
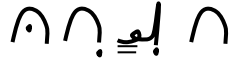

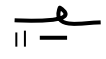


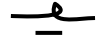




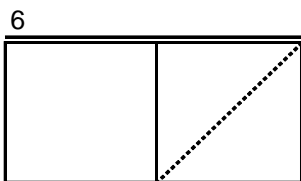
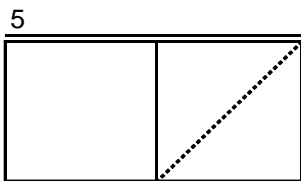
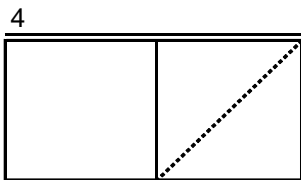
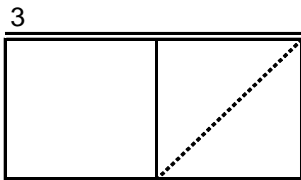
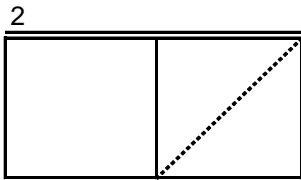
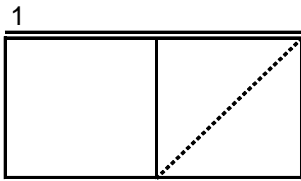

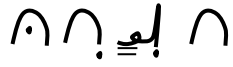

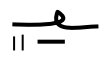
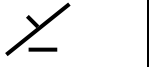

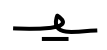






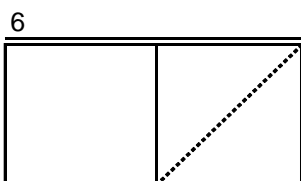
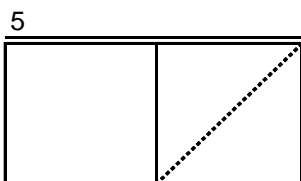
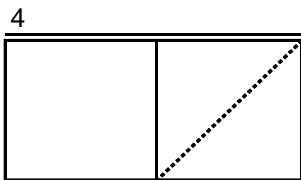
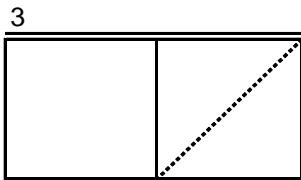
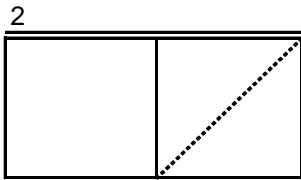
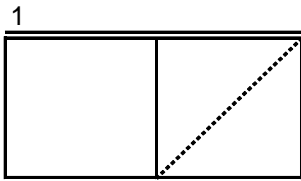
Level 5 Balance Beam Time 1:10

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150°</p>  <p>Broken connection -0.05</p>	<p>Sissone <i>Back leg horizontal</i> <i>Front leg 45°</i></p> 	<p>Scale Above Horizontal 1 sec hold</p> 	<p>Straight Leg Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Cartwheel</p> 	<p>Stretch Jump</p>  <p>Broken connection -0.05</p>	<p>Back Salto Tuck DISMOUNT</p> 
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.2	0.6








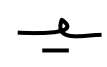

Level 5 Balance Beam Time 1:10

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150°</p>  <p>Broken connection -0.05</p>	<p>Sissone <i>Back leg horizontal</i> <i>Front leg 45°</i></p> 	<p>Scale Above Horizontal 1 sec hold</p> 	<p>Straight Leg Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Cartwheel</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Back Salto Tuck DISMOUNT</p> 
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.2	0.6

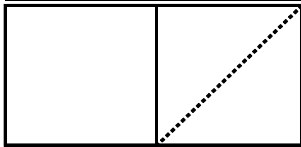


Level 4 Balance Beam

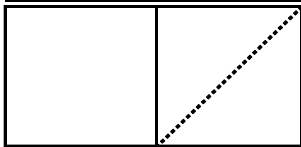
Time 1:05

MOUNT: Front Support Fish Pose <i>Stag sit to stand</i> 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump	Split Jump 120°	Handstand <i>1 second hold</i> 	Scale horizontal <i>1 second hold</i> 	Straight Leg Leap 120° 	Cartwheel to Side HS, ¼ Turn DISMOUNT <i>1 second hold</i> 
			Reversing order -0.3					
0.2	0.6	0.4	0.2	0.4	0.6	0.4	0.6	0.6

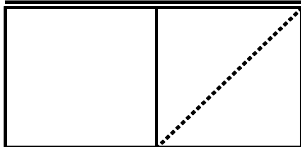
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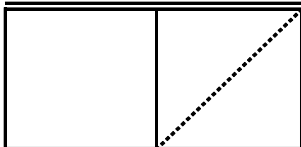
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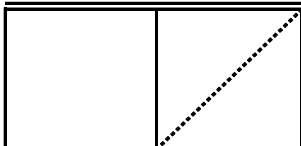
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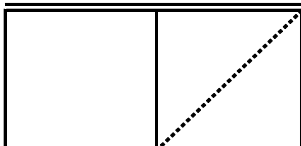
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5






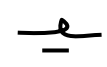




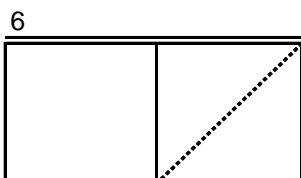
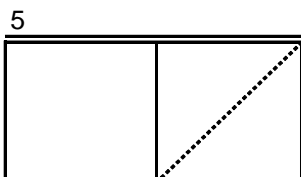
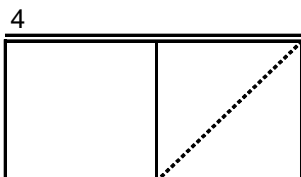
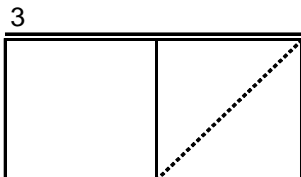
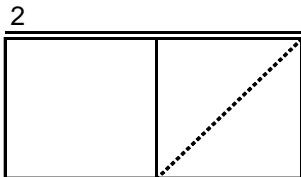
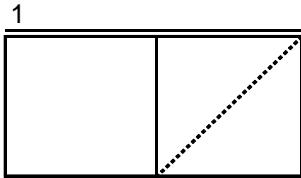
6



Level 4 Balance Beam

Time 1:05








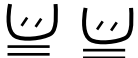

MOUNT: Front Support Fish Pose <i>Stag sit to stand</i> 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump Split Jump 120° Reversing order -0.3	Handstand <i>1 second hold</i> 	Scale horizontal <i>1 second hold</i> 	Straight Leg Leap 120° 	Cartwheel to Side HS, ¼ Turn DISMOUNT <i>1 second hold</i> 
			Broken connection -0.05 				
0.2	0.6	0.4	0.2 0.4	0.6	0.4	0.6	0.6

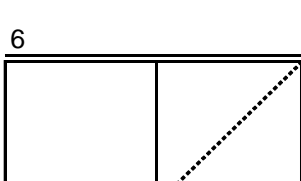
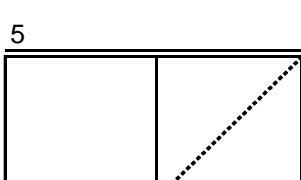
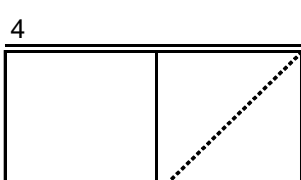
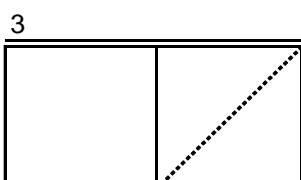
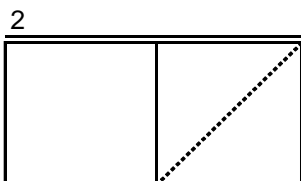
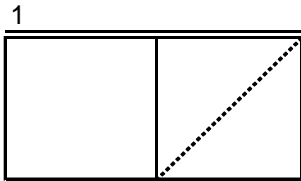


Level 3 Balance Beam

Time 0:55

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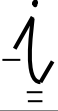






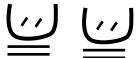

MOUNT: Front Support Fish Pose <i>Stag sit to stand</i> 	Cross Handstand <i>Mark position</i> 	Heel Snap ½ Turn Forward Passé  Not heel snap -0.3	Stretch Jump 	Stretch Jump <i>plié to relevé lock</i> 	Arabesque 45° <i>Hold 1 sec</i> 	Straight Leg Leap 90° 	2 Pivot Turns (180°) <i>from relevé lock</i> 	Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i> 
0.2	0.6	0.4	0.4	0.4	0.4	0.6	0.2 0.2	0.6

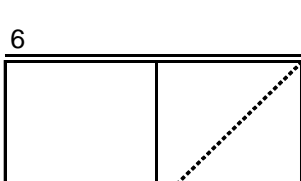
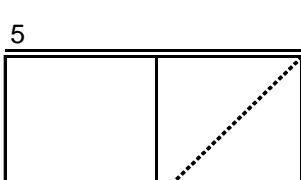
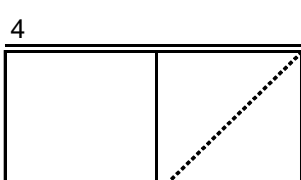
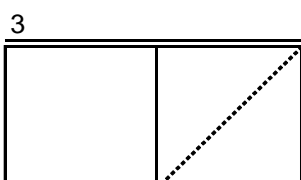
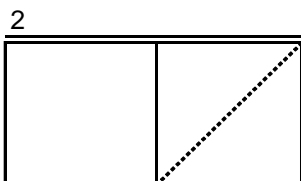
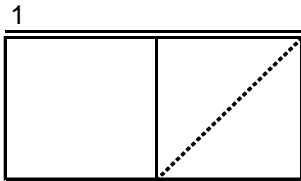


Level 3 Balance Beam

Time 0:55

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




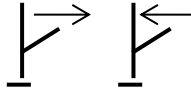


<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p>  <p>0.2</p>	<p>Cross Handstand <i>Mark position</i></p>  <p>0.6</p>	<p>Heel Snap ½ Turn Forward Passé</p>  <p>Not heel snap -0.3 0.4</p>	<p>Stretch Jump</p>  <p>0.4</p>	<p>Stretch Jump <i>plié to relevé lock</i></p>  <p>Broken connection -0.05 0.4</p>	<p>Arabesque 45° <i>Hold 1 sec</i></p>  <p>0.4</p>	<p>Straight Leg Leap 90°</p>  <p>0.6</p>	<p>2 Pivot Turns (180°) <i>from relevé lock</i></p>  <p>0.2 0.2</p>	<p>Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i></p>  <p>0.6</p>
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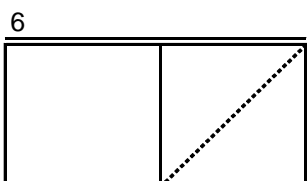
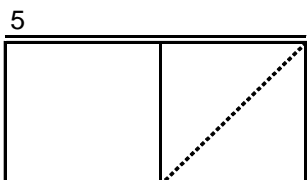
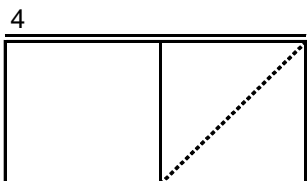
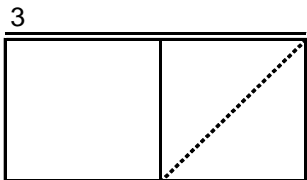
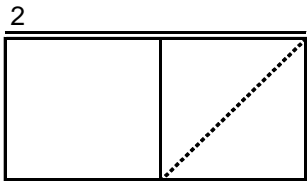
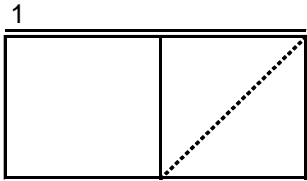


Level 2 Balance Beam

Time 0:40

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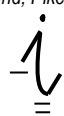

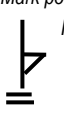


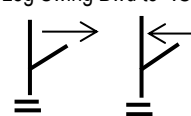


<p>MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i></p> 	<p>Single Leg Kick-up to Stand <i>(no amplitude)</i></p>  <p><i>Both feet leave beam</i></p>	<p>Forward Passé <i>Mark position, Relevé out</i></p> 	<p>Stretch Jump <i>(plié to relevé lock)</i></p> 	<p>Arabesque 30° <i>1 second hold</i></p> 	<p>Leg Swing Fwd Horizontal Leg Swing Bwd to 45°</p> 	<p>½ Pivot Turn (180°) <i>from Relevé lock stand</i></p> 	<p>Cartwheel to Side HS DISMOUNT</p> 
0.2	0.4	0.2	0.4	0.4	0.2 0.2	0.2	0.6

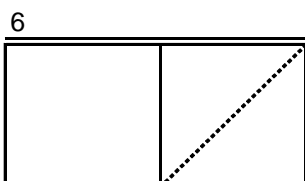
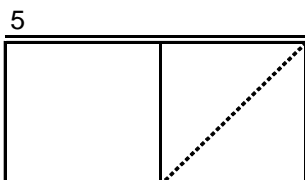
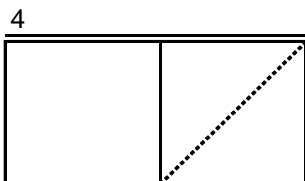
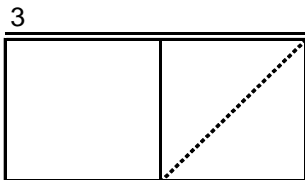
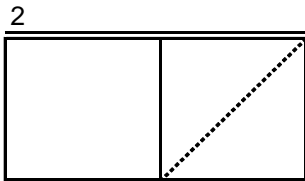
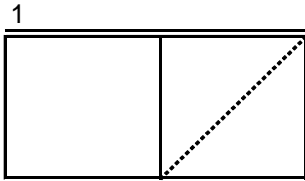


Level 2 Balance Beam

Time 0:40

D.Hanford 7/2021







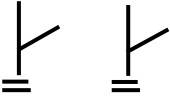

<p>MOUNT: Jump to Front Support (to Single leg V sit, Tuck stand, Pike stand)</p>  <p>0.2</p>	<p>Single Leg Kick-up to Stand (no amplitude)</p>  <p>Both feet leave beam</p> <p>0.4</p>	<p>Forward Passé Mark position, Relevé out</p>  <p>0.2</p>	<p>Stretch Jump (plié to relevé lock)</p>  <p>0.4</p>	<p>Arabesque 30° 1 second hold</p>  <p>0.4</p>	<p>Leg Swing Fwd Horizontal Leg Swing Bwd to 45°</p>  <p>0.2 0.2</p>	<p>½ Pivot Turn (180°) from Relevé lock stand</p>  <p>0.2</p>	<p>Cartwheel to Side HS DISMOUNT</p>  <p>0.6</p>
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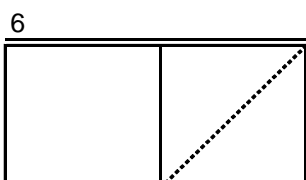
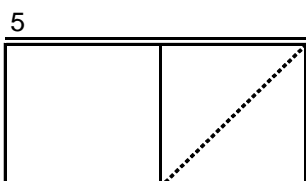
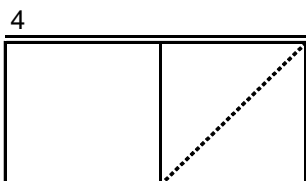
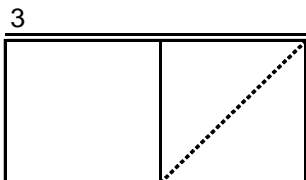
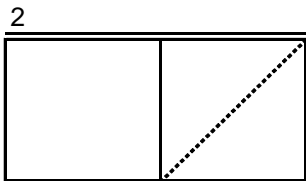
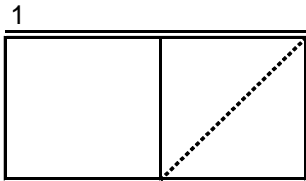


Level 1 Balance Beam

Time 0:35

D.Hanford 7/2021







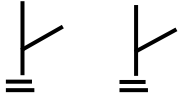

<p>MOUNT: Jump to Front Support (to Single leg V sit, Tuck stand, Pike stand)</p> 	<p>Needle Leg Kick (≥ horizontal)</p> 	<p>Relevé Balance Lock Stand 2 seconds</p> 	<p>Forward Passé Mark position</p> 	<p>Stretch Jump (plié to relevé lock)</p> 	<p>Arabesque 30° Mark position</p> 	<p>Right & Left Fwd Leg Swings (to relevé lock stand)</p> 	<p>Cartwheel to ¾ HS Dismount (from Kneel to Lunge pose) 22.5°</p> 	
0.2	0.4	0.2	0.2	0.4	0.4	0.2	0.2	0.6



Level 1 Balance Beam

Time 0:35

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<p>MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i></p> 	<p>Needle Leg Kick <i>(≥ horizontal)</i></p> 	<p>Relevé Balance Lock Stand <i>2 seconds</i></p> 	<p>Forward Passé <i>Mark position</i></p> 	<p>Stretch Jump <i>(plié to relevé lock)</i></p> 	<p>Arabesque 30° <i>Mark position</i></p> 	<p>Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i></p> 	<p>Cartwheel to ¼ HS Dismount <i>(from Kneel to Lunge pose)</i> 22.5°</p> 	
0.2	0.4	0.2	0.2	0.4	0.4	0.2	0.2	0.6

