



NGA MEN'S PROGRAM
Pommel Horse Routine Examples
Level 1
1: 1 1/2 circles to rear support 2: 1 1/2 circle continuing past rear support
Level 2
1: 3 1/2 circles to rear support 2: 3 1/2 circle continuing past rear support
Level 3
1: 3 circles + 1/2 spindle in one circle + 3 circles + flank dismount
Level 4
1: 3 circles + czechkehr + 2 circles + stockli A + 3 flairs + 2 circles + flank dismount 2: 2 circles + 1/2 spindle + 3 circles + stockli A + 2 circles + czechkehr + 2 circles + flank dismount
Level 5
1: 2 circles + stockli A + 2 circles + czechkehr + 2 circles + 1/2 spindle in one circle + 2 circles + 180 russian + flank dismount 2: 2 circles + 180 russian + 2 circles + czechkehr + 2 circles + stockli A + 2 circles + 3 flairs + flank dismount
Level 6
1: loop + magyar + 1/2 spindle + 1/4 turn backward + czechkehr + 1/4 turn backward + 360 russian + wende (add circles where needed) 2: Circle on end + 3/3 fwd travel sideways + stockli A + 1/2 spindle + 1/4 turn backward + 180 russian + wende (add circles where needed)
Level 7