



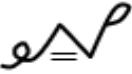
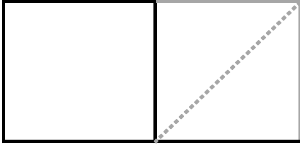


Level 1 Bars

D. Hanford 9.6.2024

	Back Hip Pullover 	Cast 	Back Hip Circle 	Underswing DISMOUNT 	Cast Straddle-on, Sole circle DISMOUNT or 
	0.6	0.4	0.4	0.6	0.6

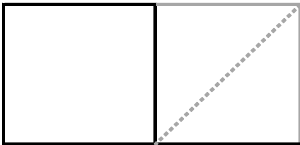
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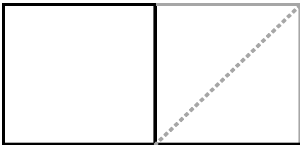
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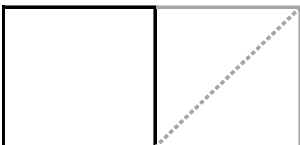
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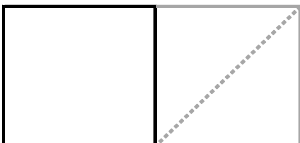
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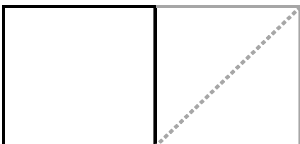
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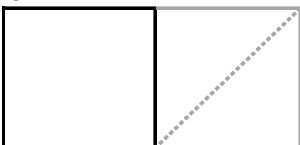
6



7





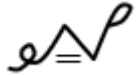


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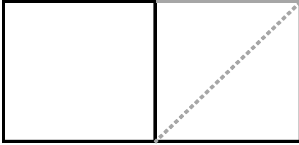


Level 1 Bars

D. Hanford 9.6.2024

	Back Hip Pullover 	Cast 	Back Hip Circle 	Underswing DISMOUNT 	Cast Straddle-on, Sole circle DISMOUNT or 
	0.6	0.4	0.4	0.6	0.6

1



2



3



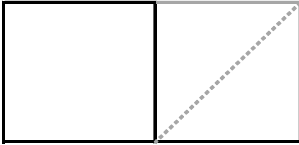
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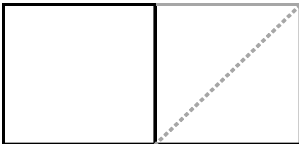
5



6



7



8



Level 2 Bars

D. Hanford 9.6.2024

Glide & Return

**0.2**

Back Hip Pullover

**0.4**

Cast

**0.4**

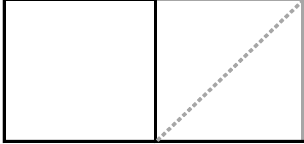
Cast

**0.4**

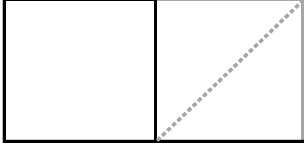
Back Hip Circle

**0.4**Underswing
DISMOUNT**0.6**

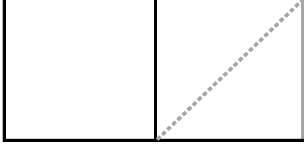
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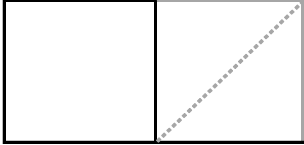
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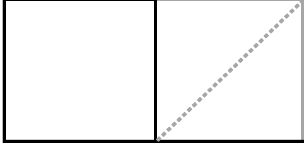
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4



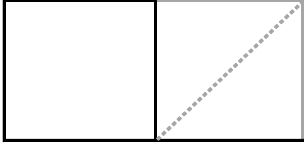
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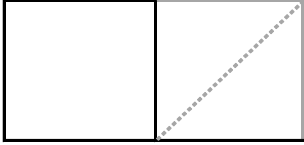
6



7



8



Level 2 Bars

Glide & Return



0.2

Back Hip Pullover



0.4

Cast



0.4

Cast



0.4

Back Hip Circle



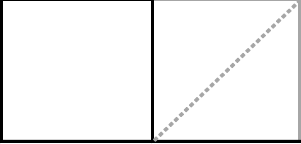
0.4

Underswing
DISMOUNT

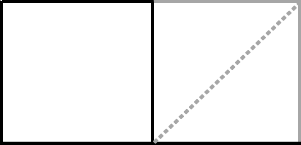


0.6

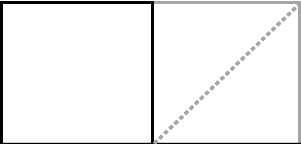
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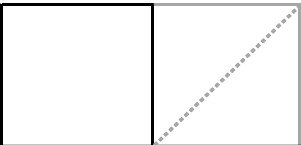
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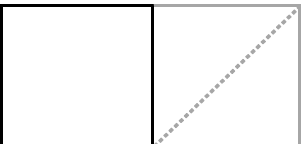
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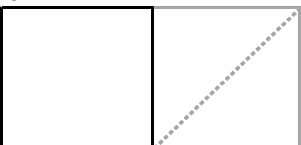
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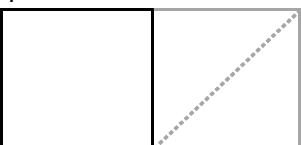
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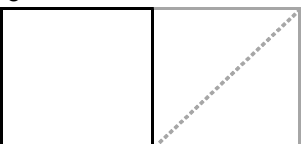
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7



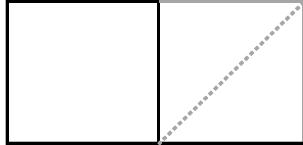
8



Level 3 Bars

Glide & Return / Back Hip Pullover		OR	Glide Kip Straddle or Pike	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle Small cast, return	Cast Squat- or Pike-on Stretch Jump DMT
0.2	0.4		0.6	0.2	0.4	0.4	0.4	0.6

1



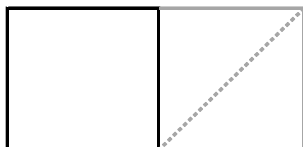
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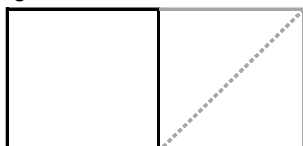
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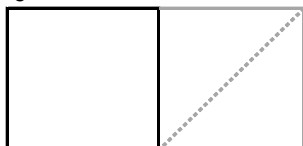
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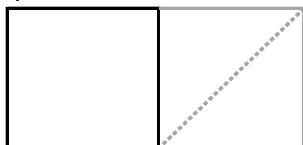
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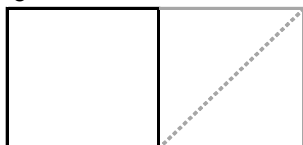
6



7



8



Level 3 Bars

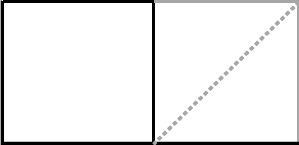
D. Hanford 9.6.2024

Glide & Return / Back Hip Pullover		OR	Glide Kip Straddle or Pike	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle Small cast, return	Cast Squat- or Pike-on Stretch Jump DMT
0.2	0.4		0.6	0.2	0.4	0.4	0.4	0.6

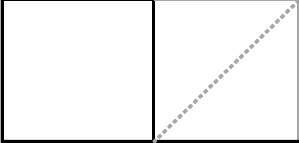
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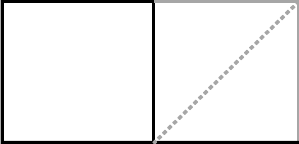
2



3



4



5



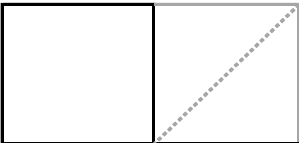
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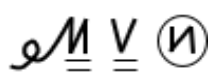






7



8



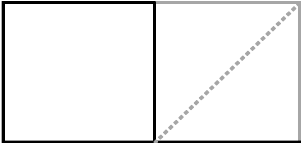
Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast to horizontal 	Back Hip Circle 	Underswing 1st counterswing 30° 	Tap Swing 2 nd counterswing 30° 	Tap swing ½ turn DISMOUNT 
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6

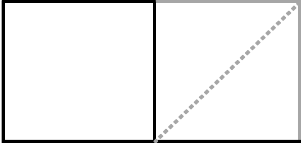
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2



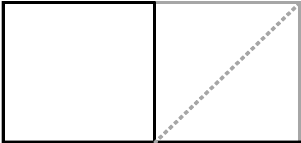
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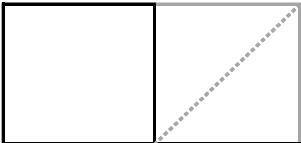
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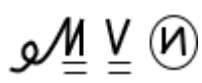






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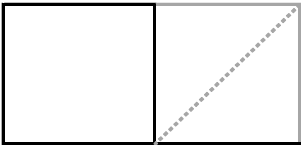
6



Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast to horizontal 	Back Hip Circle 	Underswing 1st counterswing 30° 	Tap Swing 2 nd counterswing 30° 	Tap swing ½ turn DISMOUNT 
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6

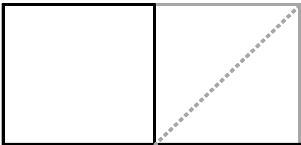
1



2



3



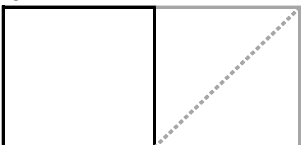
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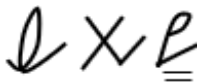

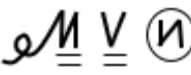






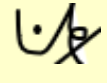
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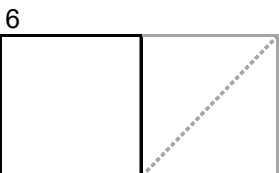
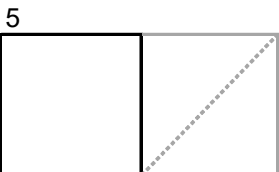
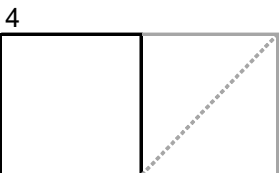
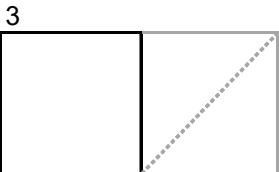
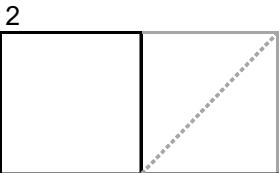
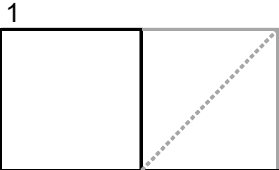


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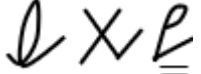

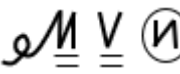




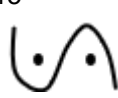




Level 5 Bars

MOUNT: Straddle or Glide Kip 	Cast Above horizontal 	Clear Hip or Stalder or Above Sole Circle to 45° 	Glide Kip 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast Above horizontal 	Long Hang Pullover 	Underswing 1st Counterswing 15° 	Tap Swing 2nd Counterswing 15° 	DISMOUNT Flyaway -Tuck Pike or Layout 	9.5 SV Tap swing ½ Turn 
0.6	0.4	0.6	0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6	0.6



Level 5 Bars

MOUNT: Straddle or Glide Kip 	Cast Above horizontal 	Clear Hip or Stalder or Above Sole Circle horizontal to 45° 	Glide Kip 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast Above horizontal 	Long Hang Pullover 	Underswing 1st Counterswing 15° 	Tap Swing 2nd Counterswing 15° 	DISMOUNT Flyaway -Tuck Pike or Layout 	9.5 SV Tap swing ½ Turn 
0.6	0.4	0.6	0.6	0.2	0.6	0.4	0.6	0.6	0.6	0.6	0.6

1



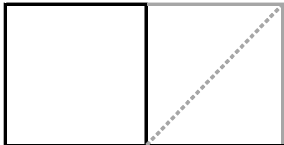
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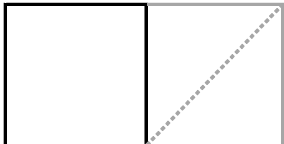
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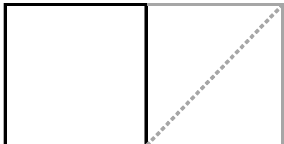
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5









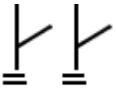

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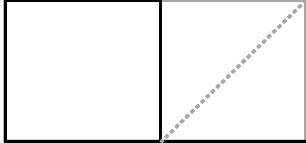
Level 1 Balance Beam

Time 0:35

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<p>MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i></p> 	<p>Needle Leg Kick ≥ horizontal</p> 	<p>Relevé Balance Lock Stand <i>? seconds</i></p> 	<p>Forward Passé <i>Mark position</i></p> 	<p>Stretch Jump <i>plié to relevé lock</i></p> 	<p>Arabesque 30° <i>Mark position</i></p> 	<p>Right & Left Forward Leg Swings to relevé <i>lock stand</i></p> 	<p>Cartwheel to ¾ HS Dismount <i>from Kneel to Lunge pose</i> 22.5°</p> 
<p>0.2</p>	<p>0.4</p>	<p>0.2</p>	<p>0.2</p>	<p>0.4</p>	<p>0.4</p>	<p>0.2 0.2</p>	<p>0.6</p>

1



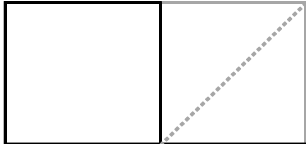
2



3



4



5









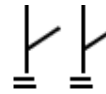

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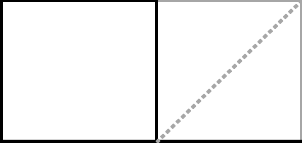
Level 1 Balance Beam

Time 0:35

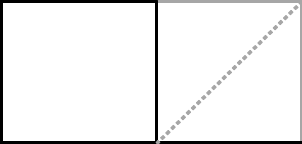
D.Hanford 9.6.2024

MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i>	Needle Leg Kick ≥ horizontal	Relevé Balance Lock Stand <i>? seconds</i>	Forward Passé <i>Mark position</i>	Stretch Jump <i>plié to relevé lock</i>	Arabesque 30° <i>Mark position</i>	Right & Left Forward Leg Swings to relevé <i>lock stand</i>	Cartwheel to ¾ HS Dismount <i>from Kneel to Lunge pose</i> 22.5°
							
0.2	0.4	0.2	0.2	0.4	0.4	0.2 0.2	0.6

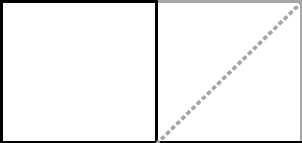
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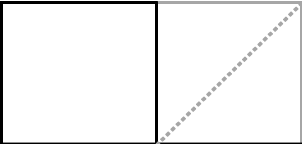
2



3



4



5



6



Level 2 Balance Beam

Time 0:40

D.Hanford 9.6.2024

MOUNT: Jump to Front Support
(to Single leg V sit, Tuck stand, Pike stand)



0.2

Single Leg Kick-up
to Stand
no amplitude



Both feet leave beam

0.4

Forward Passé
*Mark position,
Relevé out*



0.2

Stretch Jump
plié to relevé lock



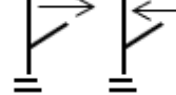
0.4

Arabesque 30°
1 second hold



0.4

Leg Swing Fwd Horizontal
Leg Swing Bwd to 45°



0.2

0.2

Pivot ½ Turn
*(180°) from
Relevé lock stand*



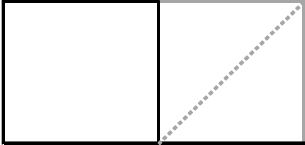
0.2

Cartwheel to Side HS
DISMOUNT



0.6

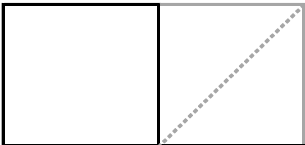
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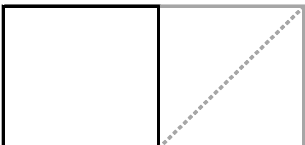
2



3



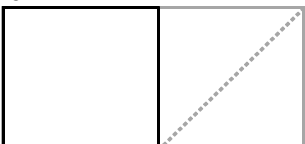
4



5



6



Level 2 Balance Beam

Time 0:40

D.Hanford 9.6.2024

MOUNT: Jump to Front Support
(to Single leg V sit, Tuck stand, Pike stand)



0.2

Single Leg Kick-up to Stand
no amplitude



Both feet leave beam

0.4

Forward Passé
Mark position, Relevé out



0.2

Stretch Jump
plié to relevé lock



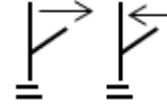
0.4

Arabesque 30°
1 second hold



0.4

Leg Swing Fwd Horizontal
Leg Swing Bwd to 45°



0.2

0.2

Pivot 1/2 Turn (180°) from Relevé lock stand



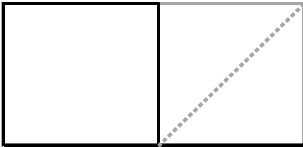
0.2

Cartwheel to Side HS
DISMOUNT



0.6

1



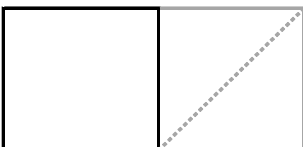
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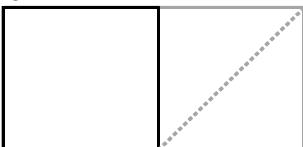
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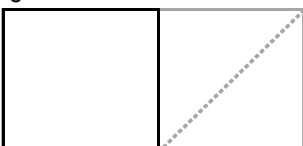
4



5









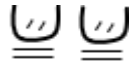

6



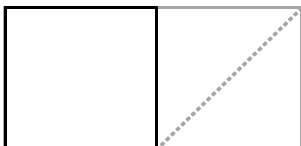
Level 3 Balance Beam

Time 0:55

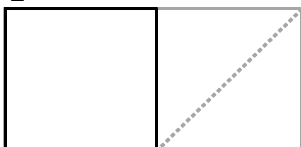
D.Hanford 9.6.2024

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Cross Handstand <i>Mark position</i></p> 	<p>Heel Snap ½ Turn Forward Passé</p>  <p>Not heel snap -0.3</p>	<p>Stretch Jump Stretch Jump plié to relevé lock</p>  <p>Broken connection -0.05</p>	<p>Arabesque 45° <i>Hold 1 sec</i></p> 	<p>Straight Leg Leap 90°</p> 	<p>2 Pivot Turns (180°) <i>from relevé lock</i></p> 	<p>Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i></p> 
0.2	0.6	0.4	0.4 0.4	0.4	0.6	0.2 0.2	0.6

1



2



3



4



5









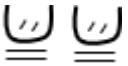

6



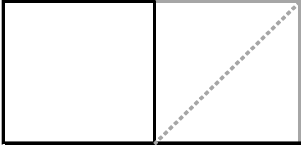
Level 3 Balance Beam

Time 0:55

D.Hanford 9.6.2024

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Cross Handstand <i>Mark position</i></p> 	<p>Heel Snap ½ Turn Forward Passé</p>  <p>Not heel snap -0.3</p>	<p>Stretch Jump Stretch Jump plié to relevé lock</p>  <p>Broken connection -0.05</p>	<p>Arabesque 45° <i>Hold 1 sec</i></p> 	<p>Straight Leg Leap 90°</p> 	<p>2 Pivot Turns (180°) <i>from relevé lock</i></p> 	<p>Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i></p> 
0.2	0.6	0.4	0.4 0.4	0.4	0.6	0.2 0.2	0.6

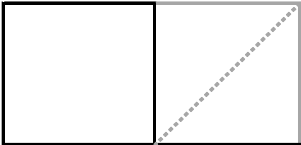
1



2



3



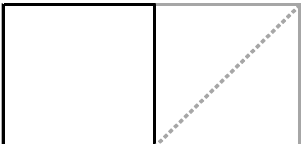
4



5








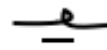


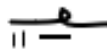
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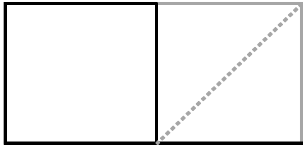
Level 4 Balance Beam

Time 1:05

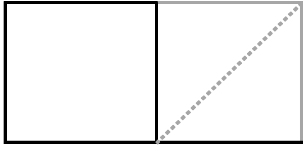
D.Hanford 9.6.2024

MOUNT: Front Support Fish Pose <i>Stag sit to stand</i> 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump Split Jump 120° Reversing order -0.3	Handstand <i>1 second hold</i> 	Scale horizontal <i>1 second hold</i> 	Straight Leg Leap 120° 	Cartwheel to Side HS, ¼ Turn DISMOUNT <i>1 second hold</i> 
			 				
			<i>Broken connection -0.05</i>				
0.2	0.6	0.4	0.2 0.4	0.6	0.4	0.6	0.6

1



2



3



4



5








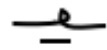


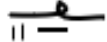
6



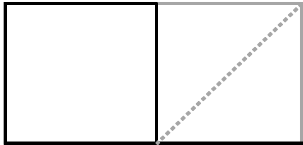
Level 4 Balance Beam

Time 1:05

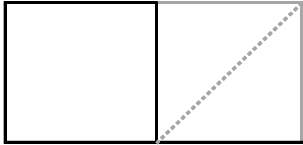
D.Hanford 9.6.2024

MOUNT: Front Support Fish Pose <i>Stag sit to stand</i> 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump Split Jump 120° Reversing order -0.3	Handstand <i>1 second hold</i> 	Scale horizontal <i>1 second hold</i> 	Straight Leg Leap 120° 	Cartwheel to Side HS, ¼ Turn DISMOUNT <i>1 second hold</i> 
			 				
			<i>Broken connection -0.05</i>				
0.2	0.6	0.4	0.2 0.4	0.6	0.4	0.6	0.6

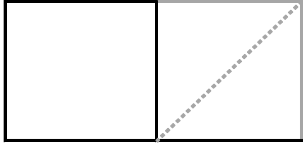
1



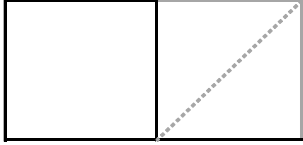
2



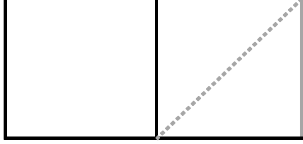
3



4



5














6



Level 5 Balance Beam

Time 1:10

D.Hanford 9.6.2024

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft or Roundoff</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150°</p>  <p>Broken connection -0.05</p>	<p>Sissone <i>Back leg horizontal</i> <i>Front leg 45°</i></p> 	<p>Scale Above Horizontal</p>  <p>1 sec hold</p>	<p>Straight Leg Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Cartwheel</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Back Salto Tuck DISMOUNT</p> 
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.2	0.6

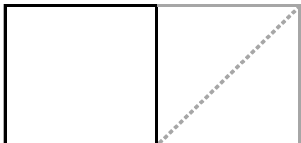
1



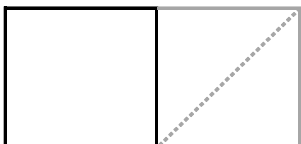
2



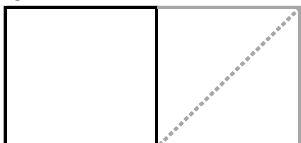
3



4



5



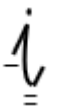
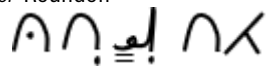








6



Level 5 Balance Beam

Time 1:10

D.Hanford 9.6.2024

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft or Roundoff</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150° Sissone <i>Back leg horizontal</i> <i>Front leg 45°</i></p>  <p>Broken connection -0.05</p>	<p>Scale Above Horizontal</p>  <p>1 sec hold</p>	<p>Straight Leg Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Cartwheel</p>  <p>Broken connection -0.05</p>	<p>Stretch Jump</p> 	<p>Back Salto Tuck DISMOUNT</p> 
<p>0.2</p>	<p>0.6</p>	<p>0.4</p>	<p>0.4 0.2</p>	<p>0.4</p>	<p>0.6 0.2</p>	<p>0.6 0.2</p>	<p>0.6 0.2</p>	<p>0.6</p>	

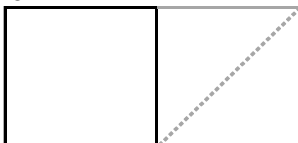
1



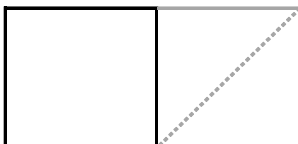
2



3



4











5



6

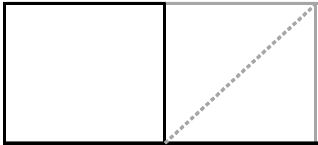


Level 1 Floor

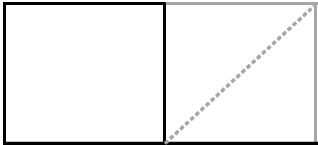
Cartwheel ¼ turn inward, close to stand  Arms cover ears	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand  Arms cover ears
0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

Tuck or pike entrance OK

1



2



3



4











5



6

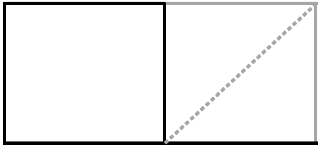


Level 1 Floor

Cartwheel ¼ turn inward, close to stand  Arms cover ears 0.6	Back Roll Tuck  0.6	Candlestick  0.2	Forward Passé Balance  0.4	Forward Chassé  0.2	Stretch Jump  0.4	Forward Roll Tuck  0.4	¾ Handstand  Arms cover ears 0.4
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Tuck or pike entrance OK

1



2



3



4







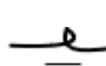
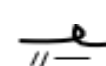



5



6

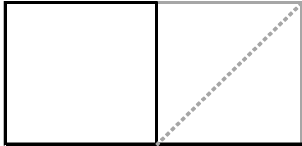


Level 2 Floor

Cartwheel ¼ turn inward, close to stand  Arms cover ears	Back Roll to push-up position 	Heel Snap ½ Turn Fwd Passé 	Forward Chassé 	Straight leg Leap 60° 	Split Jump 60° 	Handstand 1 second hold  Arms cover ears	Candlestick 	Bridge-up, Kickover  Arms cover ears
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6

Tuck or pike entrance OK

1



2



3



4







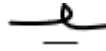
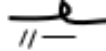



5



6

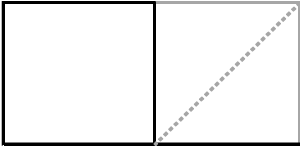


Level 2 Floor

Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i>	Back Roll to push-up position  <u> </u>	Heel Snap ½ Turn Fwd Passé  <u> </u>	Forward Chassé  <u> </u>	Straight leg Leap 60°  <u> </u>	Split Jump 60°  <u> </u>	Handstand <i>1 second hold</i>  <i>Arms cover ears</i>	Candlestick  <u> </u>	Bridge-up, Kickover  <u> </u> <i>Arms cover ears</i>
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6

Tuck or pike entrance OK

1



2



3



4




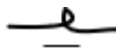

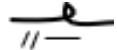

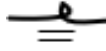



5



6



Level 3 Floor

Handstand Fwd Roll, <i>straight arms</i> <i>1 second hold</i> 	Straight Leg Leap 90° 	Stretch Jump  Broken connection -0.05	Split Jump 90° 	Handstand, Bridge, Back Kick-over 120°  <i>Arms cover ears</i>	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° <i>lower to Push-up</i> 	Roundoff Flic-Flac, Rebound 
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.4	0.4 0.6

Tuck or pike entrance OK

1



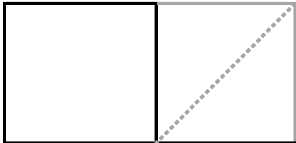
2



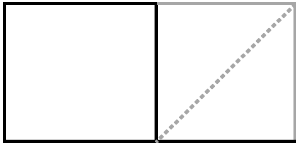
3



4




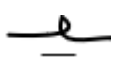

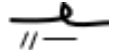

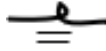



5



6



Level 3 Floor

Handstand Fwd Roll, <i>straight arms</i> <i>1 second hold</i> 	Straight Leg Leap 90° 	Stretch Jump  Broken connection -0.05	Split Jump 90° 	Handstand, Bridge, Back Kick-over 120°  <i>Arms cover ears</i>	Forward Splits 	½ Turn Fwd Passé 	Back Roll to 45° <i>lower to Push-up</i> 	Roundoff Flic-Flac, Rebound 
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.4	0.4 0.6

Tuck or pike entrance OK

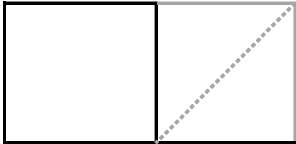
1



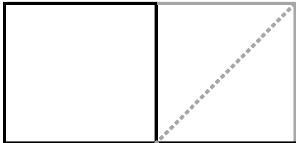
2



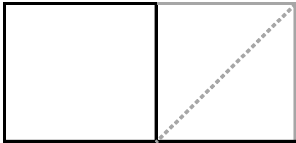
3



4



5




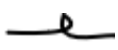



6



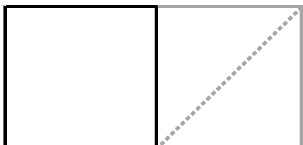
Level 4 Floor Exercise

D.Hanford 9.6.2024

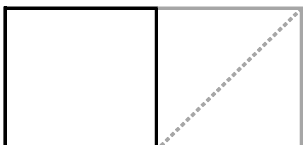
Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ← arms cover ears →	Back Roll HS Straight arms 	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Roundoff, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

Tuck or pike entrance OK

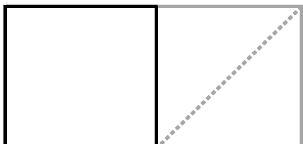
1



2



3



4



5



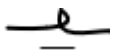






6



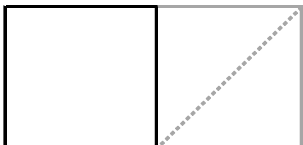
Level 4 Floor Exercise

D.Hanford 9.6.2024

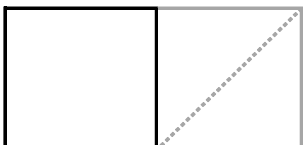
Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ← arms cover ears →	Back Roll HS Straight arms 	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Roundoff, Flic-Flac, Flic-Flac, Rebound 
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

Tuck or pike entrance OK

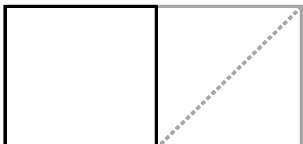
1



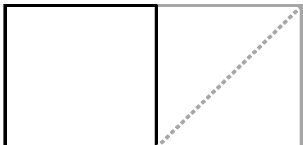
2



3



4



5



6



Level 5 Floor Exercise

D.Hanford 9.6.2024

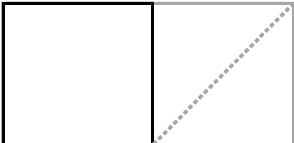
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover	Fwd Handspring step-out Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck
	 <i>1 step or power hurdle</i>								
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

Tuck or pike entrance OK

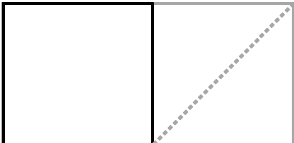
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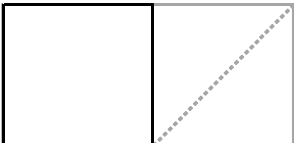
2



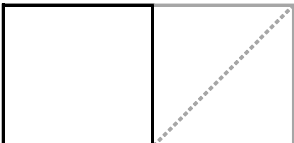
3



4



5



6



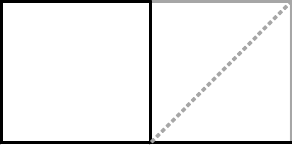
Level 5 Floor Exercise

D.Hanford 9.6.2024

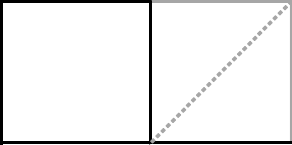
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover	Fwd Handspring step-out Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck
	 <i>1 step or power hurdle</i>								
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

Tuck or pike entrance OK

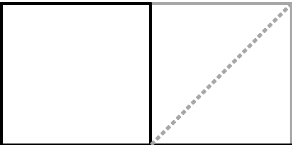
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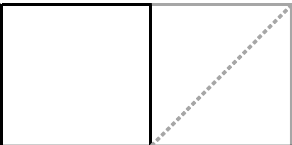
2



3



4



5



6

