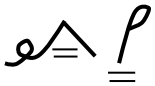
Level 1 BARS					D. Hanford 10.13.2026
	Back Hip Pullover 	Cast 	Back Hip Circle 	Underswing DISMOUNT 	or Cast Straddle-on, Sole circle DISMOUNT 
	0.6	**0.4**	**0.4**	**0.6**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

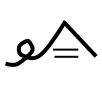
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 1 BARS					*D. Hanford 10.13.2026*
	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**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 BARS						D. Hanford 10.13.26
	Glide & Return 	Back Hip Pullover 	Cast 	Cast 	Back Hip Circle 	Underswing DISMOUNT 
	0.2	**0.4**	**0.4**	**0.4**	**0.4**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 BARS						D. Hanford 10.13.26
	Glide & Return 	Back Hip Pullover 	Cast 	Cast 	Back Hip Circle 	Underswing DISMOUNT 
	0.2	**0.4**	**0.4**	**0.4**	**0.4**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

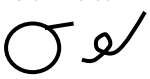
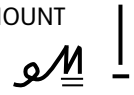
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 3 BARS								D. Hanford 10.13.2026
Glide & Return	Back Hip Pullover	OR	Glide Kip *Straddle / Pike*	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, *return to bar*	Cast Squat-on, Stretch Jump DISMOUNT
								
0.2	**0.4**		**0.6**	**0.2**	**0.4**	**0.4**	**0.4**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

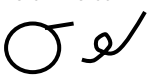
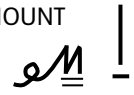
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 3 BARS								D. Hanford 10.13.2026
Glide & Return	Back Hip Pullover	OR	Glide Kip *Straddle / Pike*	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, *return to bar*	Cast Squat-on, Stretch Jump DISMOUNT
								
0.2	**0.4**		**0.6**	**0.2**	**0.4**	**0.4**	**0.4**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

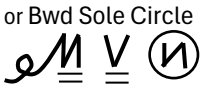
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 BARS								*D. Hanford 10.13.26*
MOUNT: Straddle or Glide Kip 	Cast horizontal *return to bar* 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast horizontal 	Back Hip Circle 	Underswing 1st Counterswing 30° 	Tap Swing, 2nd 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**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

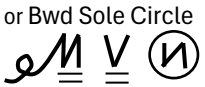
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 BARS								*D. Hanford 10.13.26*
MOUNT: Straddle or Glide Kip 	Cast horizontal *return to bar* 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast horizontal 	Back Hip Circle 	Underswing 1st Counterswing 30° 	Tap Swing, 2nd 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**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

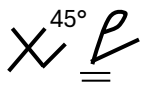
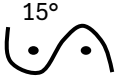
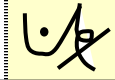
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 BARS											*D. Hanford 10.13.26*
MOUNT: Straddle or Glide Kip	Cast ↑ horizontal	Clear hip ↑ horiz.	/ clear stalder / sole circle	Glide Kip	Cast squat-on / pike-on / bwd sole circle	Long hang Kip	Cast ↑ horizontal	Long hang Pullover	Underswing Counterswing	Tap Swing, Counterswing	**10.0 DISMOUNT** Flyaway tuck / pike / stretch	**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**	

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

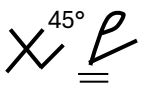
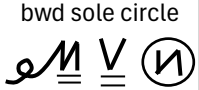
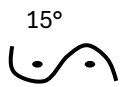
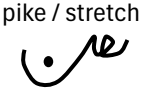
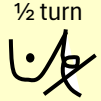
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 BARS											*D. Hanford 10.13.26*
MOUNT: Straddle or Glide Kip 	Cast ↑ horizontal 	Clear hip ↑ horiz.  /clear stalder / sole circle 45° 	Glide Kip 	Cast squat-on / pike-on / bwd sole circle 	Long hang Kip 	Cast ↑ horizontal 	Long hang Pullover 	Underswing Counterswing 15° 	Tap Swing, Counterswing 15° 	**10.0 DISMOUNT** Flyaway tuck / pike / stretch 	**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**	

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2