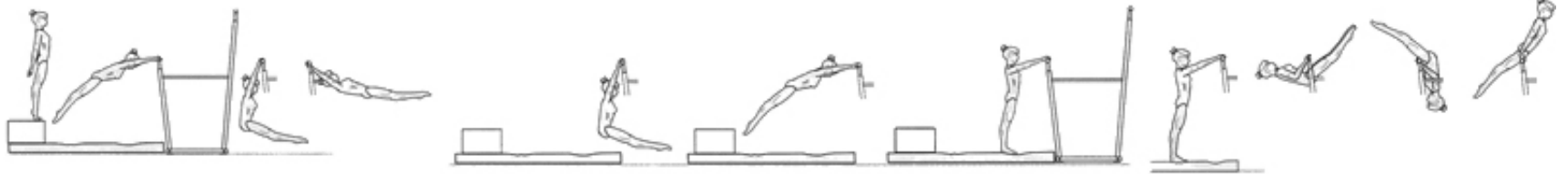


LEVEL 4 UNEVEN BARS



Mount: Glide and return(.4); Back Hip Pullover (.4)

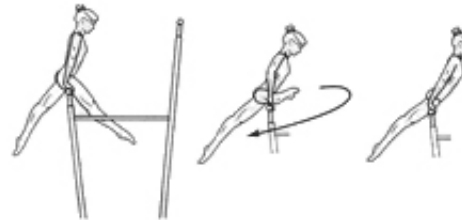


Front Hip Circle, Small Cast (.6)

***Cast, Single Leg Squat Through (.4)**



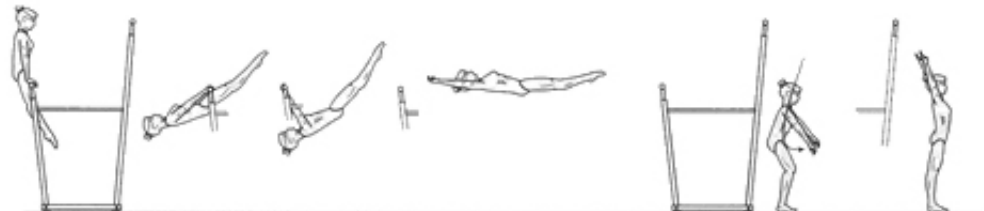
***Forward Stride Circle (.6)**



***Single Leg Cut Backward (.4)**



Cast (.4) Back Hip Circle (.6)



Underswing Dismount (.8)

LEVEL 5 UNEVEN BARS

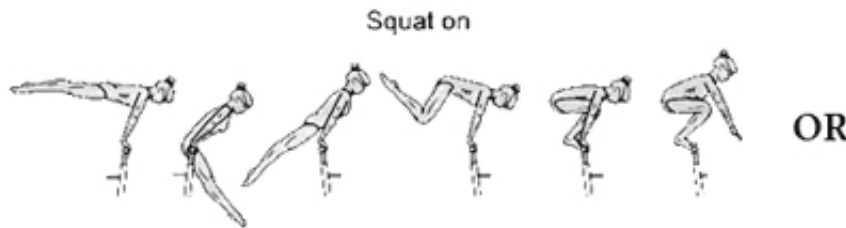
compiled by Lee Bjella



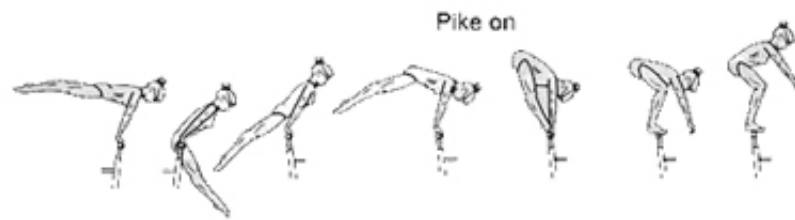
Mount (.8)



Front Hip Circle (.6)



Cast to Horizontal & Return to Front Support (.8)



Cast, Squat-On (or Pike-On) (.4)



Jump to Long Hang Kip (.8)

Cast to Horizontal (.8)

Back Hip Circle (.6)



Underswing, 1st Counterswing (30 degrees) (.8)

Tap Swing, 2nd Counterswing 15 degrees (.8)



Tap Swing with 1/2 turn Dismount (.8)

LEVEL 6 UNEVEN BARS

