

Level

5

Bars

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



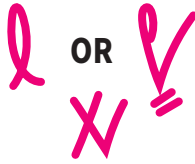
(0.60)

CAST TO
ABOVE
HORIZONTAL



(0.40)

CLEAR HIP CIRCLE TO
ABOVE HORIZONTAL,
OR SOLE CIRCLE TO CLEAR
SUPPORT, OR STALDER
TO CLEAR SUPPORT



(0.60)

STRADDLE
OR PIKE
GLIDE KIP



(0.60)

CAST,
SQUAT-ON, OR PIKE-ON,
OR 360° SOLE CIRCLE



(0.20)

LONG HANG
KIP



(0.60)

CAST TO
ABOVE
HORIZONTAL



(0.40)

LONG HANG
PULLOVER



(0.60)

UNDERSWING



(0.60)

1st COUNTERSWING
(min 15° horizontal)



(0.60)

TAP SWING
FORWARD



(0.60)

2nd COUNTERSWING
(min 15° horizontal)



(0.60)

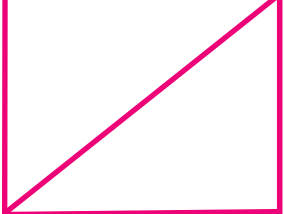
TAP SWING
FORWARD to
FLYAWAY DISMOUNT



(0.60)

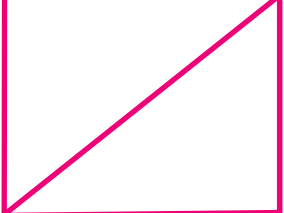
Tuck
Pike
Stretched

Gymnast



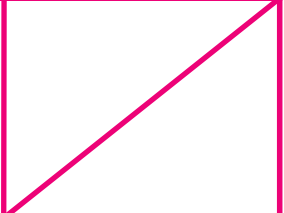
Final
Score

Gymnast



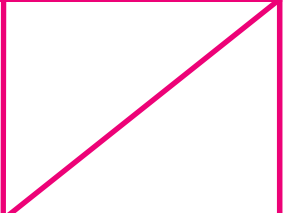
Final
Score

Gymnast



Final
Score

Gymnast



Final
Score