

* Can Be Reversed

2021 - 2029 Elements in Order

B.Eberhardt 6/18/2021

Level 4 Bar Major Elements	VP
<u>Mount:</u> Straddle or Pike Glide Kip	0.60
Cast to Horizontal, Return to Front Support	0.40
Cast, Squat-On OR Pike-On, OR Backward Sole Circle	0.20
Long Hang Kip	0.60
Cast to Horizontal	0.40
Back Hip Circle	0.40
Underswing (combined with 1st Counterswing)	0.60
1st Counterswing (combined with Underswing)	0.60
Tap Swing Forward (combined with 2nd Counterswing)	0.60
2nd Counterswing (combined with Tap Swing)	0.60
<u>Dismount:</u> Tap Swing Forward with ½ Turn	0.60

Level 4 Beam Major Elements	VP
<u>Mount:</u> Front Support Fish Pose	0.20
*Cartwheel	0.60
* ½ (180°) Turn in Forward Passé	0.40
Stretch Jump	0.20
Split Jump (120°)	0.40
*Cross Handstand	0.60
Scale (Horizontal)	0.40
Straight Leg Leap (120°)	0.60
<u>Dismount</u> *Cartwheel to Side Handstand ¼ (90°) Turn	0.60

Level 4 Floor Major Elements	VP
*Backwalkover (150°)	0.40
*Front Handspring Step-Out	0.60
*Cartwheel	0.40
Straight Arm Backward Roll to Handstand	0.40
* Straight Jump ½ (180°) Turn	0.40
Straight Leg Leap (120°)	0.60
Straddle Jump (120°)	0.40
Forward Split	0.20
* 1/1 (360°) Turn in Forward Passé	0.40
*Round-Off	0.40
2 Flic-Flacs To Two Feet	ea 0.60

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Level 5 Bar Major Elements	VP
<u>Mount:</u> Straddle or Pike Glide Kip	0.60
Cast to Above Horizontal	0.40
Clear Hip Circle to Above Horizontal	0.60
<u>OR</u> *Backward Sole Circle to Clear Support	0.60
<u>OR</u> *Backward Stalder Circle to Clear Support	0.60
Straddle or Pike Glide Kip Mount	0.60
Cast, Squat-On <u>OR</u> Pike-On, <u>OR</u> Backward Sole Circle	0.20
Long Hang Kip	0.60
Cast to Above Horizontal	0.40
Long Hang Pullover	0.60
Underswing (combined with 1st Counterswing)	0.60
1st Counterswing (combined with Underswing)	0.60
Tap Swing Forward (combined with 2nd Counterswing)	0.60
2nd Counterswing (combined with Tap Swing)	0.60
Dismount: Tap Swing Forward to Flyaway (Tuck, Pike, or Stretched)	0.60

Level 5 Beam Major Elements	VP
<u>Mount:</u> Front Support Fish Pose	0.20
*Backwalkover (150°)	0.60
<u>OR</u> *Backward Roll to Minimum of 3/4 Handstand	
<u>OR</u> *Flic-Flac Step-Out	
<u>OR</u> *Flic-Flac to Two (2) Feet	
<u>OR</u> *Front Walkover	
* 1/1 (360°) Turn in Forward Passé	0.40
Split Jump (150°)	0.40
Sissonne	0.20
Scale (Above Horizontal)	0.40
Straight Leg Leap (150°)	0.60
Stretch Jump	0.20
*Cartwheel	0.60
Stretch Jump (Punch)	0.20
<u>Dismount:</u> Backward Salto Tucked	0.60

Level 5 Floor Major Elements	VP
Front Salto Tucked	0.60
<u>OR</u> *Aerial Cartwheel	
<u>OR</u> *Aerial Walkover Forward	
* 2 Front Handsprings Step-Out	ea 0.60
* Cartwheel	0.40
Straight Arm Backward roll to Handstand	0.40
* Stretch Jump 1/1 (360°) Turn	0.40
Straight Leg Leap (150°)	0.60
<u>OR</u> *Switch Leg Leap (150°)	
Straddle Jump (150°)	0.40
Forward Split	0.20
* 1/1 (360°) Turn in Forward Passé	0.40
*Round-Off	0.40
Flic-Flac	0.40
Backward Salto Tucked	0.60