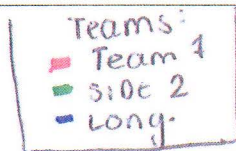
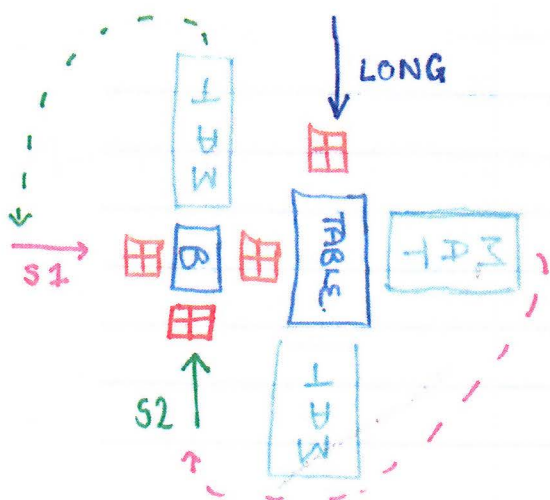


# Kanga.



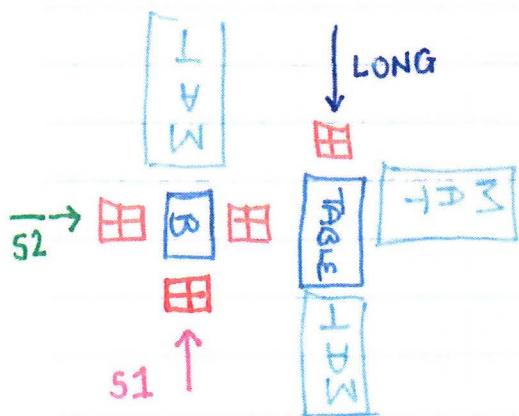
1, 2, 3.



Side one goes first (starting off the routine as well)  
 Side Two then goes through after Side one. Long group then goes through after Side Two.

Repeat till all gymnasts have gone through.  
**DO NOT** Stand on the long groups mat!

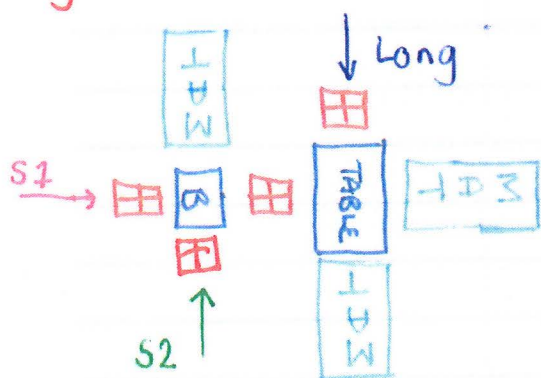
## Kneels.



Side Two kneels for the Long group when the Side Two dismounts they **MUST** sally dismount. Side One should be going at the same time as the Long group (so be mirrored).

Support will call for the person kneeling to dismount.

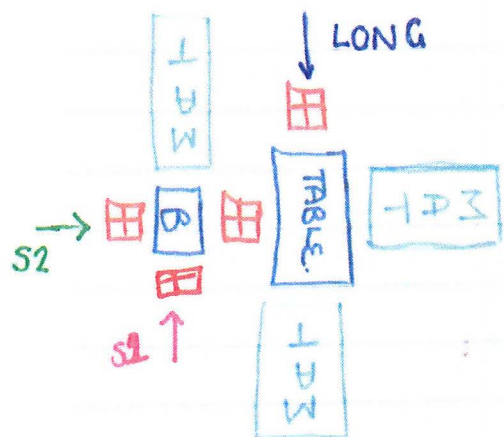
## Pyramid / Triple kneels.



Support will call to dismount. The first 3 people from Side One will do a pyramid. Long group will go over the pyramid and side two should go at the same time. Three people from both Long and Side Two will have to go through. Pyramid dismounts the same as in Gemini (Please read Gemini) The next 3 people from Side One will go into the triple kneel placement when

the last one from the pyramid has dismounted. Again three people from Long will go over as well as 3 from Side Two. Person on the left of tripple kneel goes over the other two, the one in middle goes over the one kneeling then last one sally dismount

## 1, 2, 3 Tricks.

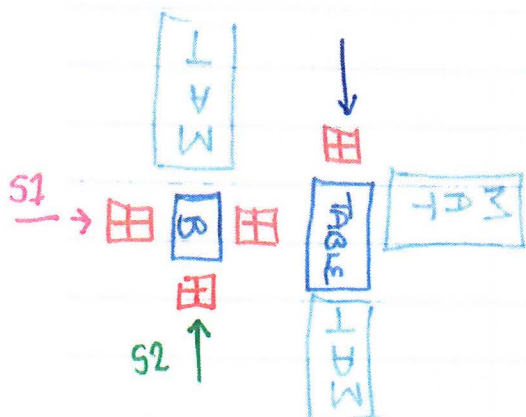


Tricks **MUST** be arranged before the display to start. If the **LONG** wants the **SIDE GROUPS** to wait they must notify the side groups first! Same as the one, two, three at the beginning. **SIDE TWO** goes first, followed by **SIDE ONE** then the **LONG** group go.

Try and incorporate the **SIDE GROUPS** into the tricks.

'Repeat till all members have gone through'

## Side group 1, 2 Bomb-burst.



**SIDE ONE** starts the bomb-burst one two of followed by **SIDE TWO**.

The timing should be pretty close. Even though the timing should be close but your vaulting should still be neat!

Repeat till all members have gone through

The first two people from the side group wait by the table to help lift the trampet on top of the table from the ground for long.

## Long group trampet.

The long group will go over/on the trampet in **VAULT** order - please have a variety of vaults.

**SIDE GROUP DOES NOT VAULT.**

**Routine Finished**