








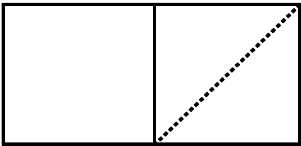


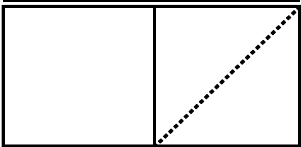
Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast to horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast to horizontal 	Back Hip Circle 	Underswing 1st Counterswing 30° 	Tap Swing, 2nd Counterswing 30° 	Tap Swing ½ Turn DISMOUNT 
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6

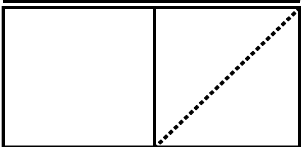
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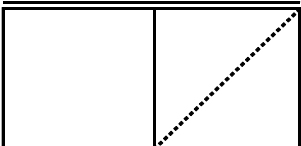
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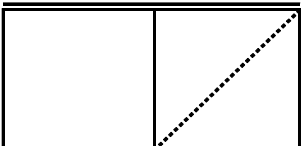
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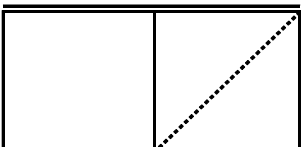
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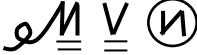






5



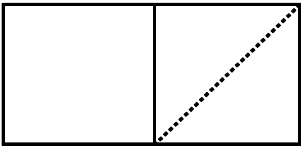
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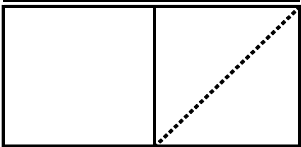
Level 4 Bars

MOUNT: Straddle or Glide Kip 	Cast to horizontal <i>return to bar</i> 	Cast Squat-on or Pike-on or Bwd Sole Circle 	Long Hang Kip 	Cast to horizontal 	Back Hip Circle 	Underswing 1st Counterswing 30° 	Tap Swing, 2nd Counterswing 30° 	Tap Swing 1/2 Turn Dismount 
0.6	0.4	0.2	0.6	0.4	0.4	0.6	0.6	0.6

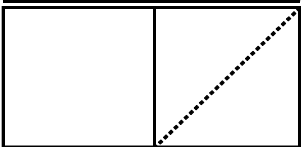
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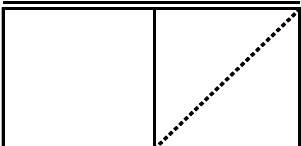
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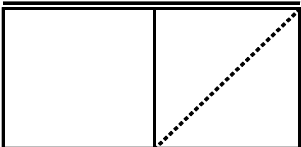
3



4



5



6

