

JO Level 3 UB

Glide Swing and Return/Pullover	OR Straddle or Pike Glide Kip	Front Hip Circle Small Cast, return to FS	Cast, Single Leg Squat Through	Forward Stride Circle	OR Single Leg Basket Swing	Single Leg Cut Backward	Cast	Back Hip Circle	Underswing Dsmt
2/4	6	4	2	4	4	2	4	4	6
fail take-off simult 0.1	fail take-off simult 0.1	hollow bp 0.1	leg/ft hit bar 0.1	no clear supp st 0.2	no clear supp st 0.2	leg swing not cut 0.2	incorr body align 0.2	hollow bp 0.2	hollow bp 0.2
run out glide 0.3	run out glide 0.3	fail show sm cast 0.2	no clear supp end 0.2	hooking knee 0.5	hooking knee 0.5	fail change grip 0.1		fail main hip con 0.2	hip con bar 0.2
fail to lead w/ ft 0.1	fail to lead w/ ft 0.1	lack ctrl 0.1		no clear supp end 0.2	no clear supp end 0.2			lack continuity 0.1	neutral hd 0.1
insuff extrn 0.2	insuff extrn 0.2	fail return to supp 0.5							insuff body extrn 0.2
fail to close legs 0.1	fail to close legs 0.1								insuff distance 0.1
bend legs bswg 0.3									insuff amp flight 0.2
fail main hd con 0.1									
extra s/h/j bf pull 0.1									
1 ft take-off 0.3									
supp'l supp 0.3									
fail frt supp 0.1									

JO Level 4 UB

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 horizontal)	Tap Swing Forward with 1/2 (180°) turn Dsmt
6	4	2	6	4	4	6	6	6
fail take-off simult 0.1	insuff amp of cast 0.3	alt ft placemt 0.2	swing not hor 0.2	insuff amp of cast 0.3	hollow bp 0.2	hollow bp 0.2	fail show arch bot 0.1	fail show arch bot 0.1
run out glide 0.3	incorr body align 0.2	hip lift only 0.05		incorr body align 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 extrn 0.2						hips min 30° 0.2	hip not at 30° 0.2	fail compete 180° 0.2
fail to close legs 0.1						excessive pike 0.2	excessive pike 0.2	fail con w/ free hd 0.3
						open hips in bswg 0.3	open hips in bswg 0.3	

JO Level 5 UB

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) Dsmt
6	4	6	6	6	6	2	6	4	6	6	6	6
fail take-off simult 0.1	insuff amp of cast 0.3	ex pike/arch dn 0.2	ex arch up 0.2	ex arch up 0.2	fail to lead w/ ft 0.1	alt ft placemt 0.2	swing not hor 0.2	insuff amp of cast 0.3	fail show arch bot 0.1	fail con bar at thgs 0.2	fail show arch bot 0.1	fail show arch bot 0.1
run out glide 0.3	incorr body align 0.2	ex pike/arch up 0.2	insuff amp 0.3	insuff amp 0.3	insuff extrn 0.2	hip lift only 0.05		incorr body align 0.2	ex pike 0.2	neutral hd 0.2	hw bp top 0.2	hw bp top 0.2
fail to lead w/ ft 0.1		insuff amp 0.3	jump to glide 0.6	end legs in str L 0.6	fail to close legs 0.1				fail main grip 0.3	hollow bp 0.2	insuff amp 0.2	insuff rise salto 0.3
insuff extrn 0.2		hips touch bar 0.6	legs bend 0.3	lack ctrl into glide 0.1					perform giant 1.0	hip con bar 0.2	hip not at 15° 0.2	insuff t/p/s 0.2
fail to close legs 0.1		lack ctrl into glide 0.1								hip not at 15° 0.2	excessive pike 0.2	insuff ex b/f land 0.2
										excessive pike 0.2	open hips in bswg 0.3	
										open hips in bswg 0.3		

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 3 BB		Time Limit 55s													
Leg Swing Mount with 1/2 (180°) Turn	Cross Handstand	Rond de Jambe/ Arabesque (45°)	Straight Leg Leap (90°)	Stretch Jump; Stretch Jump	Two 1/2 (180°) Pivot Turns	1/2 (180°) Turn in Forward Passe (Heel-Snap Turn)	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt								
2	6	4	6	4 each	2 each	4	6								
lack cont in turn	↑0.1	incorr hd placemt	0.1	fail main leg ht	0.1	bend fr leg	↑0.1	fail land ft simult	0.1	lack sharpness	↑0.1	incorr leg pos	0.1	incorr hd placemt	0.1
		fail attain vert	↑0.3	fail lift leg min 45°	↑0.1	fail pause	0.05	insuff con btwn	↑0.2			fail lower heel	0.05	fail reach vertical	↑0.3
				fail hold 1s	↑0.1									turn incomp	↑0.1
														fail to turn	0.2
														lift hds b/f vert	↑0.1

JO Level 4 BB		Time Limit 1:05													
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								
2	6	4	6	6	4/4	4	6								
lack cont in turn	↑0.1	incorr hd placemt	0.1	fail lift leg min 45°	↑0.1e	bend fr leg	↑0.1	incorr hd placemt	0.1	fail land ft closed	↑0.1	incorr leg pos	0.1	incorr hd placemt	0.1
		fail pass vert	↑0.3	fail main leg ht	0.1	fail pause	0.05	fail attain vert	↑0.3	fail land ft simult	0.1	heel-snap tech	0.3	fail reach vertical	↑0.3
				fail pause in arab	0.05			fail join legs	0.1	insuff con btwn	↑0.2			fail hold 1s	↑0.1
				fail lift leg hor	↑0.2			fail hold 1s	↑0.1	fail land ft simult	0.1			turn incomp	↑0.1
				fail hold 1s	↑0.1									fail to turn	0.2
														lift hds b/f vert	↑0.1

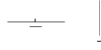


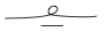

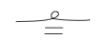



JO Level 5 BB		Time Limit 1:10													
Leg Swing Mount with 1/2 (180°) Turn	Back Walkover	OR BWD Roll to Minimum 3/4 Handstand	OR Flic-Flac Step-out	Scale(horizontal)/ Rond de Jambe to Arabesque/Scale	Straight Leg Leap (150°) /Stretch Jump	Cross Handstand	Split Jump (150°)/Sissone	1/1 (360) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt						
2		6		4	6/4	6	4/2	4	6						
lack cont in turn	↑0.1	fail con leg lift	↑0.1	fail 3/4 hstd	↑0.2	fail step-out	0.2	fail main leg ht	0.1	bend fr leg	↑0.1	incorr hd placemt	0.1	fail land ft closed	↑0.1
		incorr hd placemt	0.1	perform bwd roll	0.6			fail lift leg min 45°	↑0.1	insuff con btwn	↑0.2	fail attain vert	↑0.3	fail land ft simult	0.1
		insuff leg sep	↑0.2					fail pause in arab	0.05	fail land ft simult	0.1	fail join legs	0.1	insuff con btwn	↑0.2
								fail lift leg hor	↑0.2			fail hold 2s	↑0.2	insuff lift fr leg	↑0.1
								fail hold 1s	↑0.1					insuff lift bk leg	↑0.1
														fail pause	0.05
														fail reach vertical	↑0.3
														fail hold 2s	↑0.2
														turn incomp	↑0.1
														fail to turn	0.2
														lift hds b/f vert	↑0.1

Fall Time 30s




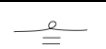
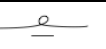




General Deductions for Whole Exercise

Mov't lacking dynamics	↑0.2
Incorrect body alignment during connections	↑0.3
Incorrect footwork/form in exercise	↑0.3
Fail to perm 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






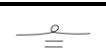
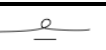



JO Level 3 FX

Split Jump (90°)/Stretch Jump	Handstand to Bridge, Back Kick-over (120°)	Handstand Forward Roll Step-out with Straight Arms	Straight Leg Leap (90°)	Back Roll to Push-up Position	Forward Split	1/2 (180°) Turn in Forward Passe	Round-off	Flic-Flac to Two Feet									
4/2	6	6	6	6	2	2	4	6									
																	
fail land ft closed	↑0.1	fail arms by ears	↑0.1	fail attain vertical	↑0.3	bend fr leg	↑0.1	hds on FX b/f roll	0.3	fail split 180°	↑0.2	incorr leg pos	0.1	lack accel	↑0.2	squat in ff	↑0.2
fail land ft simult	0.1	fail join legs vert	0.1	fail join legs vert	0.1			hds > shdlr width	↑0.1			heel-snap tech	0.3	fail pass thru vert	↑0.3	fail land ft simult	0.1
fail keep legs join	↑0.1	fail push shdlrs	↑0.2	fail hold 1s	↑0.1			fail show fr supp	0.2					fail land ft simult	0.1	fail rebound	0.1
fail land ft closed	↑0.1	fail land ft simult	0.1	push off FX to star	0.3											fail pause in stick	0.05
		extra kicks-overs	0.3e	fail step-out	0.1												
		perform tic-tic	0.3														

JO Level 4 FX

Straddle Jump (120°)/Stretch Jump with 1/2 (180°) Turn	Front Handspring to Two Feet	Straight Arm Bwd Roll to Handstand	Forward Split	Straight Leg Leap (120°)	1/1 (360°) Turn in Forward Passe	Back Walkover (150°)	Round-off	Flic-Flac to Two Feet									
4/4	6	4	2	6	4	4	4	6 each									
																	
fail land ft closed	↑0.1	fail arms by ears	↑0.1	hds on 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
fail keep legs join	↑0.1	flight b/f fx con	↑0.2	hds > shdlr width	↑0.1					heel-snap tech	0.3	incorr hd placemt	0.1	fail pass thru vert	↑0.3	fail land ft simult	0.1e
fail land ft closed	↑0.1	incorr hd placemt	0.1	fail pass thru vert	↑0.3									fail land ft simult	0.1	fail rebound	0.1
		lack replusion	0.6	perf bwd roll	0.4											fail pause in stick	0.05
		fail land ft simult	0.1														
		fail rebound imm	0.1														

JO Level 5 FX

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										
																			
fail land ft closed	↑0.1	lack accel	↑0.2	lack accel	↑0.2	incorr bp	↑0.6	hds on FX b/f roll	0.3	fail split 180°	↑0.2	bend fr leg	↑0.1	bend fr leg	↑0.1	incorr leg pos	0.1	lack accel	↑0.2
fail keep legs join	↑0.1	fail arms by ears	↑0.1	fail arms by ears	↑0.1	insuff bend knees	↑0.2	hds > shdlr width	↑0.1					fail swg 45°	0.1	heel-snap tech	0.3	fail pass thru vert	↑0.3
fail land ft closed	↑0.1	flight b/f fx con	↑0.2	flight b/f fx con	↑0.2	insuff bend hips	↑0.2	fail pass thru vert	↑0.3									fail land ft simult	0.1
		incorr hd placemt	0.1	incorr hd placemt	0.1			perf bwd roll	0.4									squat in ff	↑0.2
		lack replusion	0.6	lack replusion	0.6													fail land ft simult	0.1
		join b/f step-out	0.1	fail land ft simult	0.1													incorr bp	↑0.6
		fail step-out	0.2	fail rebound imm	0.1													fail ext b/f land	↑0.2
																		fail pause in stick	0.05

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 perfm 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