

Parallel Bars - Common Junior/FIG Skills				
A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
Group I - Support				
Swing HS (2 sec)	Stutz Support (L7,8,9)	Stutz HS (1 or 2 bars)	Stutz/Back Toss 1/4 (1 rail)	
L (2sec)	Back Toss Support (L7,8,9)	Back Toss HS (1 or 2 bars)	Back Toss HS 1 Bar (conn to Healy)	
Straddle cut Support or L (2 sec)	Reverse Cut HS	Diamidov 1/4 to upper Arm		5/4 Straddle Front to Glide
Rev Straddle Cut Support	Back Stutz	Diamidov HS	Diamidov 1/4 or 1/2	Makuts
	Healy to Upper Arm		Healy	Healy (following 1 Bar Swing B or higher)
1/2 Pirouette	Hop Pirouette	3/4 Hop Pirouette	1/1 Hop Pirouette	
	1/1 Pirouette	Piked Front Salto to support		
	Press HS (2 sec)			
	1 Rail HS 1/2 or 3/4 Turn			
Group II - Upper Arm				
Front Uprise	Front Uprise Reverse Cut HS			Front Uprise Stutz
	Back Roll HS (Streli)			Front Uprise 1/2 Salto to hang (Dalton)
	Back Uprise HS	Back Uprise Hop 1/2 to HS	Back Uprise Piked Front Salto	
Back Uprise Straddle Cut Bent Arms	Back Uprise Straddle Cut St Arms			
	Back Uprise Back Stutz			
Group III - Long Hang/Basket				
Glide Kip	Glide Kip Reverse Cut HS		Tippelt	Bhavsar
	Tuck Moy	Straight Moy	1 Bar Free Hip 1/4 to HS	
Cast to Upper Arm	Cast Support	Giant to 1 or 2 Bars	Giant HS 1 Bar (conn to Healy)	Giant Diamidov
	1 Bar Glide Kip Straddle L HS	1 Bar Glide Kip Stoop HS	Peach HS (also 1/4 and 1 Bar)	Giant 1/2 Salto to hang
Peach Glide	Peach Support	Peach Straddle Cut		Peach 1/2 or 3/4 HS
	Giant through HS			Peach HS 1 Bar (conn to Healy)
Group IV - Dismount				
Front Salto Pike or Stretch (also 1/2)	(L9) Front Salto Pike or Str 1/2	Front Salto Pike or Stretch 1/1 or 3/2		Double Front Tuck also 1/2
	Double Back Tuck from End	Double Back Tuck	Double Back Pike	
Back Salto Pike or Stretch (also 1/2)	(L9) Back Salto 1/2 Stretch	Back Salto Pike or Str 1/1 or 3/2		Double Front Pike also 1/2 (F)
		Double Frontk Tuck from End		
Back Layout off End		Giant Double Back Tuck off End	Giant Double Back Pike off End	Double Back 1/1 (G)
Jr FIG D Panel:			JO A Skills	
<ul style="list-style-type: none"> ● FIG Dsmt (D) ● L10 Dsmt (C) ● L9 Dsmt (B) ● L8 Dsmt (A) ● No dismount = Count 7 total skills, No EG IV ● L7 1/2 Empty swing allowed before any skill ● L8,9 1/2 Empty swing allowed before EG III skill 			<ul style="list-style-type: none"> ● Count dismount first then 7 highest skill ● 5 skills allowed from Groups I - III ● Max 2 Giants ● Max 2 Peach 	
			V or Manna	Drop Kip
			Moy Upper Arm	Back Uprise Support
			Flank/Stutz/WendyDsmt	Shoulder Stand
			Front or Back Salto Tuck Dsmt	Forward Roll