

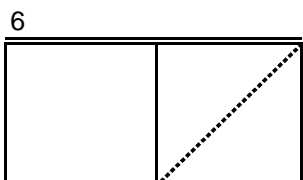
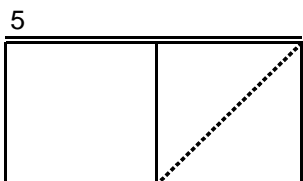
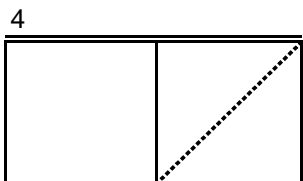
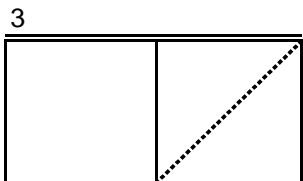
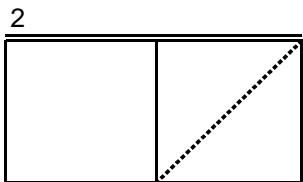
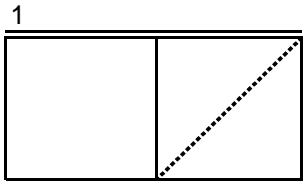





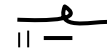
**Level 5 Balance Beam Time 1:10**

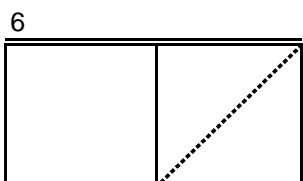
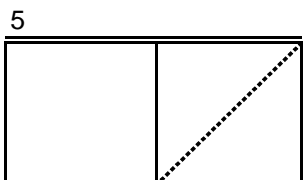
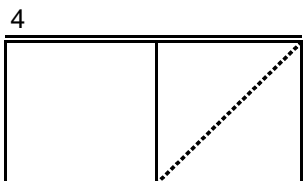
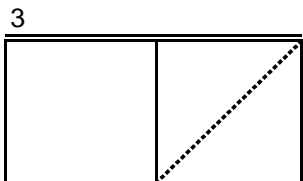
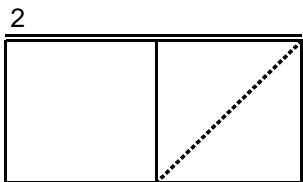
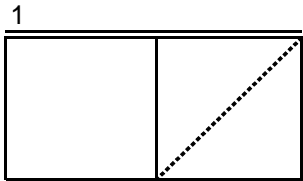
<p>MOUNT: Leg Swing with 1/2 Turn Whipswing to kneel</p> 	<p>Balk walkover 150° or Back roll 3/4 HS or Back handspring</p> 	<p>Rond de jambe Arabesque &gt;45° Scale above Horz 1 sec hold</p> 	<p>Lack of continuity ↑ 0.2 Straight Leg Leap 150°</p> 	<p>Lack of continuity ↑ 0.2 Stretch Jump</p> 	<p>Handstand 2 seconds</p> 	<p>Lack of continuity ↑ 0.2 Split Jump 150°</p> 	<p>Sissone Front leg &gt; 45° Back leg horizontal</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Cartwheel to Side HS 1/4 turn DISMOUNT 2 sec hold</p> 
0.2	0.6	0.4	0.6	0.4	0.6	0.4	0.2	0.4	0.6



**Level 5 Balance Beam**

**Time 1:10**










<p>MOUNT: Leg Swing with 1/2 Turn Whipswing to kneel</p> 	<p>Balk walkover 150° or Back roll 3/4 HS or Back handspring</p> 	<p>Rond de jambe Arabesque &gt;45° Scale above Horz 1 sec hold</p> 	<p>Lack of continuity ↑ 0.2 Straight Leg Leap 150°</p> 	<p>Lack of continuity ↑ 0.2 Stretch Jump</p> 	<p>Handstand 2 seconds</p> 	<p>Lack of continuity ↑ 0.2 Split Jump 150°</p> 	<p>Lack of continuity ↑ 0.2 Sissone Front leg &gt; 45° Back leg horizontal</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Cartwheel to Side HS 1/4 turn DISMOUNT 2 sec hold</p> 
0.2	0.6	0.4	0.6	0.4	0.6	0.4	0.2	0.4	0.6



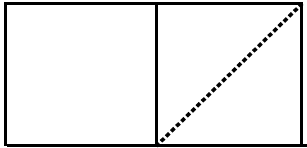
Level 4 Balance Beam

Time 1:05

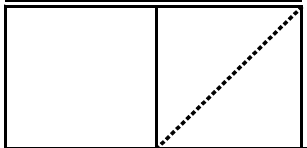
D. Hanford

MOUNT: Leg Swing with 1/2 Turn Whipswing to kneel 	Cartwheel 	Rond de jambe Arabesque >45°  Scale Horz 1 sec hold	Straight Leg Leap 120° 	Handstand 1 second 	Lack of continuity ↑ 0.2 <b>Reversing order 0.3</b>		1/2 Turn Fwd Passé 	Cartwheel to Side HS, 1/4 turn DISMOUNT  1 sec hold
					Split Jump 120° 	Straight Jump 		
0.2	0.6	0.4	0.6	0.6	0.4	0.4	0.4	0.6

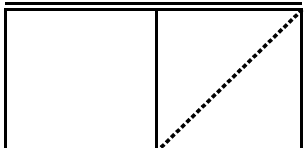
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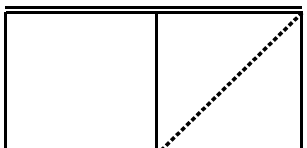
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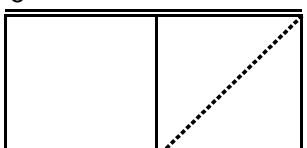
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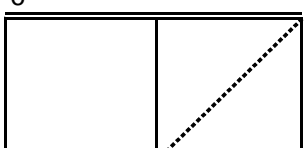
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5












6



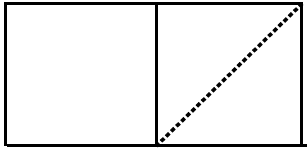
**Level 4 Balance Beam**

**Time 1:05**

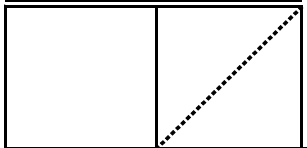
*D. Hanford*

MOUNT: Leg Swing with 1/2 Turn Whipswing to kneel 	Cartwheel 	Rond de jambe Arabesque >45°  Scale Horz 1 sec hold	Straight Leg Leap 120° 	Handstand 1 second 	Lack of continuity ↑ 0.2 <b>Reversing order 0.3</b>		1/2 Turn Fwd Passé 	Cartwheel to Side HS, 1/4 turn DISMOUNT 
					Split Jump 120° 	Straight Jump 		
0.2	0.6	0.4	0.6	0.6	0.4	0.4	0.4	0.6

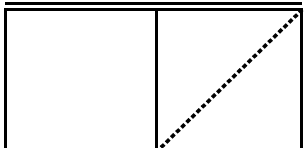
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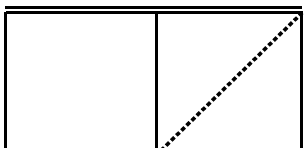
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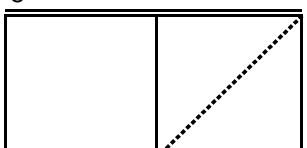
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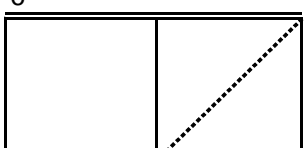
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5





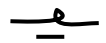
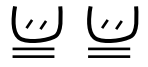

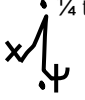
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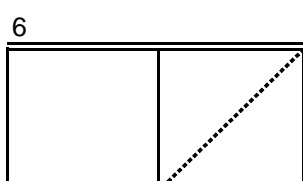
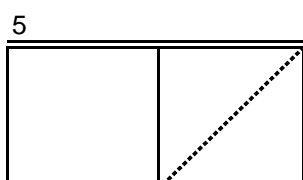
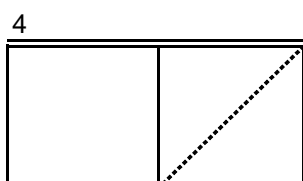
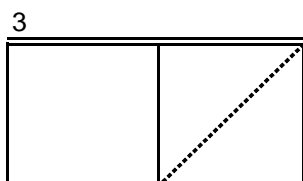
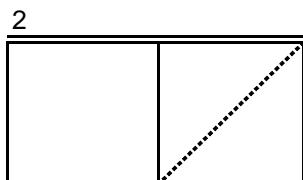
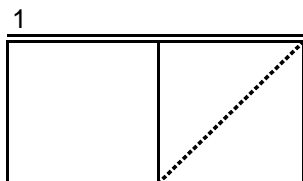


**Level 3 Balance Beam**

**Time 0:55**

*D.Hanford*







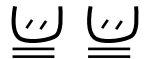


MOUNT: Leg Swing with 1/2 turn Whipswing to kneel		Cross Handstand	Rond de Jambe Arabesque 45° <i>Hold 1 sec</i>	Straight Leg Leap 90°	Lack of continuity ↑ 0.2		2 Pivot Turns (180°) <i>Pivot, step pivot</i>		WT turn -0.3		Cartwheel to HS 1/4 turn off
		!			!	!					
0.2		0.6	0.4	0.6	0.4	0.4	0.2	0.2	0.4	0.6	

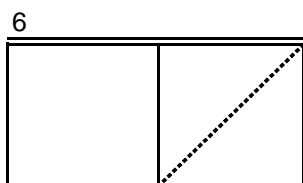
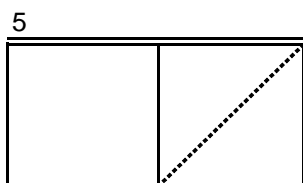
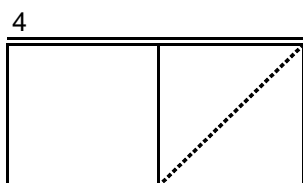
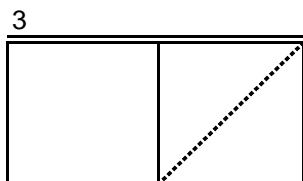
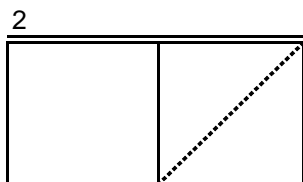
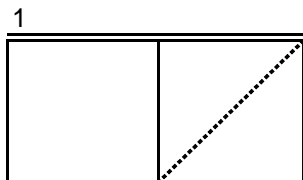


**Level 3 Balance Beam**

**Time 0:55**

*D. Hanford*

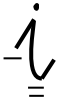


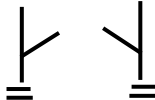






				Lack of continuity ↑ 0.2		WT turn -0.3			
MOUNT: Leg Swing with ½ turn Whipswing to kneel 		Cross Handstand 	Rond de Jambe Arabesque 45° Hold 1 sec 	Straight Leg Leap 90° 	Stretch Jump 	Stretch Jump 	2 Pivot Turns (180°) <i>Pivot, step pivot</i> 	Heel Snap ½ Turn Forward Passé 	Cartwheel to HS ¼ turn off 
0.2		0.6	0.4	0.6	0.4	0.4	0.2 0.2	0.4	0.6

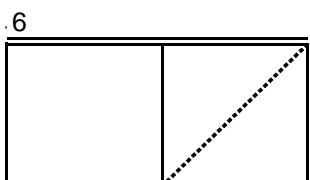
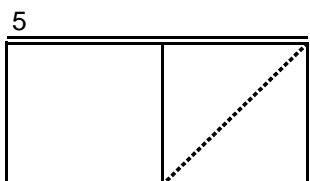
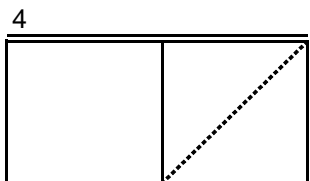
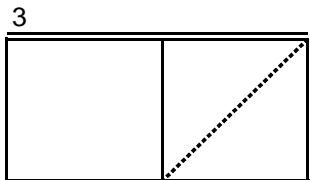
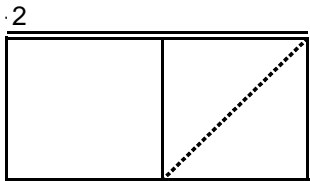
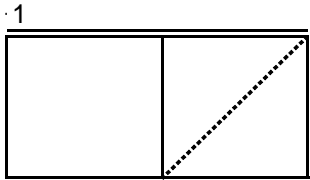


Level 2 Balance Beam

Time 0:35

D. Hanford




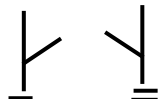

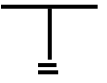




MOUNT: Jump to front support 	Whipswing to push up Jump to tuckstand 	Arabesque 30° 	Leg Swing Fwd Horizontal Leg Swing Bwd 45° 	Releve 	T Lever to touch beam 	Fwd Passe Balance 2 Sec 	½ Pivot Turn (180°) 	Stretch Jump 	Cartwheel to HS Dismount 	
0.2	0.6	0.4	0.2	0.2	0.2	0.6	0.2	0.2	0.4	0.6

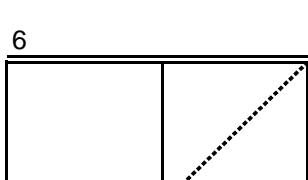
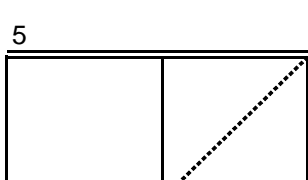
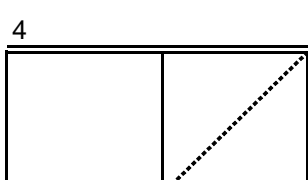
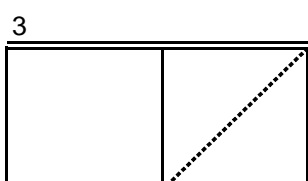
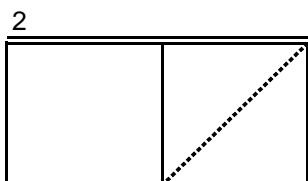
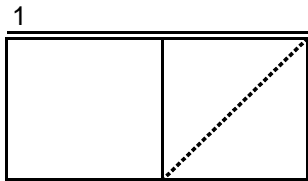


Level 2 Balance Beam

Time 0:35

D. Hanford

MOUNT: Jump to front support 	Whipswing to push up Jump to tuckstand 	Arabesque 30° 	Leg Swing Fwd Horizontal Leg Swing Bwd 45° 	Releve 	T Lever to touch beam 	Fwd Passe Balance 2 Sec 	½ Pivot Turn (180°) 	Stretch Jump 	Cartwheel to HS Dismount 	
0.2	0.6	0.4	0.2	0.2	0.2	0.6	0.2	0.2	0.4	0.6







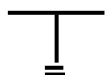





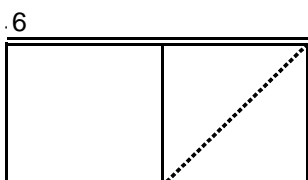
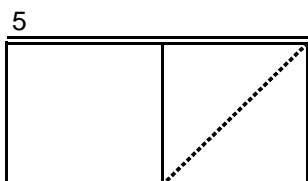
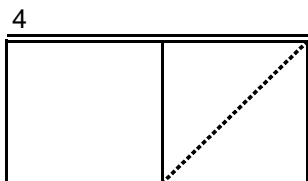
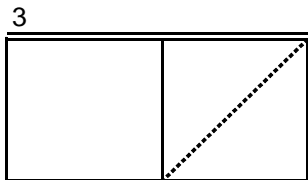
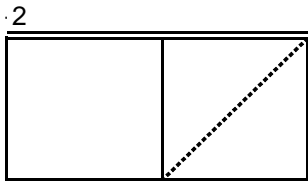
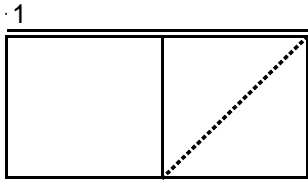


Level 1 Balance Beam

Time 0:30

D.Hanford






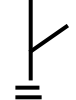
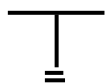



<p>MOUNT: Jump to front support</p>  <p>0.2</p>	<p>Pike Lying Position</p>  <p>0.4</p>	<p>Releve Balance</p>  <p>0.2</p>	<p>Arabesque 30°</p>  <p>0.4</p>	<p>2 Leg Swing Forward (R &amp; L) Horizontal</p>  <p>0.2</p>	<p>Horizontal</p>  <p>0.2</p>	<p>T Lever Horizontal 1 sec</p>  <p>0.6</p>	<p>Fwd Passe Mark position</p>  <p>0.2</p>	<p>Stretch Jump</p>  <p>0.4</p>	<p>Cartwheel to ¾ HS Dismount (from Kneel)</p>  <p>0.6</p>
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**Level 1 Balance Beam**

**Time 0:30**

*D.Hanford*

<p>MOUNT: Jump to front support</p>  <p>0.2</p>	<p>Pike Lying Position</p>  <p>0.4</p>	<p>Releve Balance</p>  <p>0.2</p>	<p>Arabesque 30°</p>  <p>0.4</p>	<p>2 Leg Swing Forward (R &amp; L) Horizontal</p>  <p>0.2</p>	<p>Horizontal</p>  <p>0.2</p>	<p>T Lever Horizontal 1 sec</p>  <p>0.6</p>	<p>Fwd Passe Mark position</p>  <p>0.2</p>	<p>Stretch Jump</p>  <p>0.4</p>	<p>Cartwheel to ¼ HS Dismount (from Kneel)</p>  <p>0.6</p>
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