






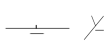














Straddle or Pike Glide Kip	Cast to Above Horizontal	Clear Hip Circle to Above Horizontal	OR BWD Sole Circle to Clear Front Support	OR BWD Stalder Circle to Clear Front Support	Straddle or Pike Glide Kip	Cast, Squat or Pike On, OR Cast 360° Sole BWDS	Jump to Long Hang Kip	Cast to Above Horizontal	Long Hang Pullover	Underswing, First Counterswing (min 15° below horizontal)	Tap Swing Forward, Second Counterswing (min 15° below horizontal)	Tap Swing Forward to Flyaway (Tuck, Pike or Stretched)
6	4	6			6	2	6	4	6	6	6	6
L	e	l	<u>p</u>	<input checked="" type="checkbox"/>	L	em V (N)	P	e	p	P A	U A	W

#gymnast	J1	J2	J3	J4	FS
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#gymnast	J1	J2	J3	J4	FS
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#gymnast	J1	J2	J3	J4	FS
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JO Level 5 BB		Time Limit		1:10					
Leg Swing Mount with 1/2 (180°) Turn	Back Walkover	OR BWD Roll to Minimum 3/4 Handstand	OR Flic-Flac Step-out	Scale(horizontal)/ Rond de Jambe to Arabesque/Scale	Straight Leg Leap (150°) /Stretch Jump	Cross Handstand	Split Jump (150°)/Sissone	1/1 (360) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt
2		6		4	6/4	6	4/2	4	6
									
#gymnast				J1	J2	J3	J4	FS	
#gymnast				J1	J2	J3	J4	FS	
#gymnast				J1	J2	J3	J4	FS	

Straddle Jump (150°)/Stretch Jump with 1/1 (360°) Turn	Front Handspring Step-out	Front Handspring to Two Feet Rebound	Forward Salto Tucked	Straight Arm Bwd Roll to Handstand, Kneel Pose	Forward Split	Straight Leg Leap (150°)	OR Switch Leap	1/1 (360°) Turn in Forward Passe	Round-off/Flic-Flac/BWD salto tucked
4/4	6	6	6	4	2	6		4	4/4/6
									
#gymnast				J1	J2	J3	J4	FS	
#gymnast				J1	J2	J3	J4	FS	
#gymnast				J1	J2	J3	J4	FS	