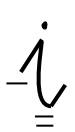

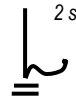



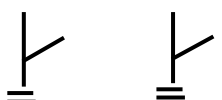



COMPULSORY BALANCE BEAM

D. Hanford 7/2021

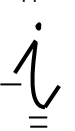




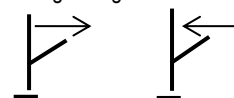


Level 1 Balance Beam

Time 0:35

MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i> 	Needle Leg Kick to Stand <i>(≥ horizontal)</i> 	Relevé Balance Lock Stand <i>2 seconds</i> 	Forward Passé <i>Mark position</i> 	Stretch Jump 	Arabesque 30° <i>Mark position</i> 	Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i> 	Cartwheel to ¾ HS (22.5°) DISMOUNT <i>(from Kneel to Lunge pose)</i> 
0.2	0.4	0.2	0.2	0.4	0.4	0.2 0.2	0.6










Level 2 Balance Beam

Time 0:40

MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i> 	Single Leg Kick-up to Stand <i>(no amplitude)</i> <i>Both feet leave beam</i> 	Forward Passé <i>Mark position, Relevé out</i> 	Stretch Jump 	Arabesque 30° <i>1 second hold</i> 	Leg Swing Fwd to Horizontal Leg Swing Bwd to 45° 	½ Pivot Turn (180°) <i>from relevé lock</i> 	Cartwheel to Side HS DISMOUNT 
0.2	0.4	0.2	0.4	0.4	0.2 0.2	0.2	0.6

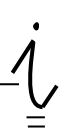


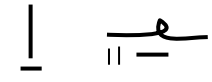




Level 3 Balance Beam

Time 0:55

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

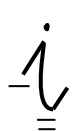
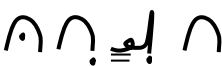

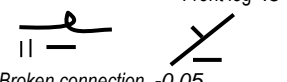




Level 4 Balance Beam

Time 1:05

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

Level 5 Balance Beam

Time 1:10

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