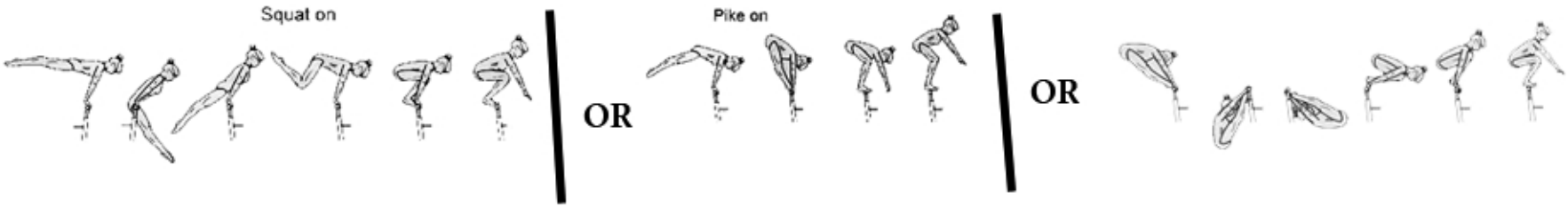
LEVEL 6 UNEVEN BARS

Mount (.8) Cast 30 Degrees (.8) Clear Hip 30 Degrees (.8) Glide Kip (.8)



OR OR

Cast, Squat or Pike On, or Back Sole Circle (.4)

Jump to Long Hang Kip (.8) Cast to 30 Degrees (.8) Long Hang Pullover (.8)

Underswing 1st Counterswing 15 Degrees (.8) Tap Swing 2nd Counterswing Horiz (.8)

Tap Swing Tuck, Pike or Stretched Flyaway (.8)