

Level

4

Beam

JDM 9/16/21

FRONT
SUPPORT FISH
POSE MOUNT



(0.20)

(*)
CARTWHEEL



(0.60)

(*)
1/2 (180°)
TURN IN
FORWARD PASSÉ



(0.40)

STRETCH
JUMP



(0.20)

SPLIT
JUMP 120°



(0.40)

1 Sec Hold 1 Sec Hold

(*)
CROSS
HANDSTAND



(0.60)

SCALE
HORIZONTAL



(0.40)

STRAIGHT
LEG LEAP
120°



(0.60)

1 Sec Hold

(*)
CARTWHEEL
TO SIDE HANDSTAND,
1/4 TURN DISMOUNT



(0.60)

Warm-up : 1 min. Routine : 1:05 min. Warning : 55 sec.

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score