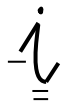


Level 2 Balance Beam

Time 0:40

D.Hanford 8.3.2023

MOUNT: Jump to Front Support
(to Single leg V sit, Tuck stand, Pike stand)



0.2

Single Leg Kick-up to Stand (no amplitude)



Both feet leave beam

0.4

Forward Passé
Mark position, Relevé out



0.2

Stretch Jump
(plié to relevé lock)



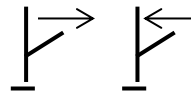
0.4

Arabesque 30°
1 second hold



0.4

Leg Swing Fwd Horizontal
Leg Swing Bwd to 45°



0.2

0.2

½ Pivot Turn (180°)
from Relevé lock stand



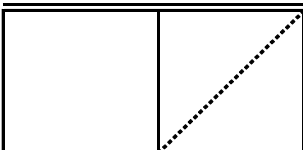
0.2

Cartwheel to Side HS
DISMOUNT

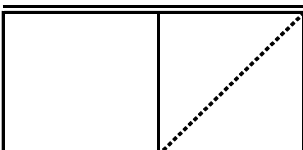


0.6

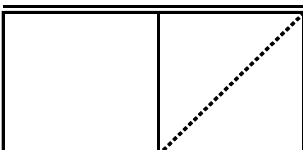
1



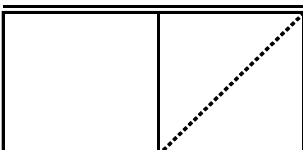
2



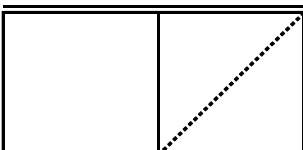
3



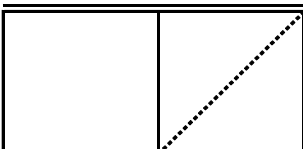
4



5



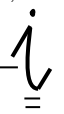

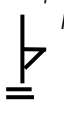


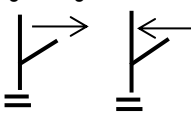


6



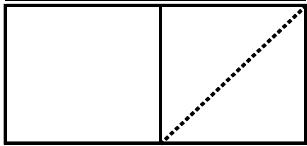
Level 2 Balance Beam

Time 0:40

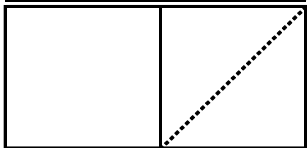
D.Hanford 8.3.2023

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

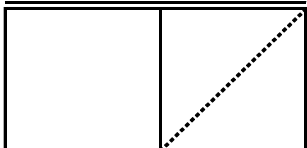
1



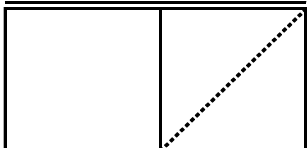
2



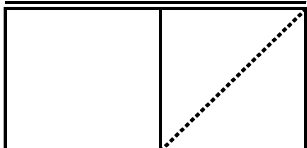
3



4



5



6

