

Level 1 Bars

D. Hanford 8.3.2023

Back Hip Pullover



0.6

Cast



0.4

Back Hip Circle



0.4

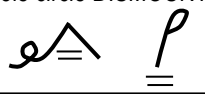
Underswing DISMOUNT



0.6

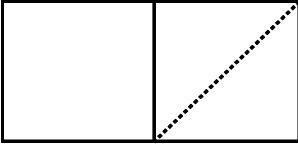
or

Cast Straddle-on,
Sole circle DISMOUNT

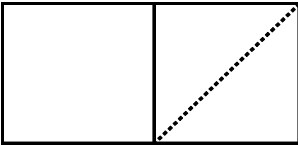


0.6

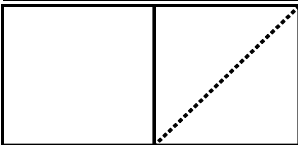
1



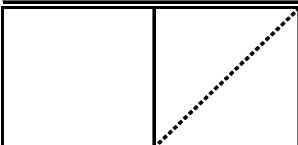
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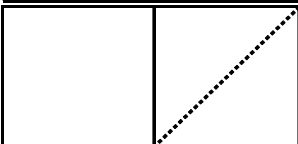
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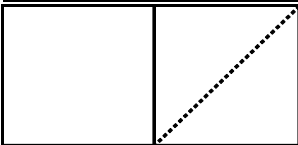
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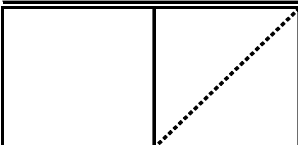
5



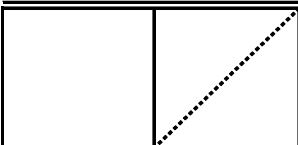
6



7



8



Level 1 Bars

D. Hanford 8.3.2023

Back Hip Pullover



0.6

Cast



0.4

Back Hip Circle



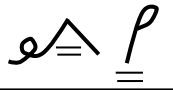
0.4

Underswing DISMOUNT



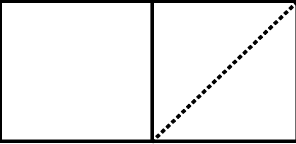
0.6

Cast Straddle-on,
Sole circle DISMOUNT

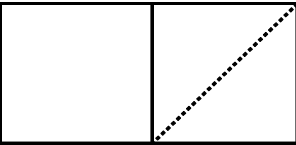


0.6

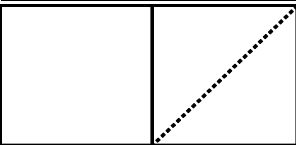
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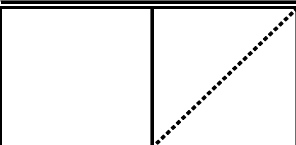
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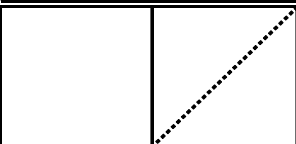
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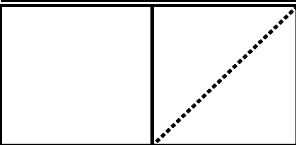
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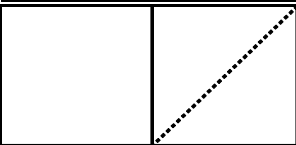
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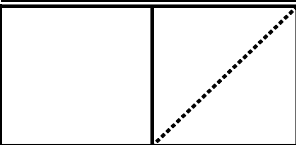
6



7



8



Level 2 Bars

D. Hanford 8.3.2023

Glide & Return



0.2

Back Hip Pullover



0.4

Cast



0.4

Cast



0.4

Back Hip Circle



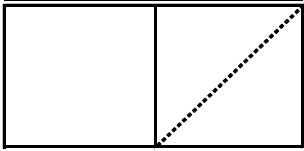
0.4

Underswing DISMOUNT

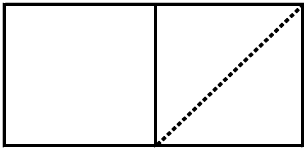


0.6

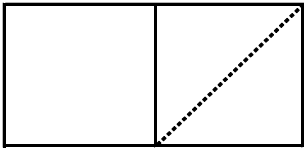
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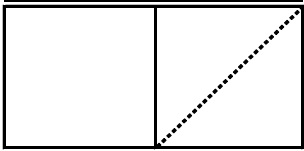
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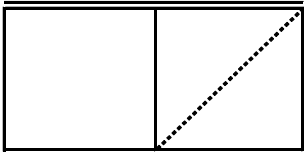
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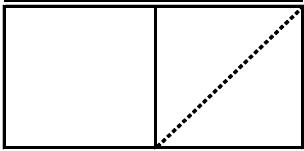
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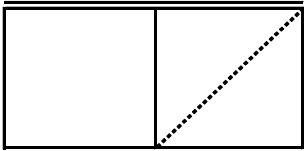
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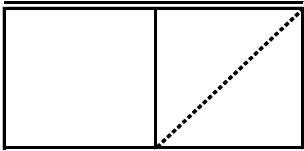
6



7



8



Level 2 Bars

D. Hanford 8.3.2023

Glide & Return



0.2

Back Hip Pullover



0.4

Cast



0.4

Cast



0.4

Back Hip Circle



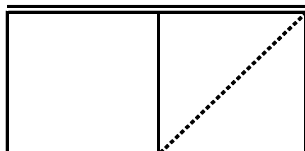
0.4

Underswing DISMOUNT

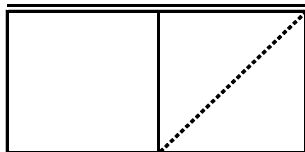


0.6

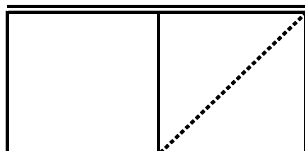
1



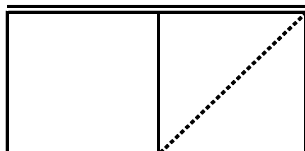
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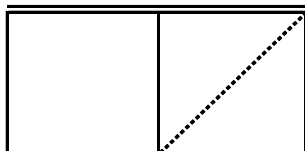
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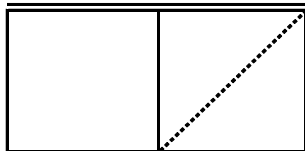
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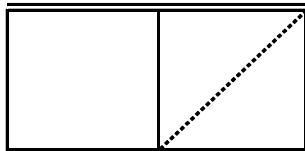
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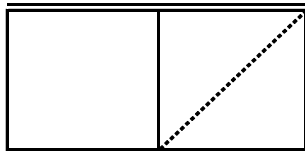
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7








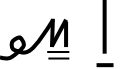


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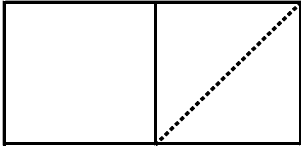


Level 3 Bars

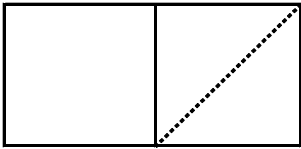
D. Hanford 8.3.2023

Glide & Return	Back Hip Pullover	OR	Glide Kip <i>Straddle or Pike</i>	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, <i>return</i>	Cast Squat-on, Stretch Jump DISMOUNT
								
0.2	0.4		0.6	0.2	0.4	0.4	0.4	0.6

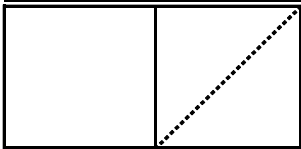
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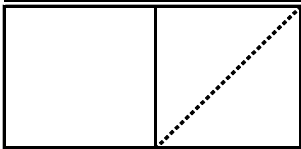
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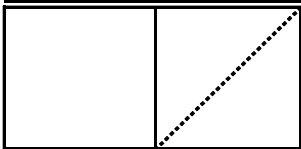
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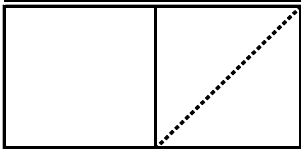
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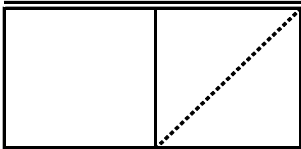
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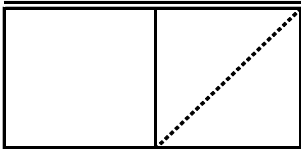
6



7








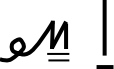


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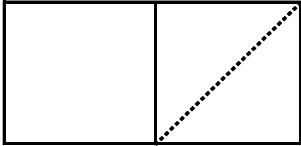


Level 3 Bars

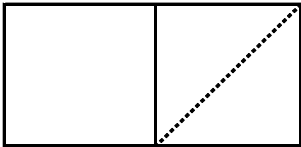
D. Hanford 8.3.2023

Glide & Return	Back Hip Pullover	OR	Glide Kip <i>Straddle or Pike</i>	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, <i>return</i>	Cast Squat-on, Stretch Jump DISMOUNT
								
0.2	0.4		0.6	0.2	0.4	0.4	0.4	0.6

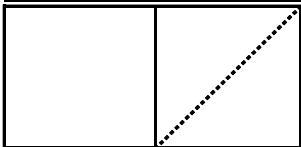
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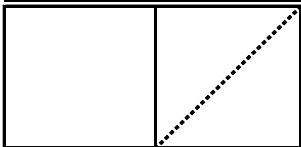
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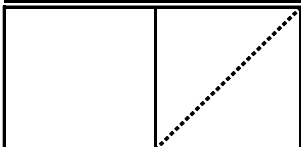
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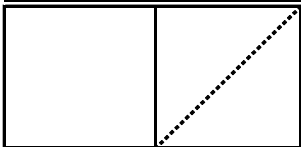
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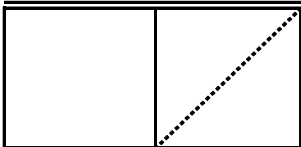
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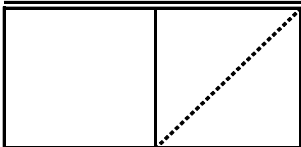
6












7



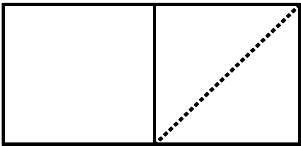
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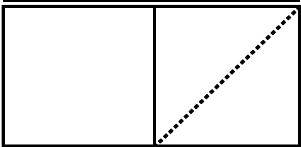
Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast to horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	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

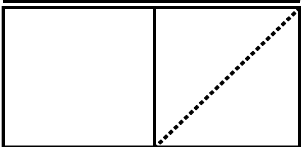
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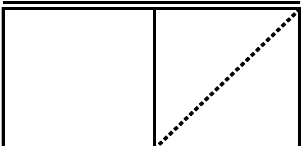
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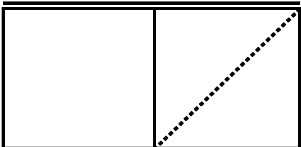
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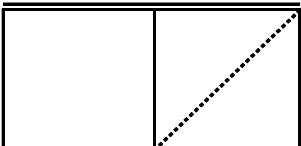
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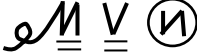






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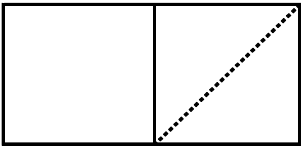
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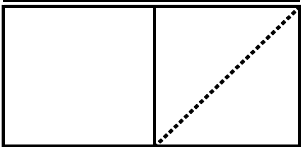
Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast to horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast to horizontal 	Back Hip Circle 	Underswing 1st Counterswing 30° 	Tap Swing, 2nd Counterswing 30° 	Tap Swing 1/2 Turn Dismount 
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6

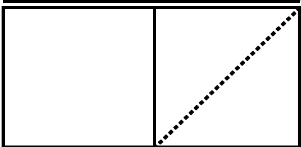
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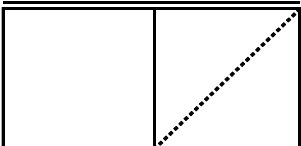
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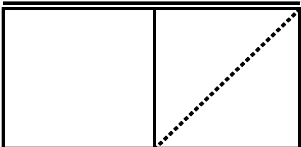
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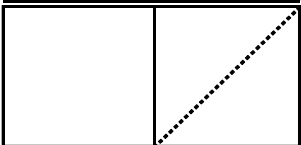
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


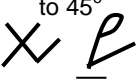

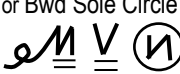




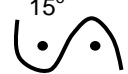
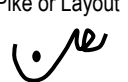

5



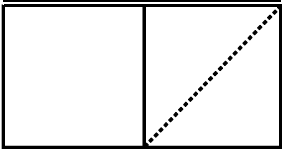
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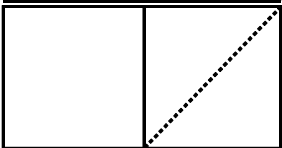
Level 5 Bars

MOUNT: Straddle or Glide Kip	Cast above horizontal	Clear Hip above horiz.	Clear Stalder or Sole Circle to 45°	Glide Kip	Cast Squat-on or Pike-on or Bwd Sole Circle	Long Hang Kip	Cast above horizontal	Long Hang Pullover	Underswing 1st Counterswing 15°	Tap Swing, 2nd Counterswing 15°	10.0 DISMOUNT Flyaway -Tuck, Pike or Layout	9.5 SV Tap swing ½ Turn
												
0.6	0.4	0.6	0.6	0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6	0.6

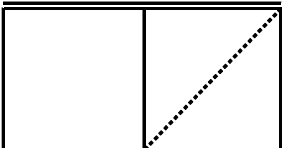
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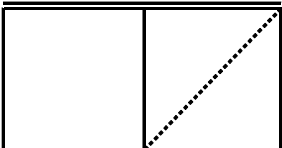
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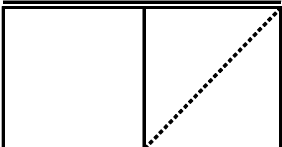
3



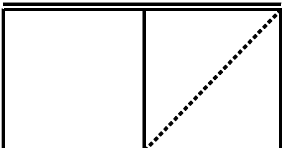
4






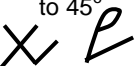

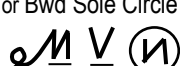





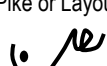
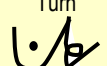
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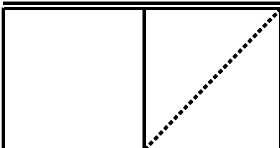
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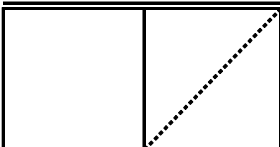
Level 5 Bars

MOUNT: Straddle or Glide Kip 	Cast above horizontal 	Clear Hip above horiz. 	Clear Stalder or Sole Circle to 45° 	Glide Kip 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast above horizontal 	Long Hang Pullover 	Underswing 1st Counterswing 15° 	Tap Swing, 2nd Counterswing 15° 	10.0 DISMOUNT Flyaway -Tuck, Pike or Layout 	9.5 SV Tap swing 1/2 Turn 
0.6	0.4	0.6	0.6	0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6	0.6

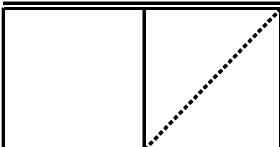
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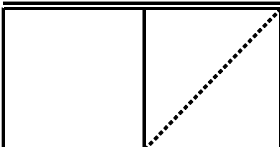
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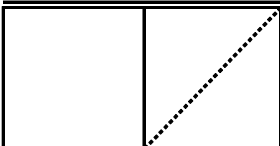
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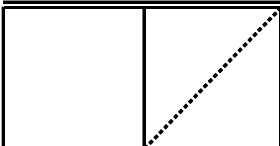
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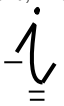





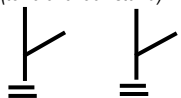

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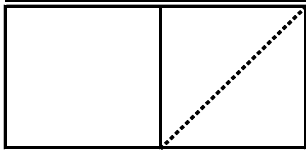
Level 1 Balance Beam

Time 0:35

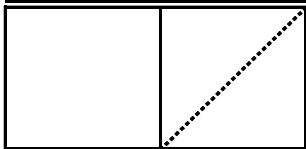
D.Hanford 8.3.2023

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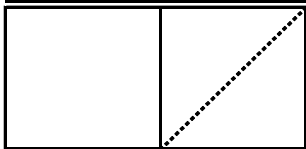
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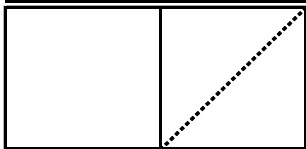
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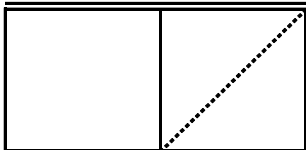
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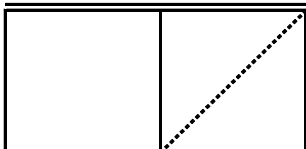
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





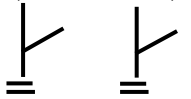

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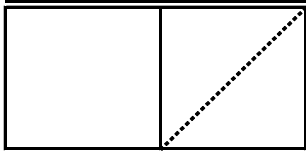
Level 1 Balance Beam

Time 0:35

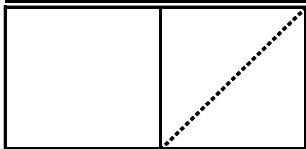
D.Hanford 8.3.2023

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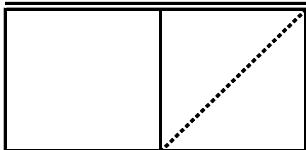
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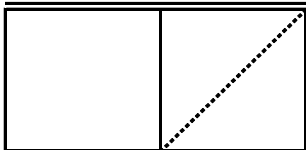
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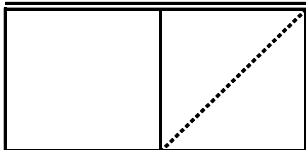
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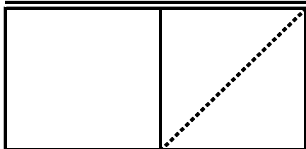
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




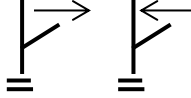


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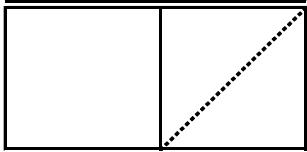
Level 2 Balance Beam

Time 0:40

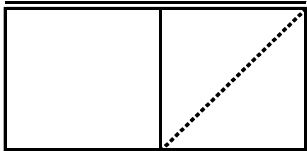
D.Hanford 8.3.2023

<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>DISMOUNT <i>Cartwheel to Side HS</i></p> 
<p>0.2</p>	<p>0.4</p>	<p>0.2</p>	<p>0.4</p>	<p>0.4</p>	<p>0.2 0.2</p>	<p>0.2</p>	<p>0.6</p>

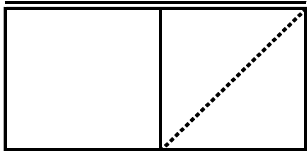
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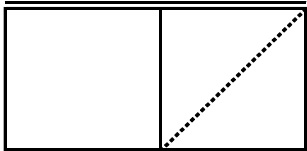
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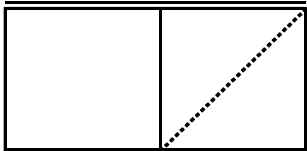
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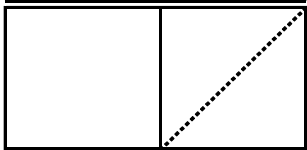
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5



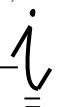




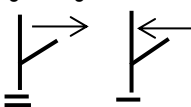


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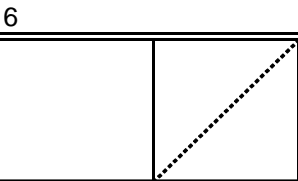
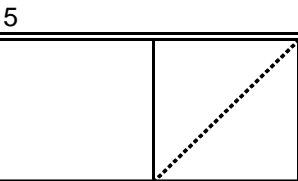
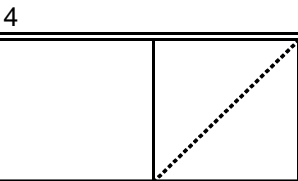
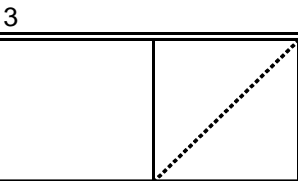
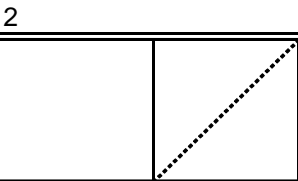
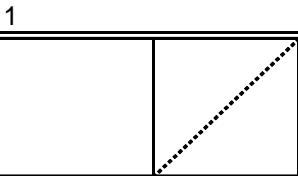


Level 2 Balance Beam

Time 0:40

D.Hanford 8.3.2023








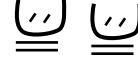

<p>MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i></p> 	<p>Single Leg Kick-up to Stand <i>(no amplitude)</i></p>  <p><i>Both feet leave beam</i></p>	<p>Forward Passé <i>Mark position, Relevé out</i></p> 	<p>Stretch Jump <i>(plié to relevé lock)</i></p> 	<p>Arabesque 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



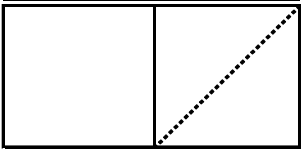
Level 3 Balance Beam

Time 0:55

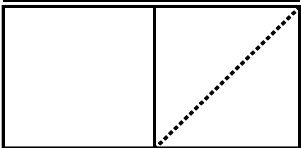
D.Hanford 8.3.2023

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>  Broken connection -0.05	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

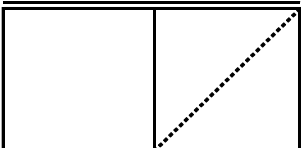
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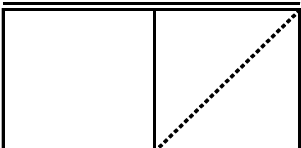
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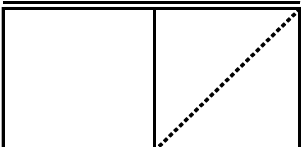
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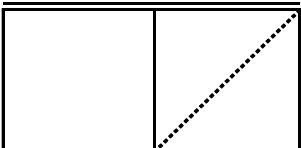
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5



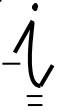






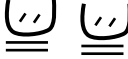

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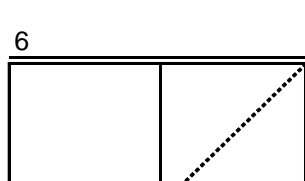
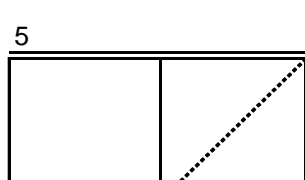
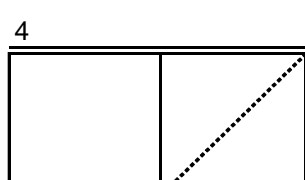
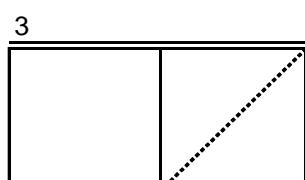
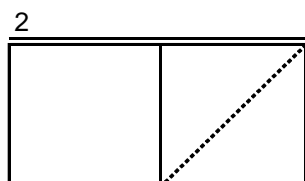
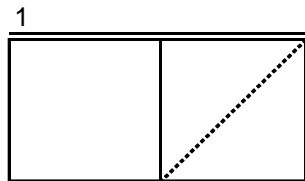


Level 3 Balance Beam

Time 0:55

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



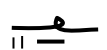


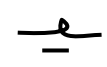

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p>  <p>0.2</p>	<p>Cross Handstand <i>Mark position</i></p>  <p>0.6</p>	<p>Heel Snap ½ Turn Forward Passé</p>  <p>Not heel snap -0.3</p> <p>0.4</p>	<p>Stretch Jump</p>  <p>0.4</p>	<p>Stretch Jump <i>plié to relevé lock</i></p>  <p>Broken connection -0.05</p> <p>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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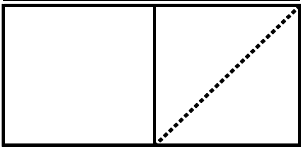
Level 4 Balance Beam

Time 1:05

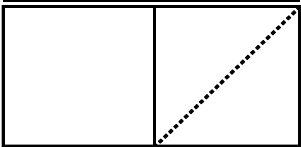
D.Hanford 8.3.2023

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> 
0.2	0.6	0.4	0.2 0.4	0.6	0.4	0.6	0.6

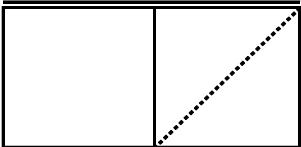
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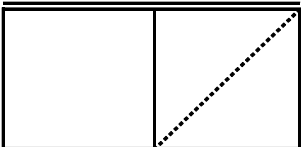
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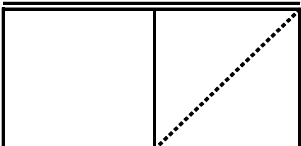
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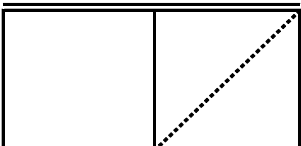
4



5







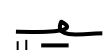


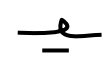

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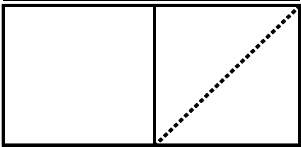
Level 4 Balance Beam

Time 1:05

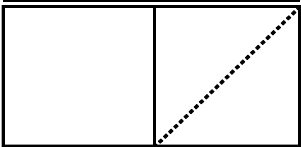
D.Hanford 8.3.2023

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

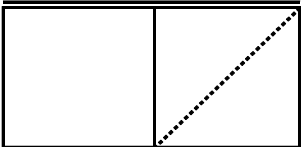
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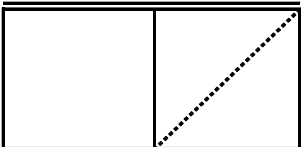
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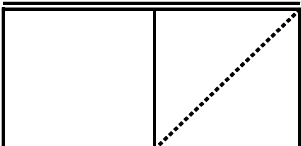
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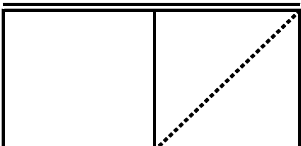
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5




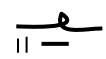
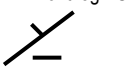






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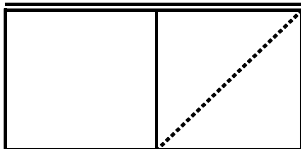


Level 5 Balance Beam Time 1:10

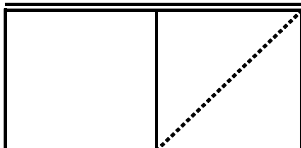
D.Hanford 8.3.2023

<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 Front leg 45°</i></p> 	<p>Scale Above Horizontal <i>1 sec hold</i></p> 	<p>Straight Leg Stretch Jump Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Cartwheel 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

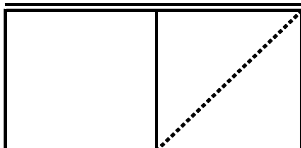
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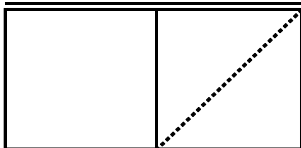
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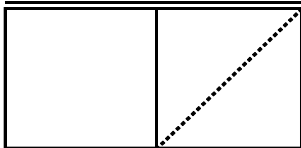
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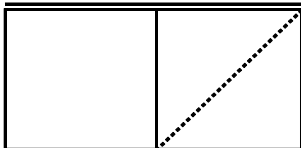
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5




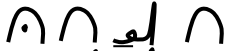







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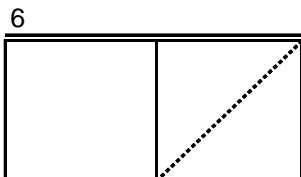
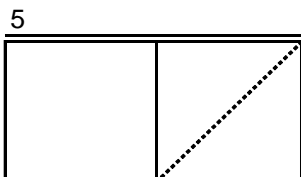
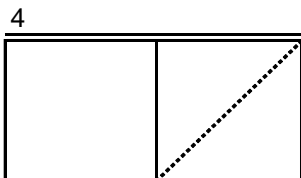
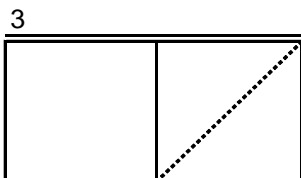
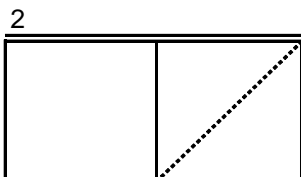
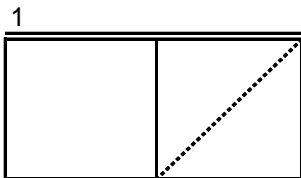


Level 5 Balance Beam









Time 1:10

D.Hanford 8.3.2023

<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 Front leg 45°</i></p> 	<p>Scale Above Horizontal <i>1 sec hold</i></p> 	<p>Straight Leg Leap 150° Stretch Jump</p>  <p>Broken connection -0.05</p>	<p>Cartwheel 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

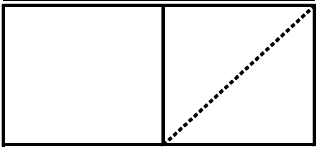


Level 1 Floor

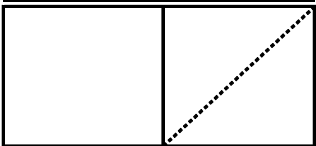
Cartwheel ¼ turn inward, close to stand  Arms cover ears 0.6	Back Roll Tuck  0.6	Candlestick  0.2	Forward Passé Balance  0.4	Forward Chassé  0.2	Stretch Jump  0.4	Forward Roll Tuck  0.4	¾ Handstand  Arms cover ears 0.4
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Tuck or pike entrance OK

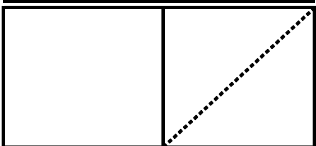
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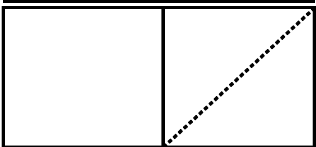
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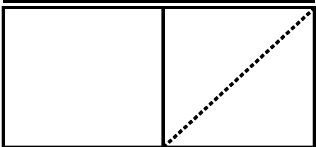
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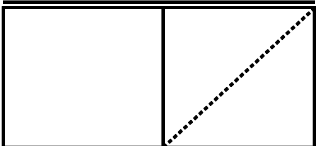
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






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6

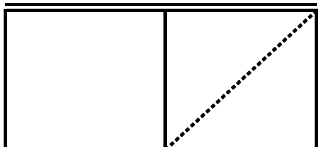


Level 1 Floor

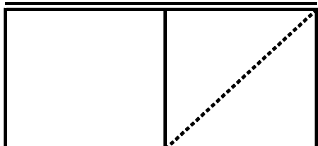
Cartwheel ¼ turn inward, close to stand  Arms cover ears 0.6	Back Roll Tuck  0.6	Candlestick  0.2	Forward Passé Balance  0.4	Forward Chassé  0.2	Stretch Jump  0.4	Forward Roll Tuck  0.4	¾ Handstand  Arms cover ears 0.4
---	---	--	--	---	---	--	---

Tuck or pike entrance OK

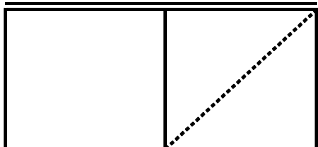
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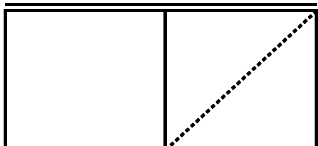
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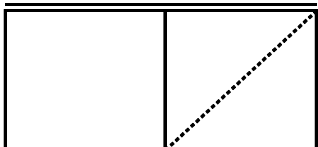
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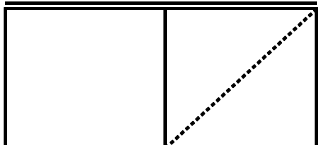
4







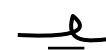




5



6

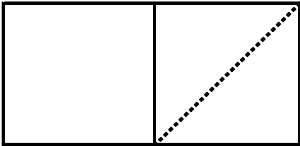


Level 2 Floor

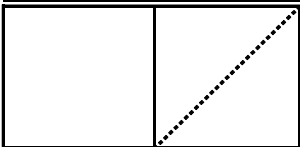
Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i>	Back Roll to push-up position 	Heel Snap ½ Turn Fwd Passé 	Forward Chassé 	Straight leg Leap 60° 	Split Jump 60° 	Handstand <i>1 second hold</i>  <i>Arms cover ears</i>	Candlestick 	Bridge-up, Kickover  <i>Arms cover ears</i>
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6

Tuck or pike entrance OK

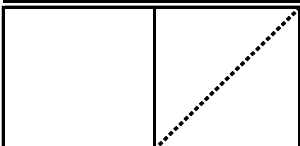
1



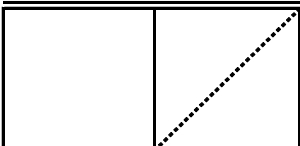
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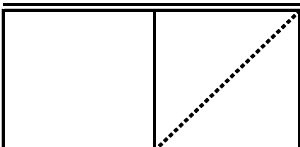
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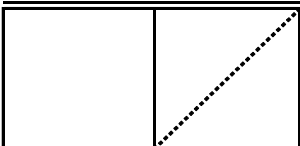
4







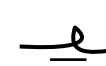




5



6

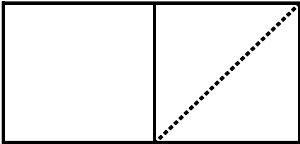


Level 2 Floor

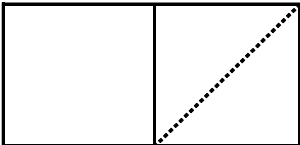
Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i>	Back Roll to push-up position 	Heel Snap ½ Turn Fwd Passé 	Forward Chassé 	Straight leg Leap 60° 	Split Jump 60° 	Handstand <i>1 second hold</i>  <i>Arms cover ears</i>	Candlestick 	Bridge-up, Kickover  <i>Arms cover ears</i>
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6

Tuck or pike entrance OK

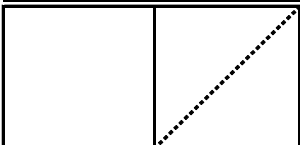
1



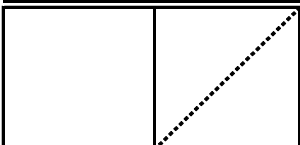
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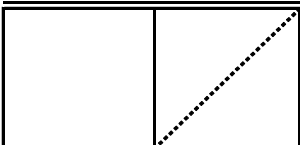
3



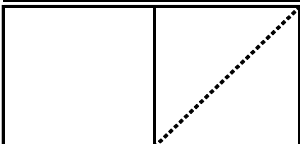
4



5






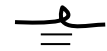





6

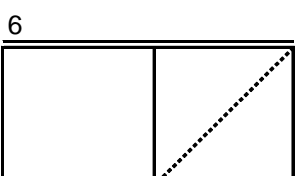
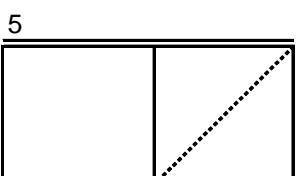
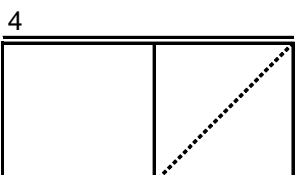
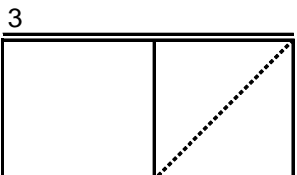
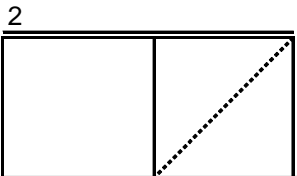
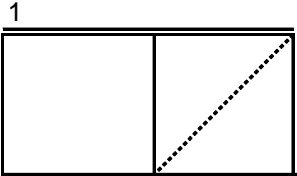


Level 3 Floor

D.Hanford 8.3.2023










Handstand Fwd Roll, <i>straight arms</i> 1 second hold 	Straight Leg Leap 90° 	Stretch Jump 	Split Jump 90° 	Handstand, Bridge, Back kick-over 120° 	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° <i>lower to Push-up</i> 	Round-off Flic-Flac <i>,Rebound</i> 
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.4	0.4 0.6

Tuck or pike entrance OK

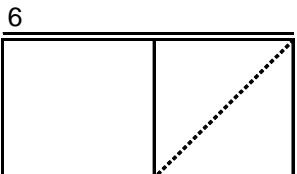
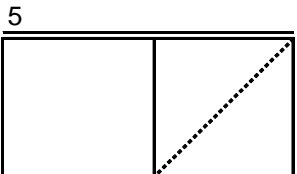
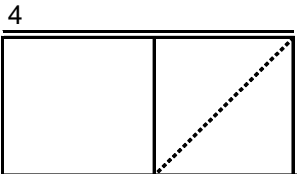
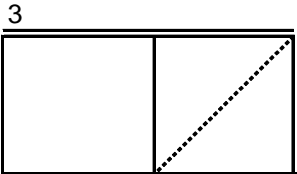
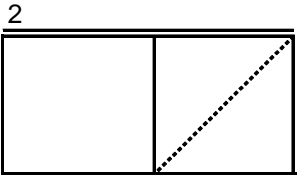
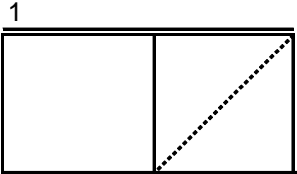


Level 3 Floor

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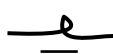




Handstand Fwd Roll, <i>straight arms</i> 1 second hold 	Straight Leg Leap 90° 	Stretch Jump  Broken connection -0.05	Split Jump 90°  //	Handstand, Bridge, Back kick-over 120°  Arms cover ears	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° lower to Push-up 	Round-off Flic-Flac ,Rebound 
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.4	0.4 0.6

Tuck or pike entrance OK



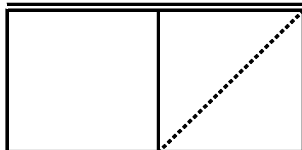
Level 4 Floor Exercise

D.Hanford 8.3.2023

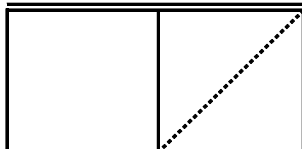
Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ←arms cover ears→	Back Roll HS Straight arms 	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Roundoff, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

Tuck or pike entrance OK

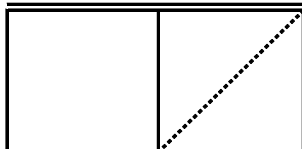
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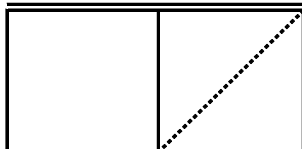
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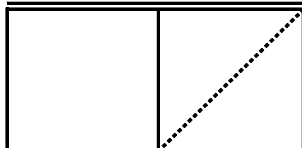
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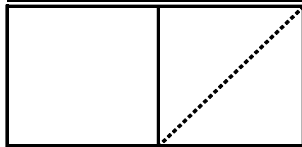
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5



6



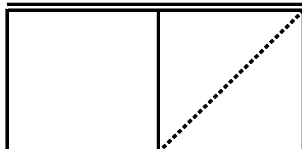
Level 4 Floor Exercise

D.Hanford 8.3.2023

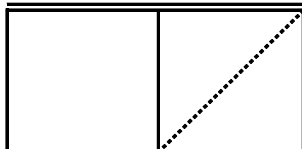
Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ← arms cover ears →	Back Roll HS Straight arms 	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Roundoff, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

Tuck or pike entrance OK

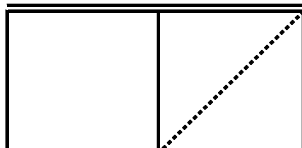
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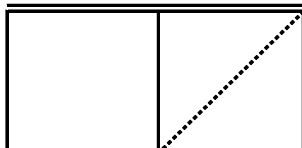
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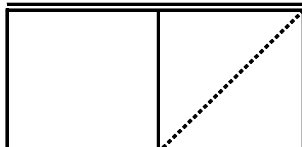
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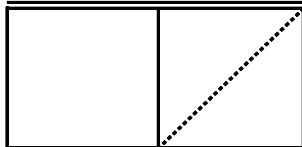
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5






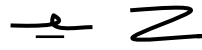






6



Level 5 Floor Exercise

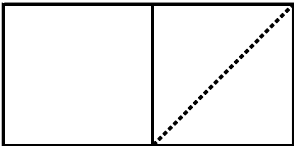
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Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out 	Cartwheel 	Back Roll HS Straight arms 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

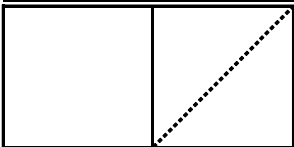
1 step or power hurdle ← arms cover ears →

Tuck or pike entrance OK

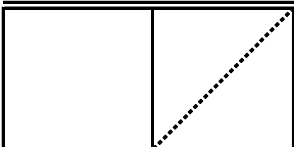
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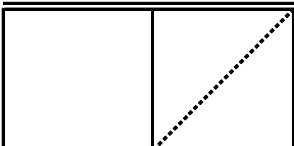
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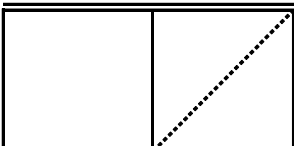
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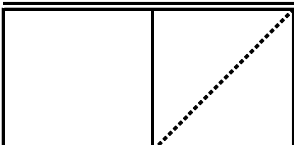
4



5






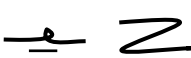






6



Level 5 Floor Exercise

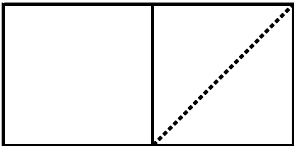
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Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover 	Fwd Handspring step-out Fwd Handspring step-out 	Cartwheel 	Back Roll HS Straight arms 	Stretch Jump Full Turn 	Straight Leg Leap or Switch Leap 150° 	Straddle Jump 150° 	Forward Splits 	1/1 Turn Fwd Passé 	Round-off, Flic-Flac, Back Tuck 
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

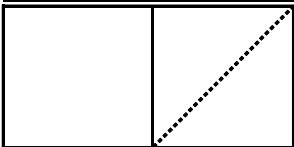
1 step or power hurdle ←arms cover ears→

Tuck or pike entrance OK

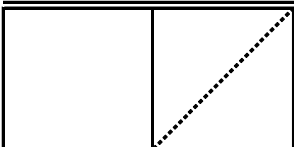
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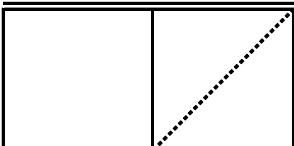
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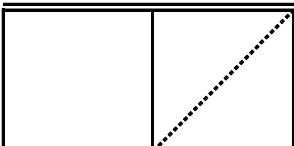
3



4



5



6

