

JO Level 4 UB		Fall Time 45s												General Deductions for Whole Exercise					
Straddle or Pike Glide Kip		Cast to Horizontal & return to Front Support		Cast, Squat on or Pike on		Jump to Long Hang Kip		Cast to Horizontal		Back Hip Circle		Underswing, First Counterswing (min 30° below horizontal)		Tap Swing Forward, Second Counterswing (min 30° below)		Tap Swing Forward with 1/2 (180°) turn Dsmt		Mov't lacking dynamics	↑0.2
6		4		2		6		4		4		6		6		6		Incorrect body alignment during con	↑0.3
fail TO simult	0.1	amp of cast	↑0.3	alt ft placem	0.2	swing not hor	↑0.2	amp of cast	↑0.3	hollow bp	↑0.2	hollow bp	↑0.2	fail arch bot	0.1	fail arch bot	0.1		
run out glide	0.3	incorr BA	↑0.2	hip lift only	0.05			incorr BA	↑0.2	fail main hip con	↑0.2	neutral hd	↑0.1	hw bp top	↑0.2	hw bp top	↑0.2		
fail to lead w/ ft	↑0.1	lack ctrl	↑0.1							lack continuity	↑0.1	hip con bar	0.2	insuff amp	↑0.2	turn b/f 45°	↑0.2		
insuff extn	↑0.2											hips min 30°	↑0.2	hip not at 30°	↑0.2	fail comp 180°	↑0.2		
fail to close legs	0.1											excessive pike	↑0.2	excessive pike	↑0.2	no con free hd	0.3		
												open hips bswg	0.3	open hips bswg	0.3				

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Leg Swing Mount with 1/2 (180°) Turn	Cartwheel (90°) Turn Inward	Scale(horizontal)/ Rond de Jambe to Arabesque/Scale	Straight Leg Leap (120°)	Cross Handstand	Split Jump (120°) /Stretch Jump	1/2 (180°) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt	<b>General Deductions for Whole Exercise</b>	
2	6	4	6	6	4/4	4	6	Mov't lacking dynamics	↑0.2
								Incorrect body alignment during con	↑0.3
								Incorrect footwork/form in exercise	↑0.3
								Fail to perfm steps/pivot turns in HR	↑0.2
								Mov't lacking artistry, consider:	↑0.3
								mov't reflect style of choreo	↑0.15
lk cont in turn	↑0.1	incor hd placmt	0.1	fail lift leg 45°	↑0.1e	bend fr leg	↑0.1	incor hd placmt	0.1
		fail pass vert	↑0.3	fail main leg ht	0.1	fail pause	0.05	fail ld ft closed	↑0.1
				fail ps in arab	0.05	fail join legs	0.1	fail ld ft simult	0.1
				fail lift leg hor	↑0.2	fail hold 1s	↑0.1	heel-snap tech	0.3
				fail hold 1s	↑0.1			fail ld ft simult	0.1
								incorr leg pos	0.1
								incor hd placmt	0.1
								fail reach vertica	↑0.3
								fail hold 1s	↑0.1
								turn incomp	↑0.1
								fail to turn	0.2
								lift hds b/f vert	↑0.1
								Insufficient amp on non-VP	↑0.1
								Lack of sureness	↑0.2

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

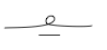




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JO Level 4 FX

JO Level 4 FX										General Deductions for Whole Exercise		
Straddle Jump (120°)/Stretch Jump with 1/2 (180°) Turn 4/4	Front Handspring to Two Feet 6	Straight Arm Bwd Roll to Handstand 4	Forward Split 2	Straight Leg Leap (120°) 6	1/1 (360°) Turn in Forward Passe 4	Back Walkover (150°) 4	Round-off 4	Flic-Flac to Two Feet 6 each			Mov't lacking dynamics	↑0.2
											Incorrect body alignment during con	↑0.3
fail ld ft closed ↑0.1	fail arms by ear ↑0.1	hds FX b/f roll 0.3	fail split 180° ↑0.2	bend fr leg ↑0.1	incorr leg pos 0.1	fail con leg lift ↑0.1	lack accel ↑0.2	squat in ff ↑0.2e			Incorrect footwork/form in exercise	↑0.3
fail kp legs join ↑0.1	flight b/f fx con ↑0.2	hds > shdlr wid ↑0.1			heel-snap tech 0.3	incor hd placmt 0.1	fail go thru vert ↑0.3	fail ld ft simult 0.1e			Fail to perfm steps/pivot turns in HR	↑0.2
fail ld ft closed ↑0.1	incor hd placmt 0.1	fail go thru vert ↑0.3					fail ld ft simult 0.1	fail rebound 0.1			Mov't lacking artistry, consider:	↑0.3
	lack replusion 0.6	perf bwd roll 0.4						fail pause in stk 0.05			mov't reflect s/m of choreo	↑0.15
	fail ld ft simult 0.1										expression	↑0.15
	fail rebd imm 0.1										Insufficient amp on non-VP	↑0.1
											Not in time with the music	↑0.2

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