

**High Bar - Common Junior/FIG Skills**

A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
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**Group I - Long Swing**

Back Uprise to HS	1 Arm Front Giant	Zou Li Min		
Back Uprise 1/2	1/1 Pirouett to MG	1/1 Pirouett to El		
Front Giant	1 Arm Back Giant	Quast		
Pirouett	Flying Giants	3/2 to MG		
Back Giant	Higgins to El	Invert (Russian)	3/2 to El (Rybalko)	
Blind Turn	Eagle (El-Grip)	Eagle 1/1 to MG		

**Group II - Flight**

	Rear Vault	Yamawaki, also 1/2		Yamawaki 3/2 (Walstrom) (F)
	Voronin	Tkatchev Straddled, also 1/2 (Lynch)	Tkatchev Layout, also 1/2	Tkatchev 1/1 (Liukin) (F)
		Tkatchev Piked, also 1/2	Kovacs Tuck	Kovacs 1/1 (Kolman)
			Piatti	Kovacs Pike/Layout
		Jager Str/Pike/Tuck	Jager Layout	Cassina (G)
		Deltchev	Double Front Piked (Gaylord)	Gaylord 1/2 (F)
		Gienger	1/2 Double Front Piked (Gaylord 2)	Gienger 1/1 (Dett) (F)

**Group III - In Bar**

Kip HS	Weiler	Endo in El grip	Stalder Rybalko 3/2 to MG	Stalder Rybalko
Free Hip/Stem	Endo	Inside Endo	Jam 1/2	
	Stalder	Inside Stalder	Jam 1/1 to MG	Jam 1/1 to UG
		Jam HS	Jam Hop	

**Group IV - Dismount**

Front Pike/Layout, also with 1/2	Front Layout 1/1 or 3/2	Ft Double T/P, also with 1/2		
		Ft Dbl T/P, also with 1/2 over Bar		
Back Pike/Layout, also with 1/2 or 1/1	Back Double Tuck/Pike	Back Double Layout		
	Back Layout 2/1	Back Double Tuck/Pike 1/1	Bk Dbl Layout 1/1	Bk Dbl Layout 2/1
	Bk Double T/P over Bar	Bk Double Layout over Bar	Bk Dbl Tuck/Pike 2/1	Back Triple (F)

**Jr FIG D Panel:**

- FIG Dsmt (D) ● L10 Dsmt (C) ● L9 Dsmt (B) ● L8 Dsmt (A)
- Count dismount first then 7 highest skills
- No dismount = Count 7 total skills, No EG IV
- Flight C + Flight C or higher (or vice versa) = +.1
- Flight D + Flight D or higher = +.2
- Jam D or higher + Flight D = +.1

- Jam D or higher + Flight E or higher = +.2
- 5 skills allowed from Groups I - III
- El-grip requires swing over bar in el-grip
- Max 2 Tkatchev, Kovacs, Piatti type skills
- Max 2 Jam skills
- No more than one grip variation of the same skill

**JO A Skills**

<i>Any Kip</i>	<i>Pullover</i>
<i>Front or Back Tuck Dismount</i>	<i>Baby Giant</i>
<i>Front or Back Toe on Toe Off</i>	<i>Back Uprise to any height</i>
	<i>Front or Back Hip Circle</i>

- Max 5 swings before start of routine