

JO Level 1 UB

Pullover		Cast		Back hip Circle		Straddle on Underswing Dsmt		OR Unswing Dsmt	
6		4		4		6			
1 ft take-off	0.3	incorr body align	↑0.2	fail main hollow bp	↑0.2	ft btwn hds	0.2	fail main hollow bp	↑0.2
supp'l supp	0.3	lack ctrl	↑0.1	fail main hip con	↑0.2	alt ft place	0.2	fail main hip con	0.2
fail frt supp	↑0.1			lack continuity	↑0.1	lack ctrl in str	↑0.2	fail main neutral hd	↑0.1
						fail main hollow bp	↑0.2	insuff body extn	↑0.2
						fail main neutral hd	↑0.1	insuff distance	↑0.1
						insuff body extn	↑0.2	insuff amp flight	↑0.2
						insuff distance	↑0.1		
						insuff amp flight	↑0.2		

JO Level 2 UB

Pullover		Cast		Back Hip Circle		Single Leg Cut FWD		Forward Stride Circle/Single Leg Basket Swing		Single Leg Swing BWD		Cast, Squat on, Pike Sole Circle Dsmt		OR Underswing Dsmt	
6		4		4		2		6		2		6			
1 ft take-off	0.3	incorr body align	↑0.2	fail main hollow bp	↑0.2	leg/ft hit bar	↑0.2	no clear supp begin	↑0.2	leg/ft hit bar	↑0.2	ft outside hds	0.2	fail main hollow bp	↑0.2
supp'l supp	0.3	lack ctrl	↑0.1	fail main hip con	↑0.2	lack ctrl in re-grasp	↑0.1	no clear supp end	↑0.2	fail finish w/ ctrl	↑0.2	alt ft place	0.2	fail main hip con	0.2
fail frt supp	↑0.1			lack continuity	↑0.1	leg swing not cut	0.2			leg cut not swing	0.2	lack ctrl in squat	↑0.2	fail main neutral hd	↑0.1
												no tuck	↑0.1	insuff body extn	↑0.2
												fail main hollow bp	↑0.2	insuff distance	↑0.1
												fail main neutral hd	↑0.1	insuff amp flight	↑0.2
												insuff body extn	↑0.2		
												insuff distance	↑0.1		
												insuff amp flight	↑0.2		

Fall Time 45s

General Deductions for Whole Exercise

Insuff internal body amp (stretch/tight)	↑0.2
Insuff external amp away from bar	↑0.2
Mov't lacking dynamics	↑0.2
Incorrect body alignment during connections	↑0.3

JO Level 1 BB		Time Limit 30s							
Jump to Front Support	Pike Lying Position	Releve Balance	Arabesque (30°)	Forward Leg Swings	Lever	Leg Balance in Forward Passe	Stretch Jump	Cartwheel to 3/4 Side Hdstd Dsmt	
2	4	2	4	2 each	6	2	4	6	
no extrn in supp lack cont in turn	↑0.1 ↑0.1	no 90° hip angle fail hold 2s	↑0.2 ↑0.2	fail lift leg min 30° fail pause	↑0.1 0.05	see General Faults	fail reach hor fail hold 1s	↑0.2 ↑0.1	incorr leg pos 0.1 fail land ft simul 0.1 incorr hd placemt 0.1 lift hds b/f landing 0.1








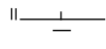
JO Level 2 BB		Time Limit 35s							
Jump to Front Support	Whip Swing to Push-up Position, Jump to Tuck Stand	Arabesque (30°)	Forward Leg Swing, Backward Leg Swing	Releve	Lever to Beam	Leg Balance in Forward Passe	Pivot Turn (180°)	Stretch Jump	Cartwheel to Side Hdstd Dsmt
2	6	4	2 each	2	6	2	2	4	6
no extrn in supp lack cont in turn	↑0.1 ↑0.1	lack amp on whip no PU pos fail land balls ft	↑0.1 0.2 ↑0.1	fail lift leg min 30° fail hold 1s	↑0.1 ↑0.1	fail swing leg to 45°	fail touch beam 0.1 incorr leg pos 0.1 fail hold 2s	↑0.2	lack sharpness ↑0.1 fail land ft simul 0.1 incorr hd placemt 0.1 lift hds b/f landing 0.1 fail reach vertical ↑0.3

Fall Time 30s








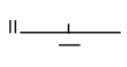
General Deductions for Whole Exercise

Mov't lacking dynamics	↑0.2
Incorrect body alignment during connections	↑0.3
Incorrect footwork/form in exercise	↑0.3
Fail to perform steps/pivot turns in high releve	↑0.2
Mov't lacking artistry, consider:	↑0.3
mov't reflect style of choreo	↑0.15
expression	↑0.15
Insufficient amplitude on non-VP	↑0.1
Lack of sureness	↑0.2

JO Level 1 FX

3/4 Handstand	Cartwheel, 90° Turn inward	Back Roll Tucked	Candlestick	Forward Roll Tucked	Forward Passe Balance	Forward Chasse	Split Jump (30°)	
4	6	6	2	4	4	2	4	
								
see General Faults	incorr hd placemt fail pass thru vert fail keep hd align	0.1 hds on FX b/f roll fail maint tk to FX	0.3 fail maint tk to FX	0.2 fail main tuck in roll push off FX to stand	0.2 incorr leg pos	0.1 fail pass thru DP fail close legs in air fail squ hips on LS	0.05e fail land ft simult fail land ft closed fail hold releve 1s	0.1 fail land ft closed fail hold releve 1s

JO Level 2 FX

Handstand	Round-off	Back roll to Pike Stand	Candlestick	Bridge, Back Kick -over	Straight Leg Leap (60°)	(90°+90°) Turns in Forward Passe (Heel-Snap)	Split Jump (60°)	
4	6	4	2	4	6	4	4	
								
fail attain vertical fail close legs fail hold 1s	0.3 0.1 0.1	fail pass thru vert fail land ft simult	0.3 fail maint tk to FX	0.2 Shdlrs not over hds Extra kicks-overs	0.2 bend fr leg	0.1 fail lower heel incorr leg pos	0.05e fail land ft simult fail land ft closed	0.1 fail land ft closed

General Deductions for Whole Exercise

Mov't lacking dynamics	↑0.2
Incorrect body alignment during connections	↑0.3
Incorrect footwork/form in exercise	↑0.3
Fail to perform steps/pivot turns in high releve	↑0.2
Mov't lacking artistry, consider:	↑0.3
mov't reflect s/m of choreo	↑0.15
expression	↑0.15
Insufficient amplitude on non-VP	↑0.1
Not performing in time with the music	↑0.2