



NGA MEN'S PROGRAM	
High Bar Routine Examples	
Level 1	
	From Hang Straddle up toes on bar Pull over Cast Back hip circle Cast dismount
Level 2	
	From Hang pull Stalter Basket 2 swings in basket 2 Tap Swings, Pullover, cast back hip circle, Cast dismount
Level 3	
	From Hang pull to Endo Basket with 2 swings in Basket, 2 Tap Swings, Pullover, cast back hip circle, Cast, Free Hip Dismount
Level 4	
	2 Tap Swings, 1/2 Turn, Kip, Cast, Back Hip, Flyaway
Level 5	
	Kip, Cast, 3/4 Giant, Free Hip, 2+ Tap Swings 2 Times, Flyaway
Level 6	
	Kip, Cast, Free Hip, Cast Back Giant, 1/2 Turn, Tap Swing, Layout Flyaway
Level 7	
	Kip, Cast, Back Giant, Giant 1/2 Turn, Tap Swing, 3/4 Giant, Cast, Front Giant, Giant Pirouette, Flyaway