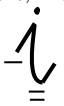





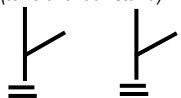



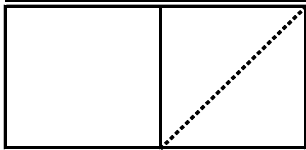
Level 1 Balance Beam

Time 0:35

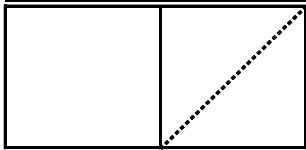
D.Hanford 8.3.2023

<p>MOUNT: Jump to Front Support <i>(to Single leg V sit, Tuck stand, Pike stand)</i></p>  <p>0.2</p>	<p>Needle Leg Kick <i>(≥ horizontal)</i></p>  <p>0.4</p>	<p>Relevé Balance Lock Stand <i>2 seconds</i></p>  <p>0.2</p>	<p>Forward Passé <i>Mark position</i></p>  <p>0.2</p>	<p>Stretch Jump <i>(plié to relevé lock)</i></p>  <p>0.4</p>	<p>Arabesque 30° <i>Mark position</i></p>  <p>0.4</p>	<p>Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i></p>  <p>0.2 0.2</p>	<p>Cartwheel to ¾ HS Dismount <i>(from Kneel to Lunge pose)</i> 22.5°</p>  <p>0.6</p>
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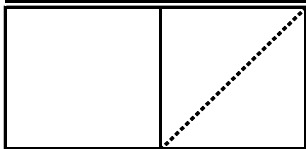
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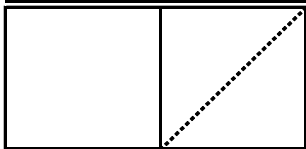
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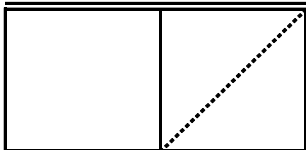
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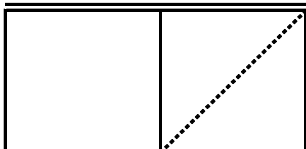
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5









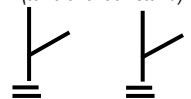

6



Level 1 Balance Beam

Time 0:35

D.Hanford 8.3.2023

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