

**COMPARISONS  
FOR  
LEVELS 4,5,6  
BEAM**

LEE BJELLA

**LEVEL 4**

TIME : 55

**1.\* LEG SWING MOUNT**

- In sit, both hands go forward-upward to high

**LEVEL 5**

TIME 1:10

**1.\* LEG SWING MOUNT**

- In sit, right hand stays in front, left hand reaches back
- Right leg stags as left hand circles behind to beam
- The right hand comes up to forward-middle, palm up - do inward forearm circle, open to forward-middle, pointing to end of beam, palm down

**LEVEL 6**

TIME 1:20

**1.\* SCISSOR LEG SWING MOUNT**

- Scissors leg movement before leg swing
- In sit, as in Level 5, right leg swings over to sit as left arm circles back to beam
- Right hand does the inward forearm circle, ending as Level 5, but the left arm lifts backward-upward to crown and point towards end of beam

**LEVEL 4****2. V-SIT, TUCK STAND**

- V-sit and Swing Tuck Stand each have values
- Stand releve, feet together - in lock
- Arms remain in crown

**LEVEL 5****2. V-SIT**

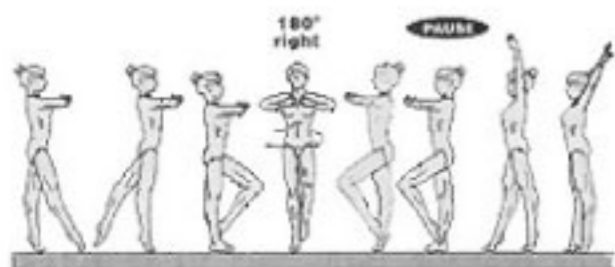
- V-sit has no value
- Hands reach back - do V-sit
- Left leg bends, place foot on beam, shift weight and stand, weight on right foot, left extends back
- Arms go to crown, then to finish position

**LEVEL 6****2. V-SIT**

- V-sit has no value
- Same as Level 5

LEVEL 4

3. COUPE WALK, HEEL SNAP TURN



- Coupe walk before turn
- 1/2 turn to right, on right foot
- Step back on left
- End with right foot in front in releve

LEVEL 5

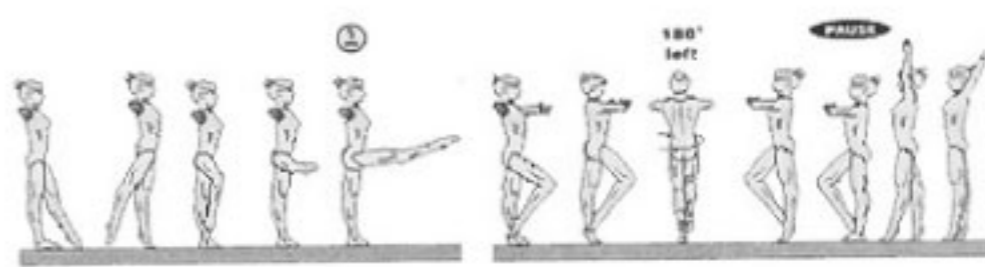
3. HEEL SNAP TURN



- On right foot - no step, just bend left knee forward and pull foot to touch right ankle
- Step back on left foot
- Right foot in front in releve

LEVEL 6

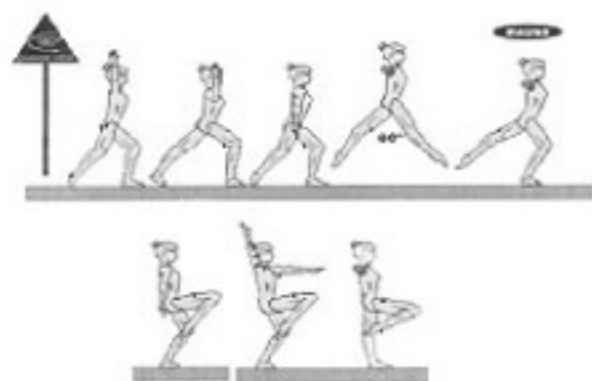
3. COUPE, DEVELOPPE, ROND DE JAMBE 4. HEEL SNAP TURN



- Coupe, side developpe, rond de jambe before heel snap turn
- 1/2 turn to left on left foot
- Step back on right foot, end with left in front in releve

LEVEL 4

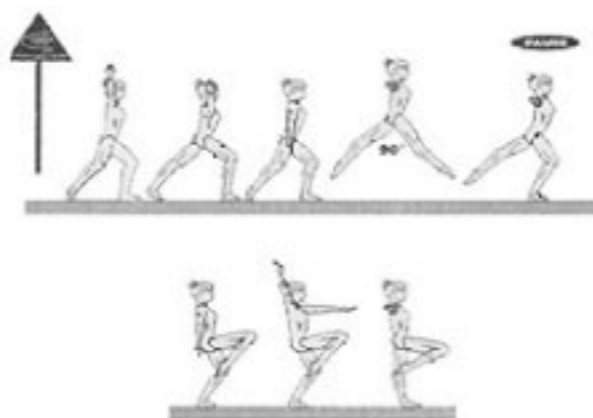
4. LEAP 60° 5. POSE



- 60° split

LEVEL 5

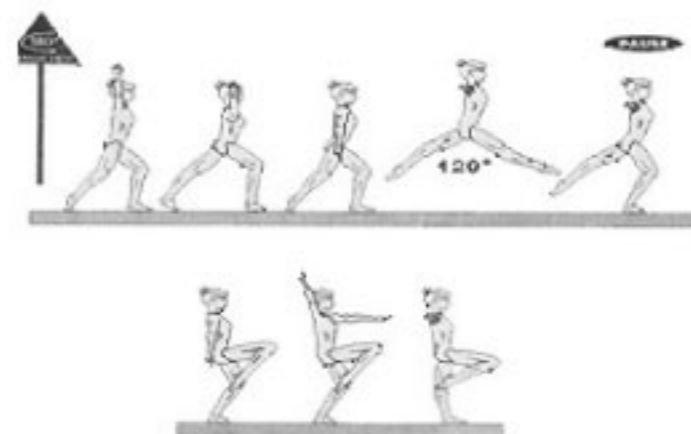
4. LEAP 90° 5. POSE



- 90° split

LEVEL 6

5. LEAP 120° 6. POSE



- 120° split

LEVEL 4

LEVEL 5

LEVEL 6

6. WEIGHT TRANSFER



• Arms: inward forearm circle with both arms

7. WEIGHT TRANSFER



• Arms: inward forearm circle with both arms alternately

• No weight transfer for Level 4

LEVEL 4

LEVEL 5

LEVEL 6

6.\* 3/4 HANDSTAND



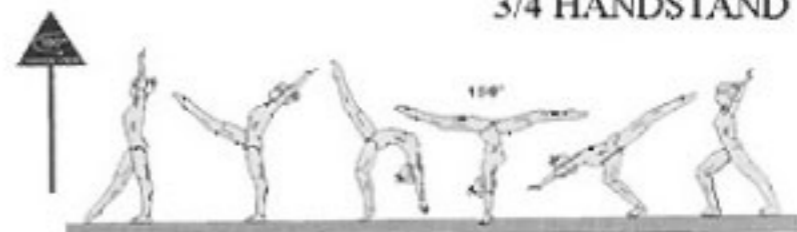
• 3/4 handstand, no hold  
 • All levels finish on right leg, lunge, hands up to finish pose (unless reversed, then lunge left, step forward right, then swing left leg in next element)

7.\* HANDSTAND



• 1 second hold  
 • Full handstand position

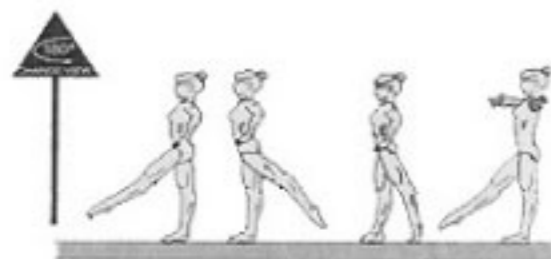
8.\* BACK WALKOVER OR BACK ROLL TO 3/4 HANDSTAND



OR



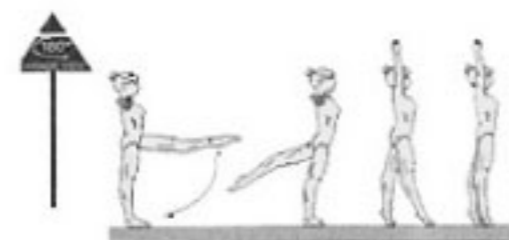
• Back walkover OR back 3/4 handstand  
 • No kick before element, as does Levels 4 & 5

**LEVEL 4****7. LEG SWING**

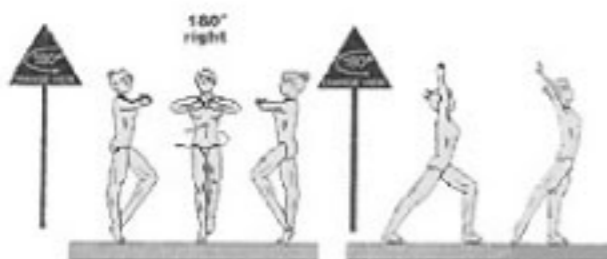
- Left leg swings to min. of 45° below horiz. front and back
- Hands on hips
- Step back on left foot, point right forward
- Lift right arm to forward-middle, left to side-middle for turn preparation

**LEVEL 5****8. LEG SWING**

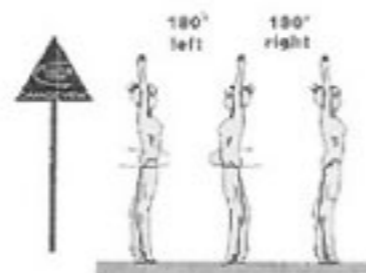
- Left leg swings to min. of horizontal, back to min. of 45° below horiz.
- Arms at side-middle
- Step back left to lock releve
- Arms to crown

**LEVEL 6****9. LEG SWING**

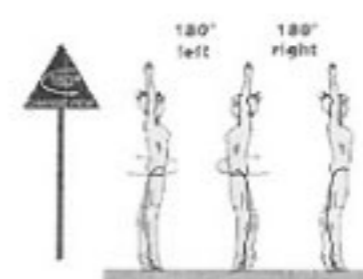
- Same as Level 5

**LEVEL 4****8. 1/2 COUPE TURN**

- Level 4 does coupe turn to right
- Step forward left
- Demi-plie extend
- Arms crown, end in finish position

**LEVEL 5****9. PIVOT TURNS**

- Level's 5 and 6 are the same
- Maintain releve throughout
- Arms in crown

**LEVEL 6****10. PIVOT TURNS**

LEVEL 4

9. FISH POSE



- No 1/4 turns, just fish pose
- Demi-plie to prepare for jumps

LEVEL 5

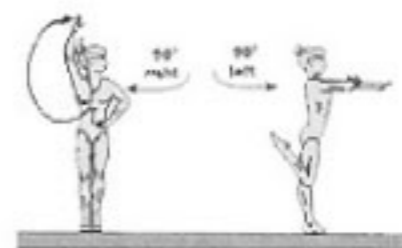
10. 1/4 TURNS, FISH POSE



- Level 5 & 6 are the same
- Turn 1/4 to right
- Large step back onto right foot
- "Ole" pose, left hand on hip, demi-plie
- 1/4 turn left to fish pose

LEVEL 6

11. 1/4 TURNS, FISH POSE



LEVEL 4

11. 1/2 COUPE TURN



- No turn

- Swing right leg to min. of horiz.
- 1/2 turn in coupe on right foot to right
- Step forward left foot-lunge, then straighten
- Arms go to curve, front-middle, then to crown, then finish

LEVEL 5

12. 1/1 PASSE TURN



- 1/1 turn in passe position
- Arms are in crown on turn, then finish

LEVEL 6

LEVEL 4

LEVEL 5

LEVEL 6

12.\* CARTWHEEL



- Only Level 5 has the cartwheel
- End on left, lunge

LEVEL 4

LEVEL 5

LEVEL 6

13. CROSS POSE



13. CROSS POSE



- No cross pose

- Both Level 5 & 6 are same
- Swing right leg to cross pose

LEVEL 4

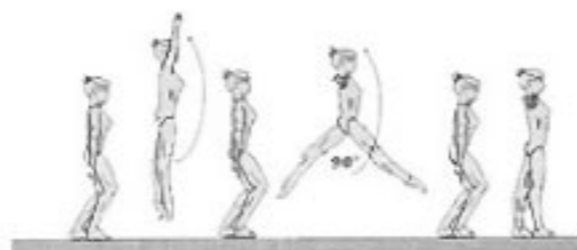
10. STRETCH JUMP, TUCK JUMP



- All levels start from demi-plie
- Arms up on both jumps, down between
- Stay up after tuck jump and end in finish position
- Feet flat stand at end, at all levels right foot in front

LEVEL 5

14. STRETCH JUMP, SPLIT JUMP 90°



- Stretch jump, split jump 90° split
- Arms up on stretch jump, side-middle on split jump
- Arms down after split jump, then back up to side-middle

LEVEL 6

14. TUCK JUMP, SPLIT JUMP 120°

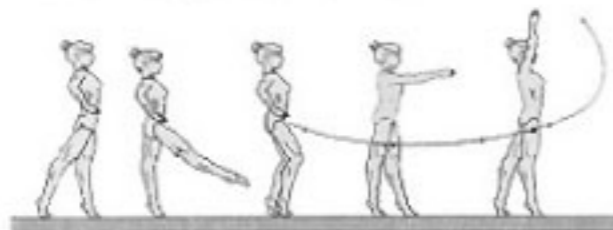


- Tuck jump, split jump 120°
- Arms same as Level 5

NOTE: Arms always go up in front, down to the side, and no lean of torso!

LEVEL 4

11. POSE, RELEVE STEPS



- Step forward left
- Hands on hips on step, developpe, pose
- Arms lift forward-upward to crown on quick releve steps

LEVEL 5

15. POSE, RELEVE STEPS



- Arms at side-middle on releve, steps, and developpe
- Both arms on demi plie pose move to forward-middle and cross at wrists
- On quick releve steps, arms lift forward-upward to crown

LEVEL 6

15. POSE, RELEVE STEPS



- Same as Level 5, except on the demi-plie after the first wrist cross, do another with switch of arms

LEVEL 4

12. ARABESQUE (45°), SCALE (HOR.)



- Arabesque min. of 45° off beam
- Scale min. at horizontal
- Step forward left to lock

LEVEL 5

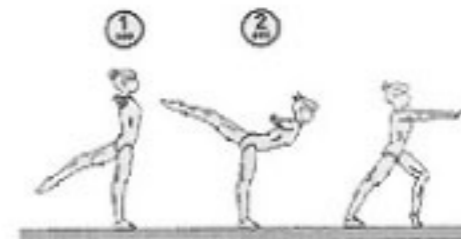
16. ARABESQUE (>45°), SCALE (>HOR.)



- Arabesque greater than 45° off beam
- Scale above horizontal
- Step back left, point right foot
- Arms side-middle

LEVEL 6

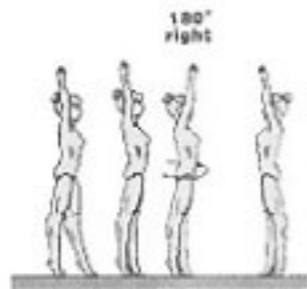
16. ARABESQUE (>45°), SCALE (45° > HOR.)



- Arabesque greater than 45° off beam
- Scale 45° above horizontal
- Step forward left to lunge, forced arch
- Arms: lower right side-downward, then up to forward-middle, left to side-middle

LEVEL 4

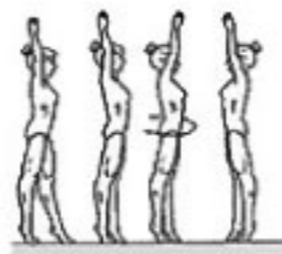
13. PIVOT TURN



- 1 pivot turn
- Step forward left, turn 180° to right
- Feet together in releve
- Arms in crown

LEVEL 5

17. 1/2 Pivot  
180° right



LEVEL 6

17. 1/2 PIVOT LUNGE TURN



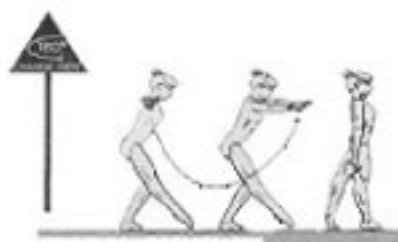
- 180 pivot lunge turn
- Value of .2
- Feet apart, end on left in forced arch
- Arms down after turn

LEVEL 4

LEVEL 5

LEVEL 6

14. BOW



- Demi-plie left, right pointed, knees together
- Body leans slightly forward
- Arms: side-middle, then lower to side-downward, to forward-middle
- Wrists crossed
- Extend torso, step forward right - 1 step
- Arms extend down

17. BOW



- Arms: right lifts to back-diagonal-upward
- Left circles to inward forearm circle, finishing forward-downward
- On extension, step right, step left
- Arms windmill, left to high, right back-down-forward to high

18. BOW



- From forced arch lunge, extend right foot forward, point foot
- Arms: side-middle, then right lifts to backward-diagonal-upward
- Left does inward forearm circle
- On step forward right, arms windmill, step left - 2 steps (extra arm circle)

LEVEL 4

LEVEL 5

LEVEL 6

15.\* HANDSTAND 1/4 TURN DISMOUNT



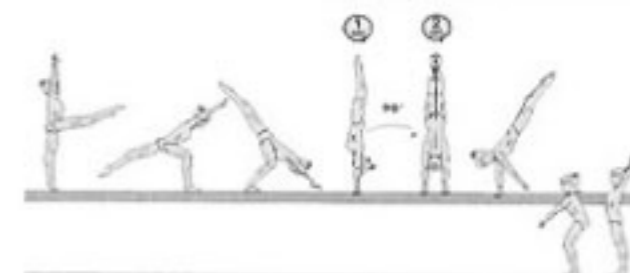
- Step forward left
- Kick right, arms go to high
- Side cartwheel to handstand
- 1 second hold
- 1/4 turn dismount

18.\* HANDSTAND 1/4 TURN DISMOUNT



- Kick right
- Arms up
- Cartwheel to side handstand
- 2 second hold
- 1/4 turn to dismount

19.\* HANDSTAND 1/4 TURN HANDSTAND 1/4 TURN DISMOUNT



- Kick right
- Cross handstand
- Hold 1 second
- 1/4 turn to side handstand
- Hold 2 seconds
- 1/4 turn to dismount