LEVEL 2 BARS wu 30 sec				LEVEL 3 BARS wu 45 sec				LEVEL 4 BARS wu 1 min				LEVEL 5 BARS wu 1 min			
Pullover	0.6	Stride or basket	0.6	Glide - pullover OR	0.4	Single leg cut	0.2	Kip	0.6	Back hip circle	0.4	Kip	0.6	Long hang kip	0.6
Cast	0.4	Leg swing	0.2	Kip mount	0.6	Cast	0.4	Cast to H	0.4	Uswing Cswing (30)	0.6	Cast H+	0.4	Cast H+	0.4
Bk Hip	0.4	cast, sq, pike	0.6	Front hip cast	0.4	Back hip circle	0.4	Squat/Str on	0.2	Uswing Cswing (30)	0.6	Clear Hip H+/ sole/stalder clear	0.6	Long hang pullover	0.6
Cut	0.2			Shoot through	0.2	Undersw dsmt	0.6	Long hang kip	0.6	1/2 turn dsmt	0.6	Kip	0.6	Uswing Cswing (15)	0.6
				Stride cir or bskt sw	0.4			Cast to H	0.4			Sq/pk on OR bk sole	0.2	Uswing Cswing (15)	0.6
														Flyaway	0.6

Dynamics		**0.2**
	10	
- Deduct		
J1 SCORE		
J2 SCORE		
Ave		