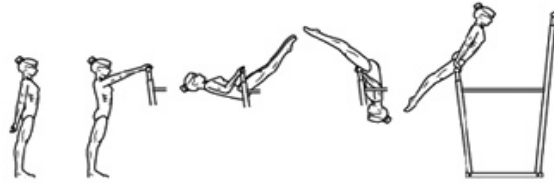


LEVEL 2 BARS COMPILED

compiled by L. Bjella

1. Pullover Mount (.6)



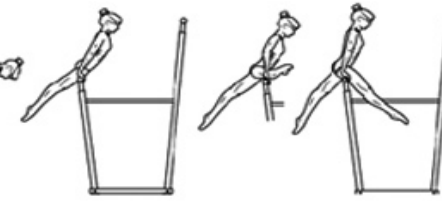
2. Cast (.4)



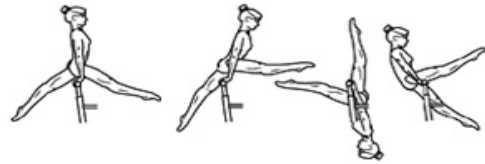
3. Back Hip Circle (.4)



4. * Single Leg Cut Forward (.2)

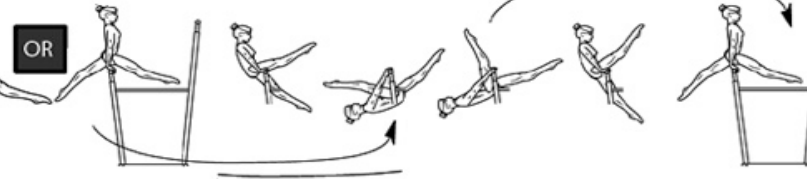


5. * Forward Stride Circle (.6)



OR

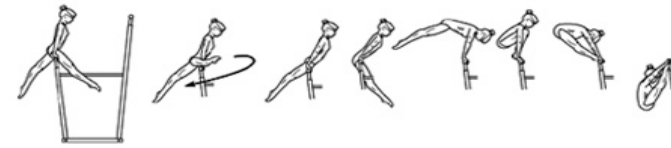
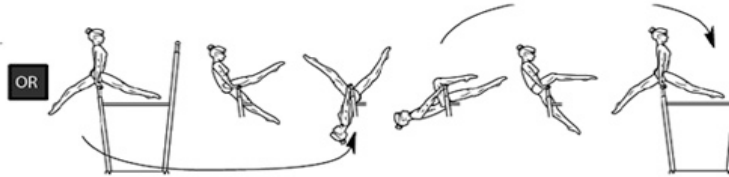
* Single Leg Basket Swing (.6)



OR Hooking Knee is acceptable

6. * Single Leg Swing Backward (.2)

7. Cast, Squat on, Pike Sole Circle Dismount (.6)



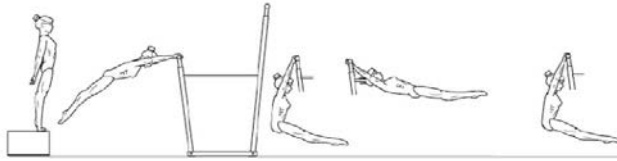
OR Cast, Underswing Dismount (.6)



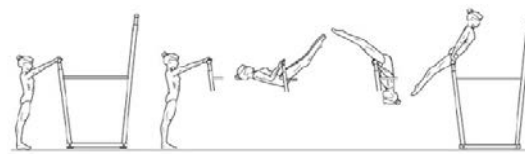
LEVEL 3 BARS COMPILED

Compiled by L. Bjella

1. Mount: Glide Swing and Return (.2);

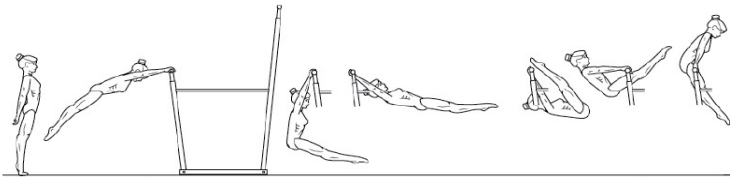


Back Hip Pullover (.4)

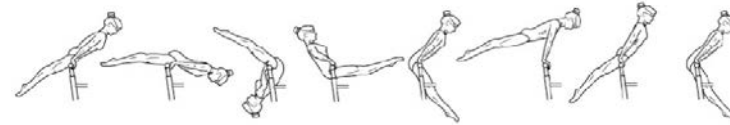


OR

OR Glide Kip (.6)



2. Front Hip Circle, Small Cast, Return to Front Support (.4)



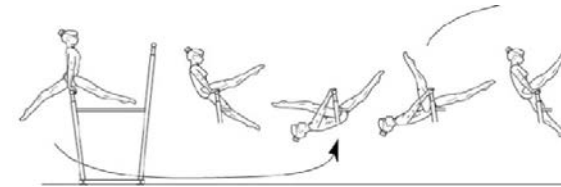
3. Cast, *Single Leg Squat Through (.2)



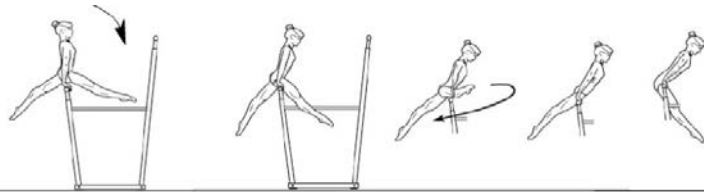
4. *Fr Stride Circle (.4)

OR

OR *Single Leg Basket Swing (.4)



5. *Single Leg Cut Back (.2)

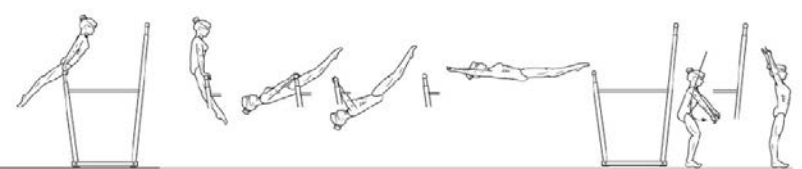


6. Cast (.4)

7. Back Hip Circle (.4)



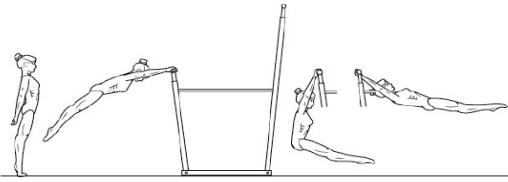
8. Underswing Dismount (.6)



LEVEL 4 BARS COMPILED

Compiled by L. Bjella

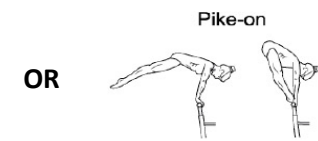
1. Glide Kip (.6)



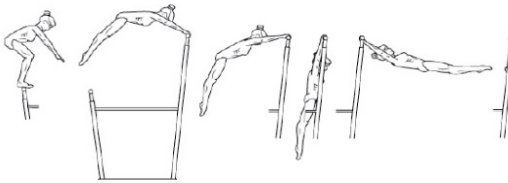
2. Cast to Horizontal & Return to Front Support (.4)



3. Cast, Squat-On OR Pike-On (.2)



4. Jump to Long Hang Kip (.6)



5. Cast to Horizontal (.4)



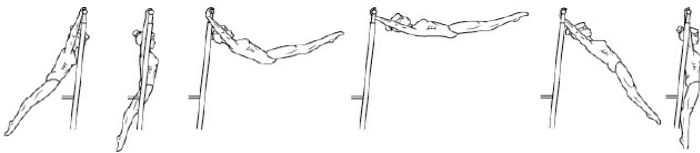
6. Back Hip Circle (.4)



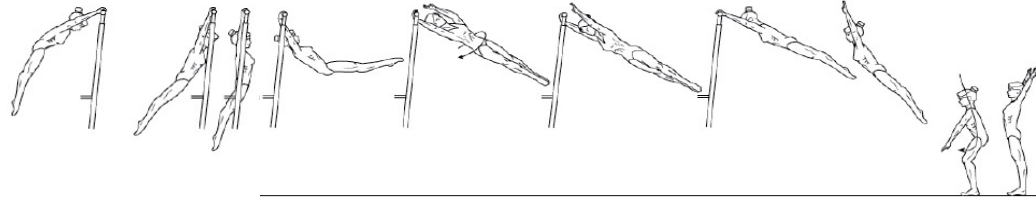
7. Underswing, First Counterswing (min. 30° below Horiz.) (.6)



8. Tap Swing, 2nd Counterswing (min. 30° below Horiz.) (.6)



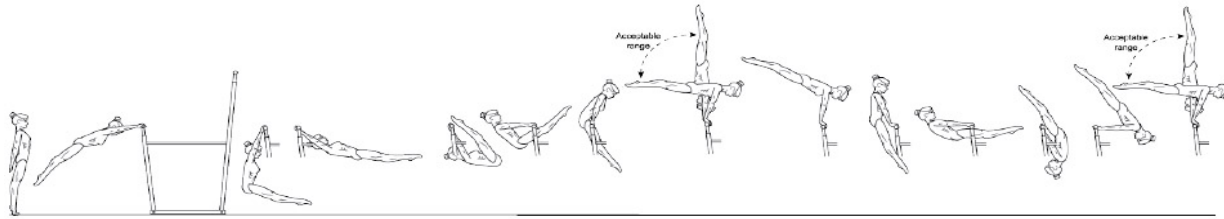
9. Tap Swing, *1/2 Turn Dismount (.6)



1. Glide Kip (.6)

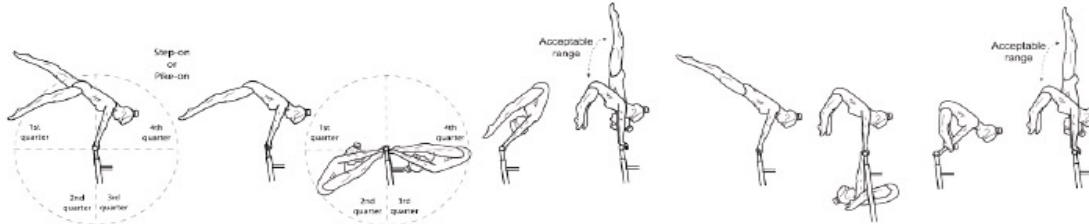
2. Cast to Above Horizontal (.4)

3. Clear Hip Circle to Above Horiz (.6)



OR

OR Sole Circle to Clear Fr. Support OR Bk Stalkder Circle

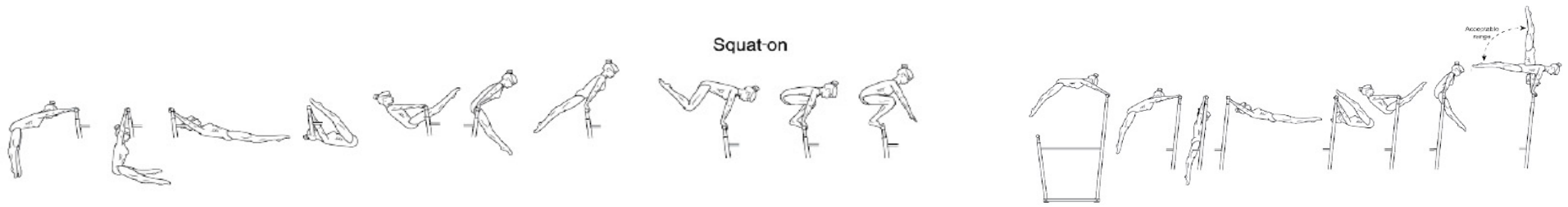


4. Straddle or Pike Glide Kip (.6)

5. Cast, Squat or Pike-on, or Cast, 360° Bk. Sole Circle (.2)

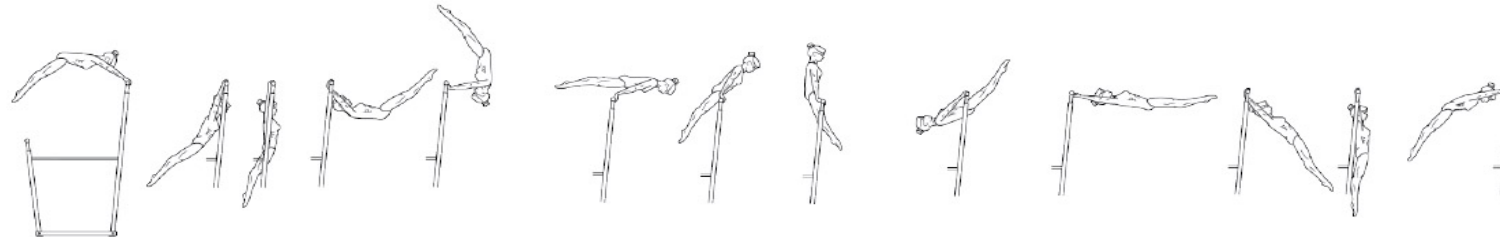
6. Jump to Long Hang Kip (.6)

7. Cast to Above Horizontal (.4)



8. Long Hang Pullover (.6)

9. Underswing, First Counterswing (min. 15° below Horiz.) (.6)



10. Tap Swing, 2nd Counterswing (min. 15° below Horiz.) (.6)

11. Tap Swing, Flyaway Dismount Tuck, Pike, or Stretched (.6)

