 1424" style="border: 1px solid black; padding: 5px; text-align: center;">6</div>

4 INDIVIDUALS TO BE PERFORMED BY ALL

Visit without hands/Tucked headstand/Frog Balance

2 x Linked Cartwheels sides or 1/4 in 1/4 out

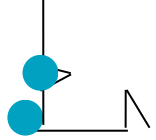
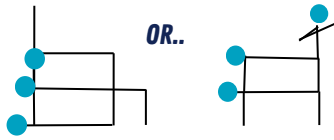

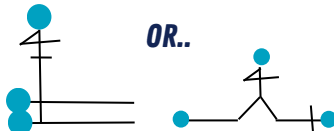
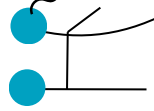

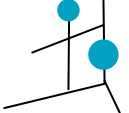

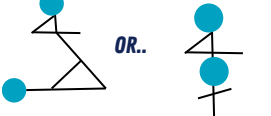
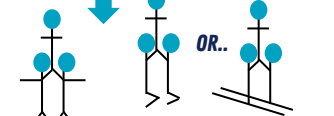
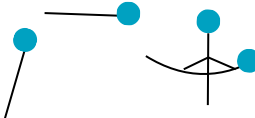

Bridge hold for 3 seconds kicker (can do 1 step in if needed) / Shoulderstand swim through to tummy.

Tuck Jump straight into 1/2 turning straight jump/ 1/2 Wolf Spin

Chasse Jump to two feet W- Jump

Forward roll 1/2 turn jump backward roll

GROUP SIX - LEVEL 3

PAIR MOVES - PICK THREE	TRIO MOVES - PICK TWO
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">1</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">1</div>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">2</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">2</div>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">3</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">3</div>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">4</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">4</div>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">5</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">5</div>
 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">6</div>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 30px; height: 30px; text-align: center; line-height: 30px;">6</div>

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straight leg handstand

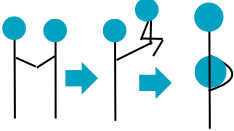
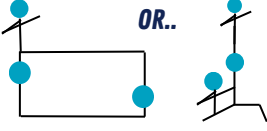
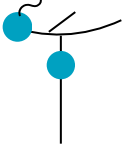
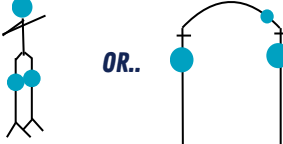
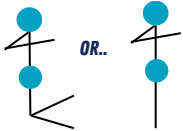

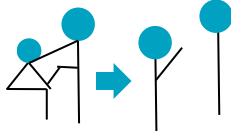
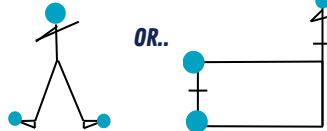
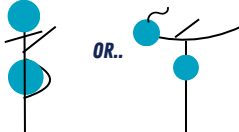
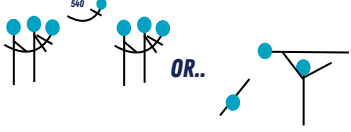
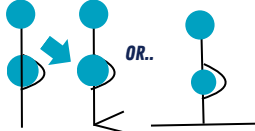
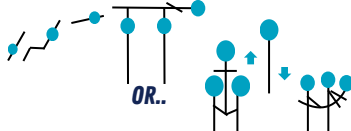
R/off straight jump backward roll / forward roll walkout into 1 arm cartwheel join feet into backward roll

Backward walkover/Forward walkover/Tic Toe

Star Jump into full turning straight jump

Shoulderstand without hands

GROUP SIX - LEVEL 4

PAIR MOVES - PICK THREE	TRIO MOVES - PICK TWO
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">1</div>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">2</div>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">3</div>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">4</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">4</div>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">5</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">5</div>
 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">6</div>	 <div style="border: 1px solid black; padding: 5px; width: 40px; float: right; text-align: center;">6</div>

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straddle or Pike Lever / Arabesque or Y-Scale

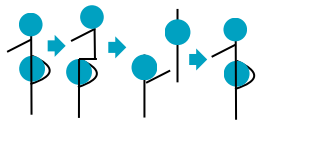
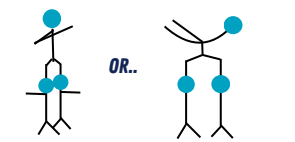
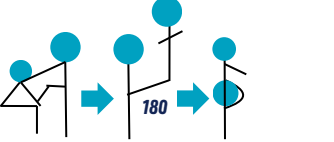

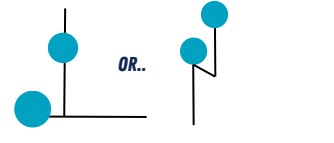
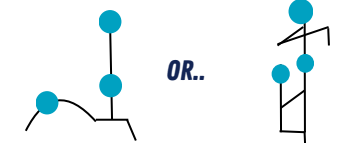
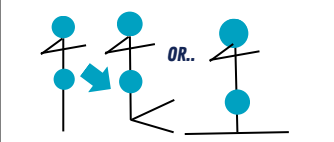
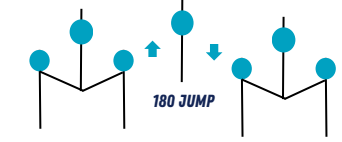
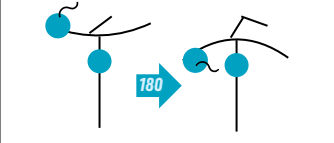
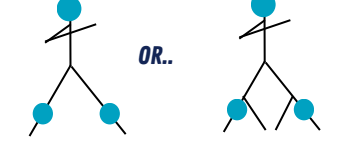
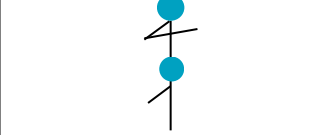
R/ound Flick / Cartwheel Flick / Handspring/Headspring

1 arm Backward walkover/ 1 arm Forward walkover/Fwd or bwd Walkover changing legs to show two split handstands

Full turning tuck jump/ W-Jump into full turning straight jump - Split Leap

Valdez/Backward roll to handstand/Handstand forward roll to piked stand

GROUP SIX - LEVEL 5

PAIR MOVES - PICK THREE	TRIO MOVES - PICK TWO
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">1</div>	 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">1</div>
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">2</div>	 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">2</div>
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">3</div>	 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">3</div>
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">4</div>	 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">4</div>
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">5</div>	 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">5</div>
 <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">6</div>	<p>PLATFORM OR PITCH 3/4 SALTO TO LAND IN CRADLE. TUCK PIKE OR STRAIGHT.</p> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-left: 20px;">6</div>

4 INDIVIDUALS TO BE PERFORMED BY ALL

Straddle Lever with 1/2 turn / E-Lift to handstand / Handstand full pirouette / Russian level legs straddled or piked.

Free forward walkover/Tuck or pike front/Handspring walkout into handspring/ R/off tuck or straight back/ R/off flick tuck or straight back.

Backward walkover to handstand 1/2 forward walkover out / Backward roll to handstand 1/2 pirouette fall to front support / Backward walkover to handstand down to straddle sit (not lever) / Ono

Pike jump / Ring Jump / 1/2 Split Jump / Full Spin leg at horizontal / Change leg split leap / Handstand down to straddle sit / Handstand 1/2 pirouette