











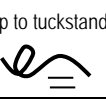




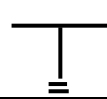




COMPULSORY BALANCE BEAM

D. Hanford



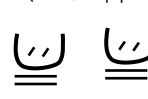
Level 1 Balance Beam Time 0:30

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

Level 2 Balance Beam Time 0:35

MOUNT: Jump to front support, swing leg over	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	DISMOUNT Cartwheel to HS
										
0.2	0.6	0.4	0.2	0.2	0.2	0.6	0.2	0.2	0.4	0.6







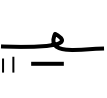



Level 3 Balance Beam Time 0:55

MOUNT: Leg Swing 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°) (Pivot, step pivot)	Heel Snap ½ Turn Forward Passe	DISMOUNT Cartwheel to HS ¼ turn	
									
0.2	0.6	0.4	0.6	0.4	0.4	0.2	0.2	0.4	0.6

Level 4 Balance Beam Time 1:05

MOUNT: Leg Swing ½ turn Whipswing to kneel	Cartwheel	Rond de jambe Arabesque >45° Scale Horz Hold 1 sec	Straight Leg Leap (120°)	Handstand 1 second	Split Jump (120°)	Straight Jump	½ Turn Fwd Passe	DISMOUNT Cartwheel to Side HS, ¼ turn 1 sec hold
								
0.2	0.6	0.4	0.6	0.6	0.4	0.4	0.4	0.6

Level 5 Balance Beam Time 1:10

MOUNT: Leg Swing ½ turn Whipswing to kneel	Balk walkover 150° or Back roll ¾ HS or Back handspring	Rond de jambe Arabesque >45° Scale above Horz Hold 1 sec	Straight Leg Leap (150°)	Stretch Jump	Handstand 2 seconds	Split Jump (150°)	Sissone Front leg > 45° Back leg horizontal	1/1 Turn Fwd Passe	DISMOUNT Cartwheel to Side HS, ¼ turn 2 sec hold
									
0.2	0.6	0.4	0.6	0.4	0.6	0.4	0.2	0.4	0.6