









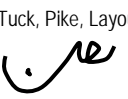
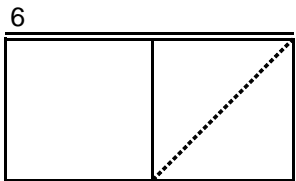
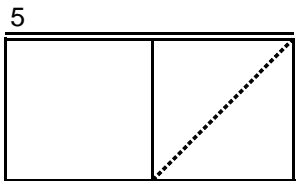
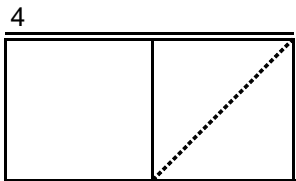
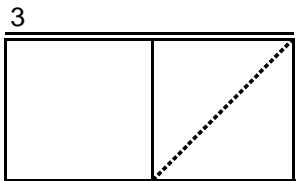
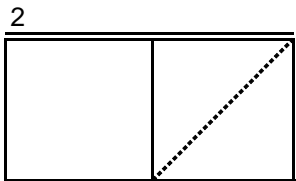
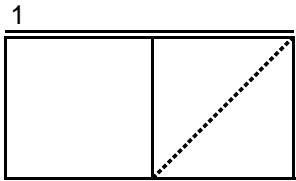











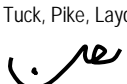


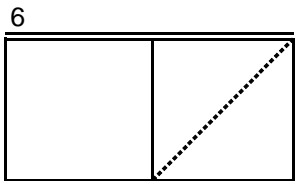
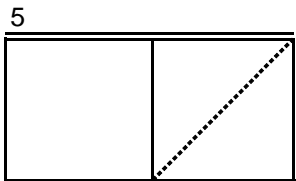
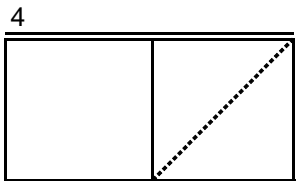
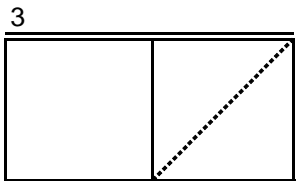
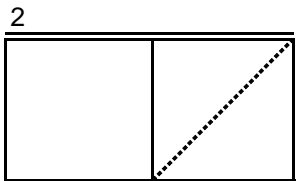
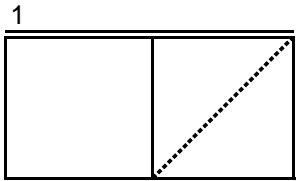
Level 5 Bars

MOUNT: Straddle or Glide Kip 	Cast to above horizontal 	Clear Hip above horiz. 	Stalder clear <u>X</u> 45o Sole Circle clear <u>P</u> 45o	Glide Kip 	Cast Squat-on or Pike-on or Sole circle 	Jump, Long Hang Kip 	Cast to above horizontal 	Long Hang Pullover 	Underswing 1st Counterswing 15° 	Tap Swing, 2nd Counterswing 15° 	Tap Swing to Flyaway Dmt Tuck, Pike, Layout 
0.6	0.4	0.6		0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6












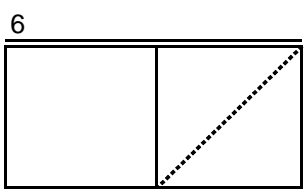
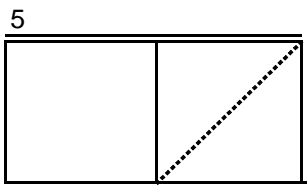
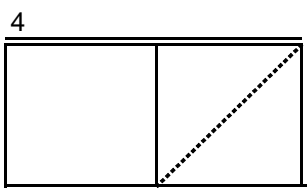
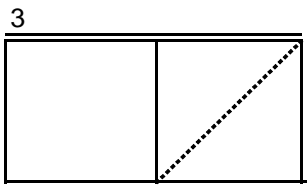
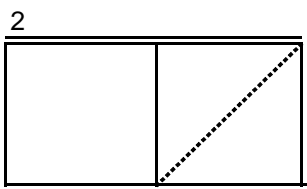
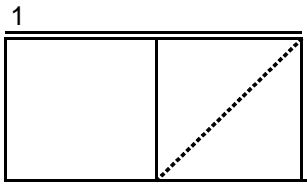
Level 5 Bars

MOUNT: Straddle or Glide Kip 	Cast to above horizontal 	Clear Hip above horiz. 	Stalder clear 45° Sole Circle clear 	Glide Kip 	Cast Squat-on or Pike-on or Sole circle 	Jump, Long Hang Kip 	Cast to above horizontal 	Long Hang Pullover 	Underswing 1st Counterswing 15° 	Tap Swing, 2nd Counterswing 15° 	Tap Swing to Flyaway Dmt Tuck, Pike, Layout 
0.6	0.4	0.6	0.6	0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6












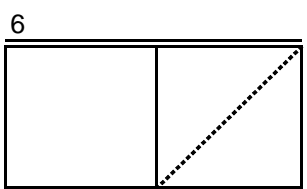
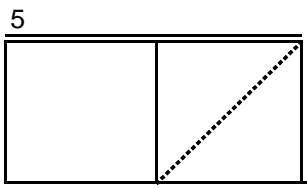
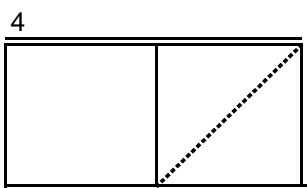
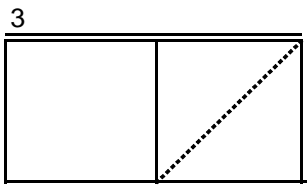
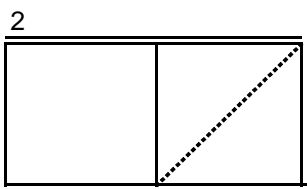
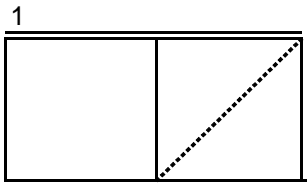
Level 4 Bars

MOUNT: Straddle or Glide Kip	Cast to horizontal, return	Cast Squat-on or Pike-on	Jump, Long Hang Kip	Cast to horizontal	Back Hip Circle	Underswing 1st Counterswing 30°	Tap Swing, 2nd Counterswing 30°	Tap Swing ½ Turn Dismount
								
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6



Level 4 Bars

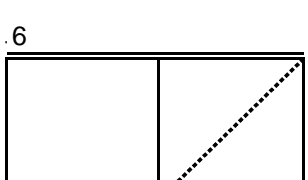
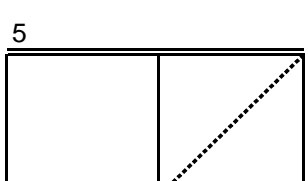
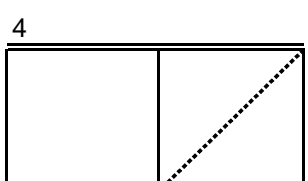
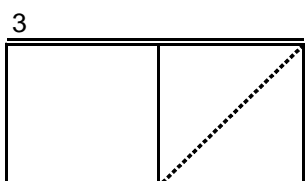
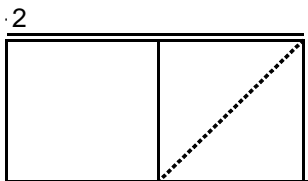
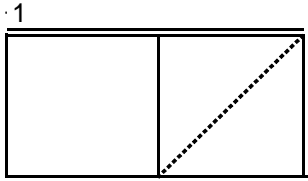
MOUNT: Straddle or Glide Kip	Cast to horizontal, return	Cast Squat-on or Pike-on	Jump, Long Hang Kip	Cast to horizontal	Back Hip Circle	Underswing 1st Counterswing 30°	Tap Swing, 2nd Counterswing 30°	Tap Swing ½ Turn Dismount
								
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6



Level 3 Bars

-0.5 for hooked knee

Glide & Return 	Back Hip Pullover 	OR Glide Kip (Straddle or Pike) 	Front Hip Circle, Small Cast 	Cast, Single Leg Shoot Through 	Forward Stride Circle 	OR Single Leg Basket Swing 	Single Leg Cut Backward 	Cast 	Back Hip Circle 	Underswing DISMOUNT 
0.2	0.4	0.6	0.4	0.2	0.4	0.4	0.2	0.4	0.4	0.6

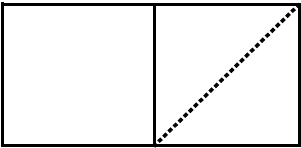


Level 3 Bars

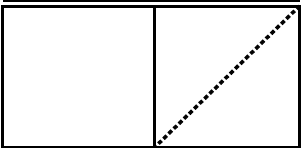
-0.5 for hooked knee

Glide & Return 	Back Hip Pullover 	OR Glide Kip (Straddle or Pike) 	Front Hip Circle, Small Cast 	Cast, Single Leg Shoot Through 	Forward Stride Circle 	OR Single Leg Basket Swing 	Single Leg Cut Backward 	Cast 	Back Hip Circle 	Underswing DISMOUNT 
0.2	0.4	0.6	0.4	0.2	0.4	0.4	0.2	0.4	0.4	0.6

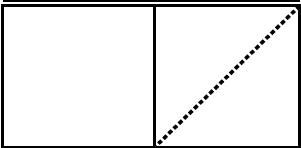
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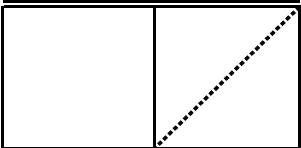
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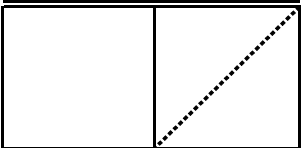
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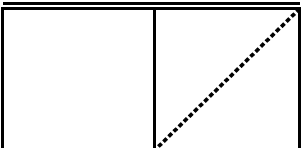
4



5









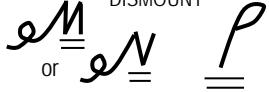


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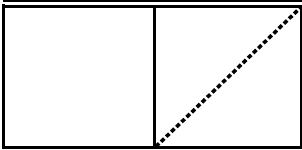


Level 2 Bars

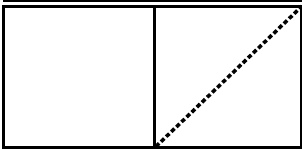
D. Hanford

	Back Hip Pullover	Cast	Back Hip Circle	Single Leg Cut Fwd	OK to hook knee Forward Stride Circle OR Single Leg Basket Swing	Single Leg Swing Backward	Underswing DISMOUNT	Cast Squat on, Pike on, Sole circle DISMOUNT
					 OR 			or 
	0.6	0.4	0.4	0.2	0.4	0.2	0.6	0.6

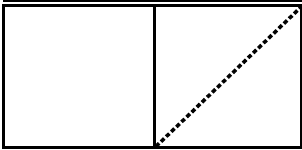
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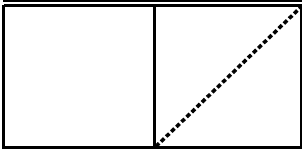
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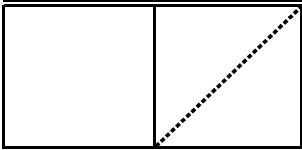
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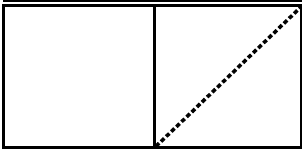
4



5









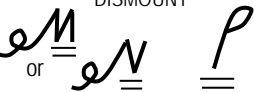


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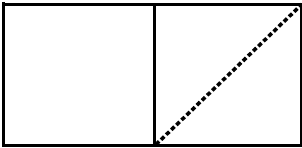


Level 2 Bars

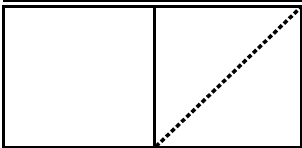
D. Hanford

	Back Hip Pullover	Cast	Back Hip Circle	Single Leg Cut Fwd	OK to hook knee		Single Leg Swing Backward	Underswing DISMOUNT	Cast Squat on, Pike on, Sole circle DISMOUNT
					Forward Stride Circle 	OR Single Leg Basket Swing 			or 
	0.6	0.4	0.4	0.2	0.4		0.2	0.6	0.6

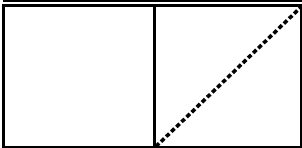
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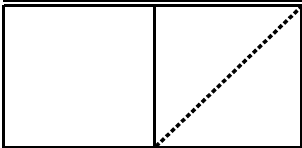
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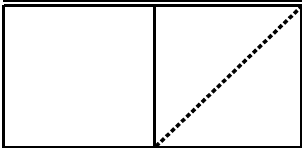
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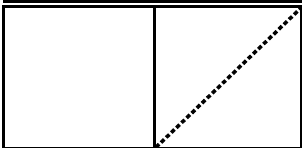
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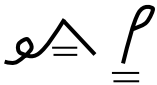
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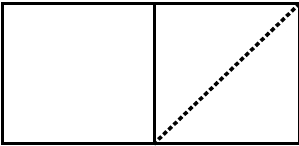
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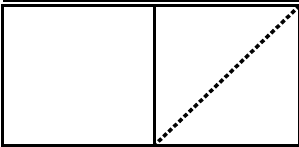
Level 1 Bars

	Back Hip Pullover 	Cast 	Back Hip Circle 	Underswing DISMOUNT 	or	Cast Straddle-on, Sole circle DISMOUNT 
	0.6	0.4	0.4	0.6		0.6

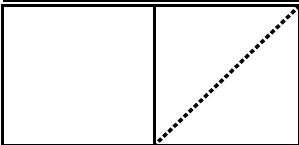
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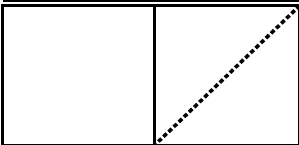
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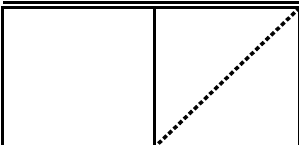
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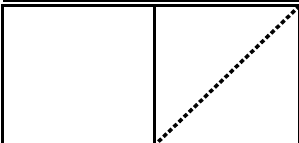
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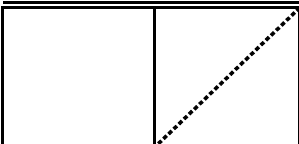
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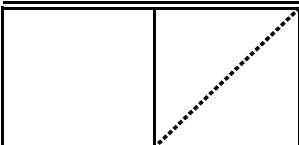
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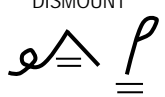
7



8



Level 1 Bars

	Back Hip Pullover 	Cast 	Back Hip Circle 	Underswing DISMOUNT 	or	Cast Straddle-on, Sole circle DISMOUNT 
	0.6	0.4	0.4	0.6		0.6

