

Lyra 2.0 Pass-offs

Mounts

- Circus
- Up and over
- Straddle
- Delilah (both sides)

Skills

- Hanging beat to sit
- Front balance for 5 seconds
- Hocks hang on top bar
- Double knee hang 5 seconds to sitting in hoop
- Kitty-cat roll
- Under bar pencil to varekai/fang hold

Lyra 3.0 Pass-offs

Mounts

- Russian Roll
- Up and over top bar
- Circus mount top bar
- Unassisted knee hook on strap (both sides)

Skills

- 5 second meat hook each side
- 5 second single knee and elbow hangs each side
- Flares
- Shoulder stands
 - Forward and Side (pencil, stag, split)
- Gazelle drop
- Beats to illusion, bell beats to sit