

Level

3

Bars

JDM 9/1/21

GLIDE SWING
& RETURN



(0.20)

BACK HIP
PULLOVER
MOUNT



(0.40)

OR

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



(0.60)

CAST



(0.20)

BACK HIP
CIRCLE



(0.40)

BACK HIP
CIRCLE



(0.40)

FRONT HIP
CIRCLE SMALL CAST,
RETURN TO FRONT
SUPPORT



(0.40)

CAST,
SQUAT-ON, STRETCH
JUMP DISMOUNT



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score