
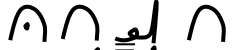







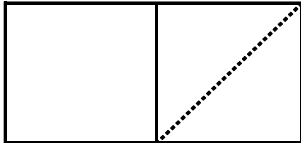


Level 5 Balance Beam Time 1:10

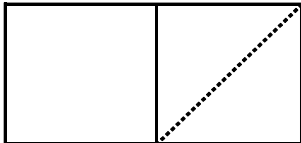
D.Hanford 8.3.2023

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150°</p>  <p>Broken connection -0.05</p>	<p>Sissone <i>Back leg horizontal Front leg 45°</i></p> 	<p>Scale Above Horizontal <i>1 sec hold</i></p> 	<p>Straight Leg Stretch Jump Leap 150°</p>  <p>Broken connection -0.05</p>	<p>Cartwheel Stretch Jump</p>  <p>Broken connection -0.05</p>	<p>Back Salto Tuck DISMOUNT</p> 	
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.6

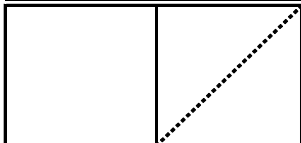
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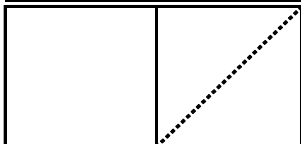
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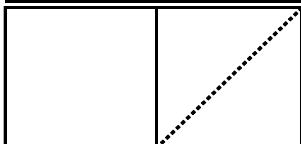
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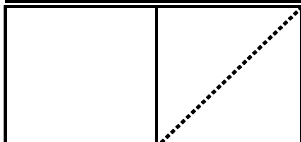
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5




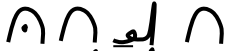







6



Level 5 Balance Beam

Time 1:10

D.Hanford 8.3.2023

<p>MOUNT: Front Support Fish Pose <i>Stag sit to stand</i></p> 	<p>Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft</p> 	<p>1/1 Turn Fwd Passé</p> 	<p>Split Jump 150°</p>  <p>Broken connection -0.05</p>	<p>Sissone <i>Back leg horizontal Front leg 45°</i></p> 	<p>Scale Above Horizontal <i>1 sec hold</i></p> 	<p>Straight Leg Leap 150° <i>Stretch Jump</i></p>  <p>Broken connection -0.05</p>	<p>Cartwheel <i>Stretch Jump</i></p>  <p>Broken connection -0.05</p>	<p>Back Salto Tuck DISMOUNT</p> 		
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.2	0.6

