





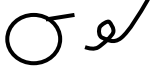
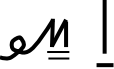
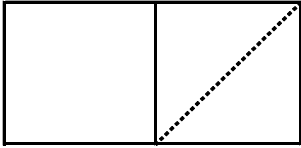


**Level 3 Bars**

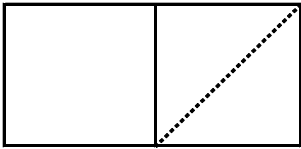
D. Hanford 8.3.2023

|   |  |    |   |   |  |  |  |   |
|---|--|----|---|---|--|--|--|---|
| Glide & Return<br> | Back Hip Pullover<br> | OR | Glide Kip<br><i>Straddle or Pike</i><br> | Cast<br> | Back Hip Circle<br> | Back Hip Circle<br> | Front Hip Circle, Small Cast, <i>return</i><br> | Cast Squat-on, Stretch Jump DISMOUNT<br> |
| <b>0.2</b>  | <b>0.4</b>   |    | <b>0.6</b>  | <b>0.2</b>  | <b>0.4</b>   | <b>0.4</b>   | <b>0.4</b>   | <b>0.6</b>  |

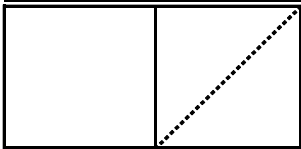
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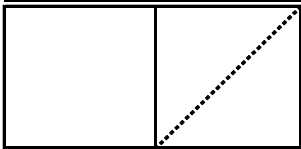
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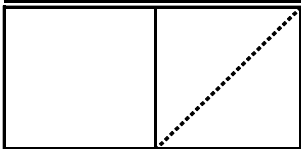
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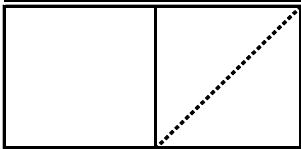
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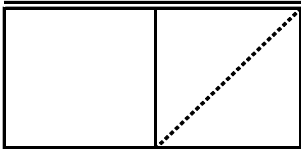
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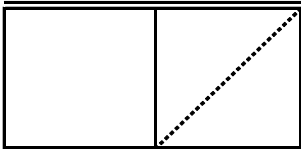
6



7








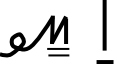


8

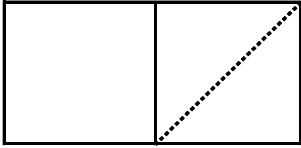


**Level 3 Bars**

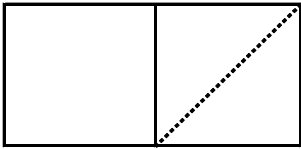
D. Hanford 8.3.2023

|   |   |    |   |   |   |   |   |   |
|---|---|----|---|---|---|---|---|---|
| Glide & Return  | Back Hip Pullover   | OR | Glide Kip<br><i>Straddle or Pike</i>  | Cast  | Back Hip Circle   | Back Hip Circle   | Front Hip Circle, Small Cast, <i>return</i>   | Cast Squat-on, Stretch Jump DISMOUNT  |
|  |  |    |  |  |  |  |  |  |
| 0.2   | 0.4   |    | 0.6   | 0.2   | 0.4   | 0.4   | 0.4   | 0.6   |

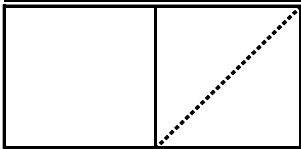
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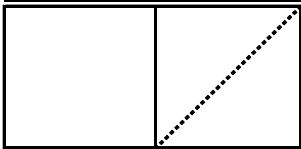
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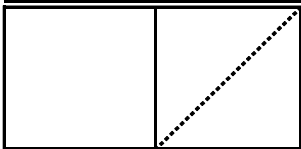
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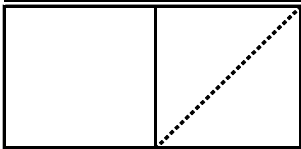
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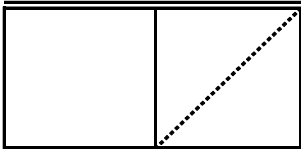
5



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