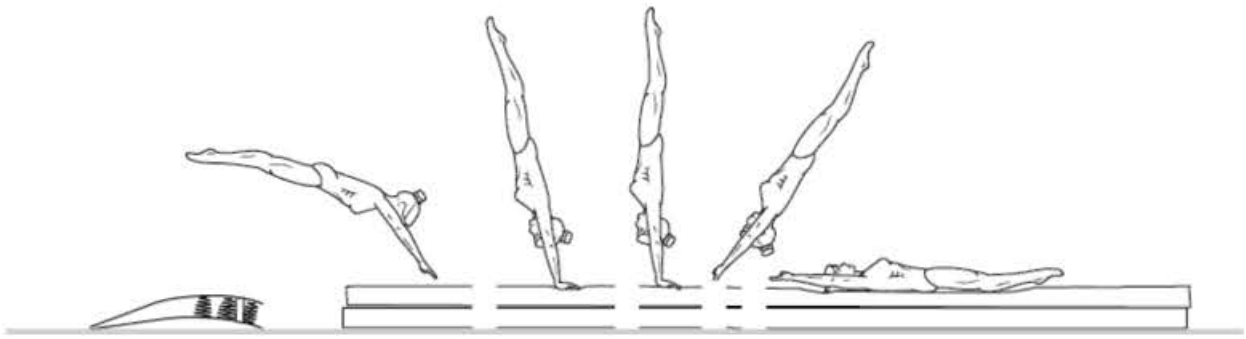
LEVEL 2 – VAULT

JUMP TO HANDSTAND
ONTO A RAISED MAT SURFACE
(a minimum of 16")
FALL TO STRAIGHT-LYING POSITION ON THE BACK



LEVEL 2 VAULT ~ EQUIPMENT REQUIREMENTS

Refer to current *USA Gymnastics Rules and Policies*
for a complete listing of equipment specifications.

The suggested running distance is approximately thirty (30) feet or a suggested number of running steps of approximately seven to nine steps before executing a hurdle and rebound from the board.

There is no deduction for more or less steps.

The run should be even and strong, accelerating to the hurdle onto the board.

Rebound (punch) off the board.

As a continuation of the hurdle arm swing, reach for the mat stack.

Keep the body extended, rotating to an inverted position by driving the legs/heels backward-upward, landing in a **HANDSTAND** position with straight arms, extending through the shoulders.

The head remains neutral with focus on the hands.

Maintain a straight-hollow body position with legs together and hips extended.

Land on the skill cushion in a **STRAIGHT-LYING POSITION ON THE BACK**.

Arms: Remain high on jump and landing.

Note: Repulsion from the hands is not required; however, if there is repulsion resulting in the gymnast landing on the feet first, she must return to a **STRAIGHT-LYING POSITION ON THE BACK** to receive no penalty.

LEVEL 2 VAULT ~ PERFORMANCE SPECIFICATIONS

1. The gymnast may perform two vaults, with the better score to count.
2. Three attempts are permitted to successfully complete one or two vaults.
3. One balk is allowed in the three attempts without penalty.
   - Any additional balk is considered a VOID vault.
4. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or mat stack without coming to a rest or support on top of the mat stack.
5. A fourth attempt is <u>not</u> permitted.

LEVEL 2 VAULT ~ EVALUATION POINTS

1. The run accelerates and maintains speed to contact the board with the feet in front of the body.
2. The arms swing forward to a completely extended shoulder position with the body extended in a straight-hollow position in pre-flight with the head neutral.
3. The body achieves a vertical **HANDSTAND** position with the arms straight in the support phase.
4. The body maintains a straight-hollow body position from support in **HANDSTAND** to the back-lying position with the legs together and feet pointed throughout the **FALL TO STRAIGHT-LYING POSITION ON THE BACK**.

LEVEL 2 ~ DEVELOPMENTAL SKILLS

1. **<u>Running Form / Technique</u>**

   The emphasis continues to be good technique, as well as showing acceleration and maintaining speed.

   Running drills are something that will need constant attention throughout the levels.

2. **<u>Assisted Handstand Holds</u>**

   With the use of a spotting block or similar supporting surface, begin from a push-up position with the hands on the floor and the feet on the supporting surface. Walk the hands in close to the supporting surface. (The legs are allowed to bend during this.) When the hands are close to the supporting surface, kick to a handstand with ¾ of the body assisted / supported against the surface and balance a handstand.

   Increase the time as the gymnast improves on shape and strength.

3. **<u>Handstand Hops onto a 2" Mat.</u>**

   From a long lunge, reach the arms from backward to forward.

   Block off the floor with enough amplitude to land in a tight straight body handstand on a 2" mat. The exit from the handstand is optional (i.e. roll, step down, etc.).

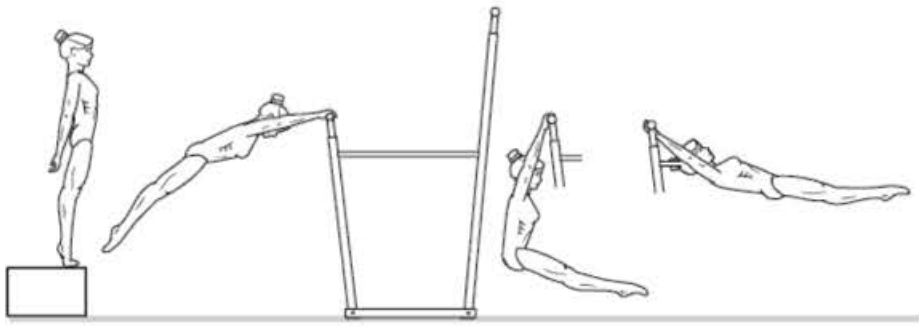
LEVEL 2 – UNEVEN BARS

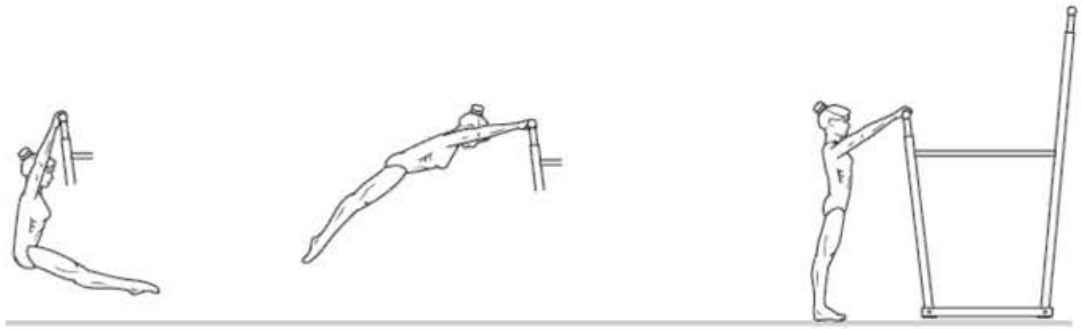
Equipment: A single bar may be used for competition, provided it meets low bar specifications, as written in the current *Rules and Policies.*

Starting Position: (SP) Stand with feet together facing the low bar. A board or raised surface (such as a manufactured panel mat or padded spotting/skill block) may be used as a mounting surface but must be removed as soon as possible after the jump to glide.

When returning from the **GLIDE SWING**, the feet may not return to the board or raised surface.

1. MOUNT: GLIDE SWING & RETURN (0.20) BACK HIP PULLOVER (0.40)





Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow-piked body position with the legs straight and the head neutral.

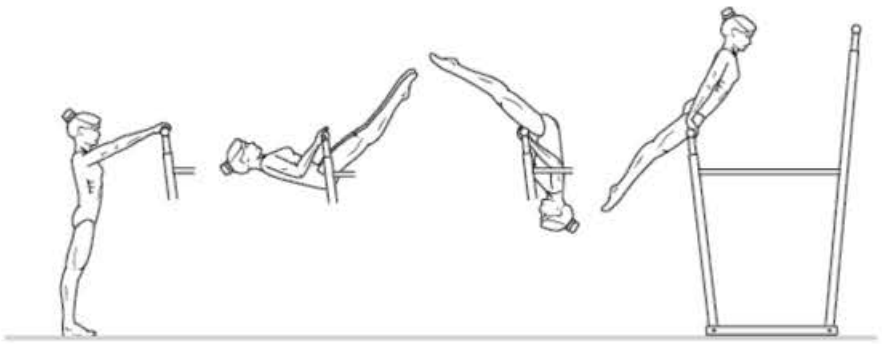
Swing the body forward with the legs together (piked) or straddled. At the completion of the forward **GLIDE SWING**, the legs are together and the hips are fully extended.

Reverse the **GLIDE** and **SWING** backward with legs together and straight, with the feet off the floor. At the completion of the backward swing, the feet may contact the mat to finish in a straight stand or the body can continue to swing forward, placing the feet on the mat closer to the apparatus.

The gymnast may come to a momentary stand or use a "punching" action to initiate the **BACK HIP PULLOVER.** Hands remain on the bar in overgrip. Maintain straight arms and legs throughout.

L	GLIDE SWING & RETURN (0.20)	0.10	Failure to take off from both feet simultaneously
		0.30	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor
Points of emphasis: ***straight arms and legs with good body position on glide swing***			

BACK HIP PULLOVER (0.40)



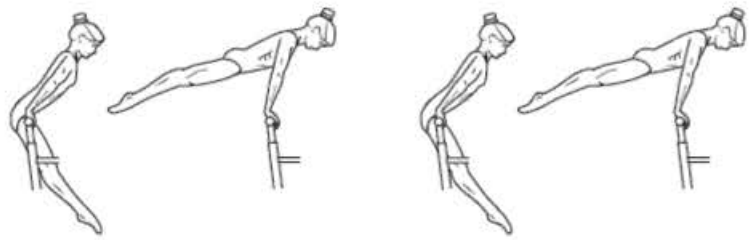
Immediately lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute the **BACK HIP PULLOVER MOUNT.**

Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.

P	BACK HIP PULLOVER MOUNT (0.40)	0.10	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each 0.10	Step, hop, or extra jump before the back hip pullover
		0.30	Failure to lift both legs simultaneously (1-foot take-off)
		0.30	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
Points of emphasis: ***simultaneous lift of both legs straight and finish with straight arms***			

2. CAST (0.40)

3. CAST (0.40)



With the shoulders slightly in front of the bar, swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together.

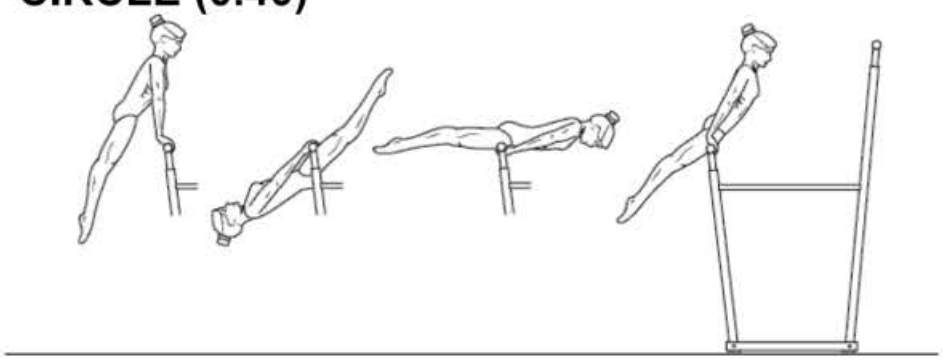
Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral.

With the shoulders still slightly in front of the bar, return to front support and immediately swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **SECOND CAST** with legs together.

Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral.

	CAST (0.40) CAST (0.40)	Each Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Each Up to 0.10	Lack of control in returning to bar
Points of emphasis: ***straight-hollow body position, straight arms and legs***			

4. BACK HIP CIRCLE (0.40)

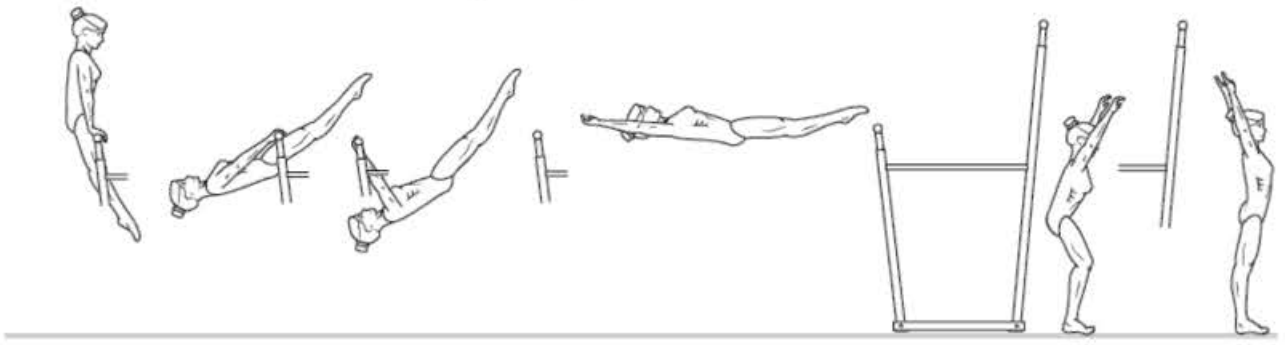


Prior to the hips/thighs returning to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**.

While maintaining straight arms and legs throughout, shift the hands to the top of the bar to pass through an extended front support. Maintain a neutral head position throughout.

○	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
Points of emphasis: ***straight-hollow body position, straight arms and legs***			

5. UNDERSWING DISMOUNT (0.60)



Immediately press the bar downward to contact the mid to lower thigh, keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar.

As the hips rise, completely open the shoulder angle while pressing the bar backward. Maintain a straight-hollow body position with the arms and legs straight throughout and the head neutral. Release the hands to execute an **UNDERSWING DISMOUNT**.

Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: The landing position of the arms is optional.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

ρ	UNDERSWING DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain a straight-hollow body position throughout
		0.20	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance
Points of emphasis: ***straight arms and stretched body position to a controlled landing***			

LEVEL 2 – BALANCE BEAM

Time Limit: 40 seconds

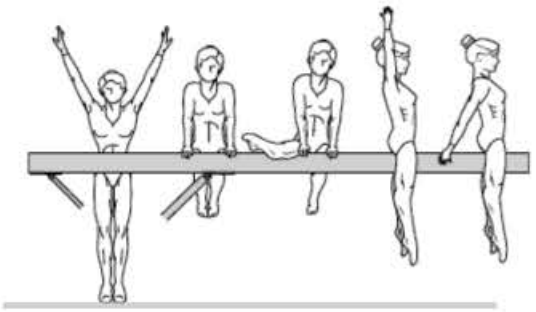
Please note:

- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT**. All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle OR sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to "step", the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*).**
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a "*righty* or *lefty*", first determine the gymnast's dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a "*right* dominant" gymnast. If teaching a "*left* dominant" gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): a board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

- Stand facing the beam.
- The spacing of the mount should fit so the tuck sit is near the end of the beam.

1. (*) JUMP TO FRONT SUPPORT MOUNT (0.20)



Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT** with the arms straight and body extended.

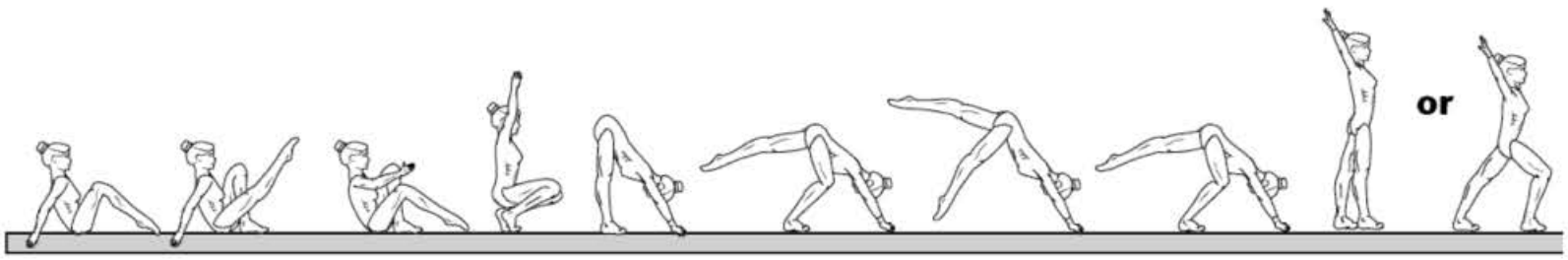
Lift the straight *right* leg over the beam with a 90º turn *left*, finishing in a straddle sit facing the length of the beam.

Arms: Move the *left* hand backward beside the *right* hand as the 90º turn is executed. Lift both arms forward-upward to high at the completion of the mount. Reach backward to grasp the beam behind the buttocks with arms straight or bent.

	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit
Points of emphasis: ***posture and straight arms in front support***			

If reversing the **SINGLE LEG KICK-UP**, extend the *left* leg and step forward *right*, then *left*, to finish in the tuck stand.

2. Single leg "V" sit, Tuck stand, Pike stand, (*) SINGLE LEG KICK-UP TO STAND (0.40)



Lift and simultaneously bend both legs to finish in a tuck sit on the beam with the toes pointed on top of the beam.

Arms: Remain grasping the beam behind the buttocks.

Extend the *right* leg to pass through a momentary **single leg "V" sit.** Step up onto the *left*, then *right* foot to arrive in a **tuck stand.**

Arms: Push off the beam and move both arms forward-upward to crown.

Extend both legs and place both heels flat on the beam to finish in a **pike stand.**

Arms: While maintaining an open shoulder angle, lower both arms forward-downward to grasp the beam.

Kick the *left* leg backward-upward off the beam, then push off the beam with the *right* foot to execute the **SINGLE LEG KICK-UP.** There is no amplitude requirement for either leg. (It is acceptable to bend the *right* leg as well as adjust the hands forward to initiate the kick-up.)

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot to finish with both legs straight and feet flat on the beam (figure 9) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 10).

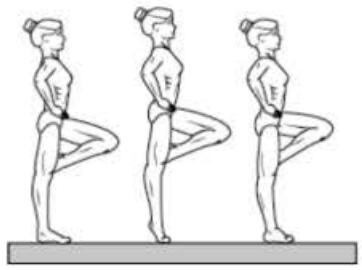
Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

Note: When considering the completion of the **SINGLE LEG KICK-UP TO STAND**, the element is "completed" when the gymnast has stepped down to a closed or lunge position.

\	(*) SINGLE LEG KICK-UP TO STAND (0.40)	Up to 0.10	Lack of continuity from sit to stand
		0.20	Failure to have either foot leave the beam
Points of emphasis: ***posture and straight arms and legs in SINGLE LEG KICK UP TO STAND***			

If the **SINGLE LEG KICK-UP** was reversed, simply return to the text.

3. FORWARD PASSÉ BALANCE (0.20)



FORWARD PASSÉ BALANCE. Mark this position.

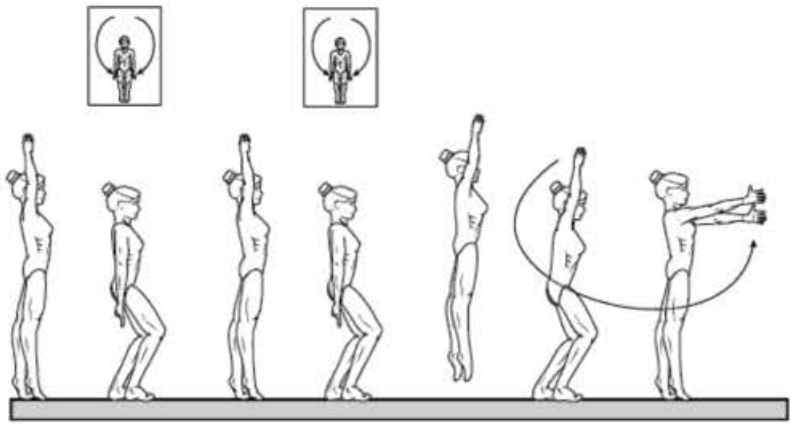
Step forward onto a straight *right* leg with the *right* foot slightly turned out (not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **Arms**: Hands on hips.

Push down on the beam with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the beam.

Arms: Hands on hips.

=	FORWARD PASSÉ BALANCE (0.20)	0.10	Leg in incorrect position (not in forward passé)
Points of emphasis: ***posture; leg position and straight base (support) leg***			

4. Relevé "Lock" Stand, Plié, Relevé, Plié, STRETCH JUMP (0.40), Relevé "Lock" Stand



Close the *left* foot behind the *right* foot in a **relevé "lock" stand.**

Arms: Lift both arms forward-upward to crown.

Demi-plié both legs.

Arms: Lower both arms sideward-downward to low or backward-downward to backward-diagonally-low.

Extend both legs returning to a **relevé "lock" stand.**

Arms: Lift both arms forward-upward to crown.

Demi-plié both legs.

Arms: Lower both arms sideward-downward to low or backward-downward to backward-diagonally-low.

Push off the beam, extending both legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.

Land on both feet simultaneously in demi-plié, pressing through the balls of the feet to lower the heels toward the beam, *right* foot in front of the *left* foot with both feet slightly turned out.

Arms: Lift both arms forward-upward to crown and remain in crown for the **STRETCH JUMP** and landing.

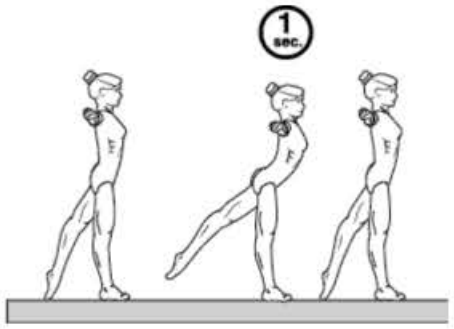
Extend both legs to finish in a **relevé "lock" stand.**

Arms: Circle both arms backward-downward-forward-upward to finish with the *left* arm forward-middle, *right* arm slightly higher than the *left*. Both hands have the palms turned in with the fingers open and spread apart (this should be a sharp/straight dynamic hand movement).

Focus: Forward.

—	STRETCH JUMP (0.40)	0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: ***posture, pointed feet and height***			

5. ARABESQUE (30º) (0.40)



Lower the heel of the *right* foot and simultaneously move the extended *left* leg backward and point the *left* foot on the beam.

Arms: Open both arms sideward-backward to side-middle.

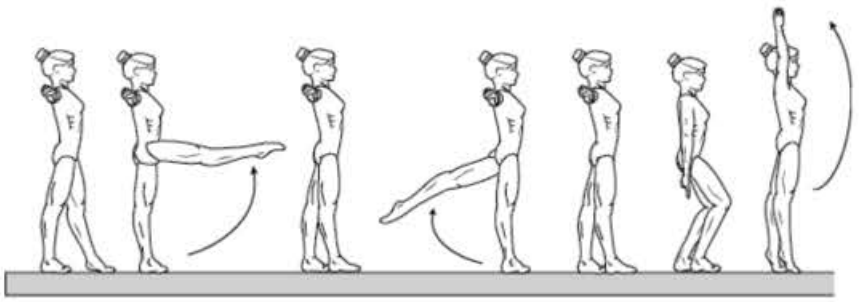
Keeping the torso erect, lift the turned out straight *left* leg backward-upward **a minimum of 30º** off the beam. The *left* hip is allowed to "un-square" slightly to show turn out in the **ARABESQUE**. **Hold one second.**

Lower the *left* leg to point the *left* foot behind on the beam.

Arms: Remain side-middle.

	ARABESQUE (30º) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 30° above the beam
		Up to 0.10	Failure to hold one second
Points of emphasis: ***posture and straight legs***			

6. FORWARD LEG SWING (0.20), BACKWARD LEG SWING (0.20), Relevé "Lock" Stand



Step forward onto a straight *left* leg with the *left* foot slightly turned out (not in relevé).

Arms: Remain side-middle.

Swing the slightly turned out *right* leg forward forcefully to horizontal or above. When the **FORWARD LEG SWING** reaches its highest point, pull the leg down quickly to close in front of the *left* foot, with both heels down and the feet slightly turned out

Lift the *left* leg forcefully backward-upward to a minimum of 45° below horizontal (**BACKWARD LEG SWING**). Pull the leg down quickly to close behind the *right* foot to finish with both feet flat on the beam and slightly turned out.

Arms: Remain side-middle.

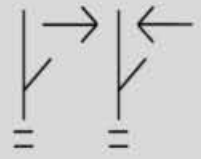
Relevé "lock" stand

Demi-plié both legs.

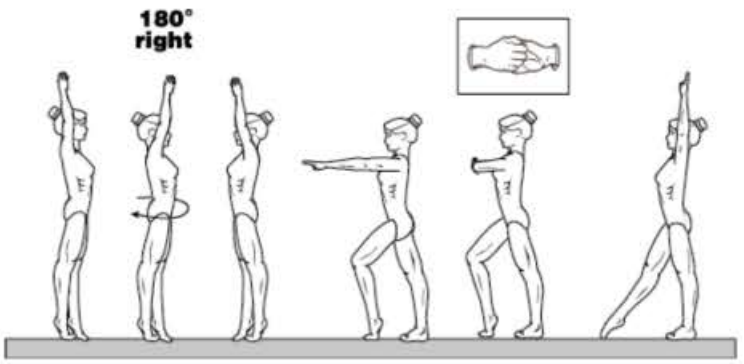
Arms: Lower sideward-downward to low.

Immediately extend both legs and slide the *right* foot backward to finish in a **relevé "lock" stand.**

Arms: Lift forward-upward to crown.

	FORWARD LEG SWING, BACKWARD LEG SWING (0.20 EACH)	Up to 0.10	Failure to swing the back leg a minimum of 45° above the beam
		Up to 0.10	Lack of continuity during the sequence
Points of emphasis: ***posture and straight legs during leg swings***			

7. Relevé "Lock" Stand, ½ (180º) PIVOT TURN (0.20), Lunge Pose, Lunge Pose



Step forward *left* and close the *right* foot behind the *left* foot in a **relevé "lock" stand.**

Arms: Remain in crown.

Execute a quick ½ **(180°) PIVOT TURN** to the *right*.

Arms: Remain in crown.

Step backward on the *right* leg to finish in a *left* **lunge pose** with the *left* foot in forced arch, pressing the *left* knee and both hips forward. The torso remains squared forward to the beam.

Arms: By bending and straightening, supplely lower both arms forward-downward to forward-middle, palms down.

Step backward on the *left* leg to finish in a *right* **lunge pose** with the *right* foot in forced arch, pressing the *right* knee and both hips forward. The torso remains squared forward to the beam.

Arms: While bending the arms toward the chest with elbows out, and forearms parallel to the floor, bring the palms of hands toward each other with the *right* hand closest to the chest. The back of the *right* hand is toward the chest and the palm of the *left* hand is toward the chest. Hook the fingers together (see figure 5) with the palms of the hands facing each other.

Focus: Forward.

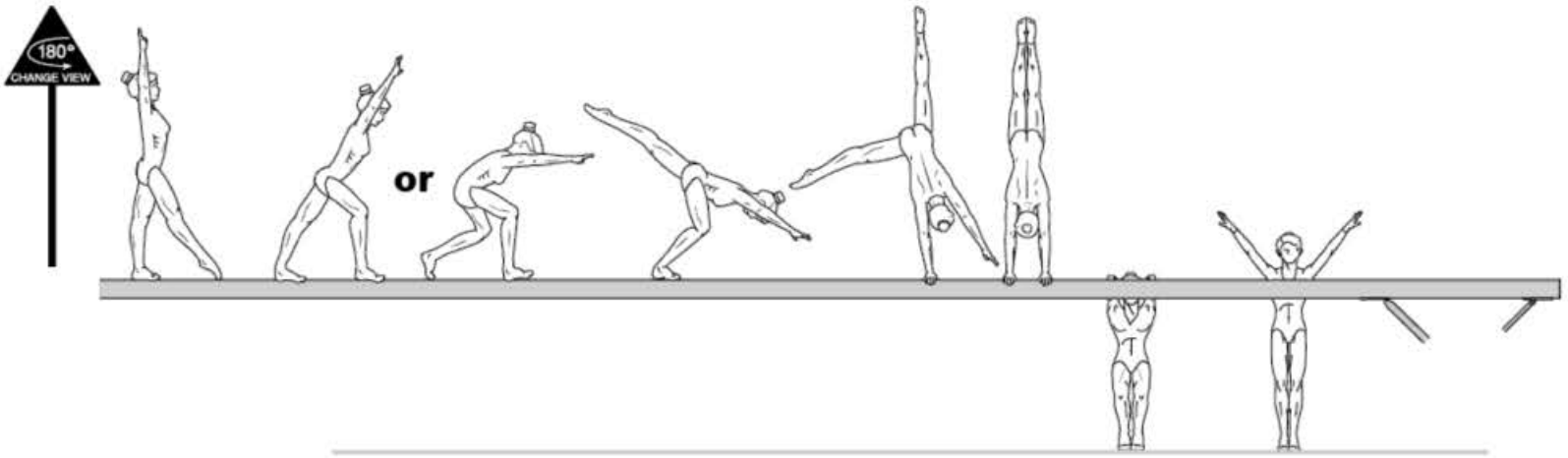
Extend the *right* leg forward and point the *right* foot on the beam.

Arms: Lift both arms forward-upward to high.

	½ (180°) PIVOT TURN (0.20)	Up to 0.10	Lack of sharpness
Points of emphasis: ***hips squared, ½ (180°) turn completed; full relevé maintained***			

If reversing the **DISMOUNT**, step *right*, and point *left*.

8. (*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)



Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR "mountain climber entrance" (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90º *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **SIDE HANDSTAND** with legs together, shoulders extended, hip angle open, and focus on the hands.

Maintain a straight body position while lowering the body to land facing the beam. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

Arms: Both hands remain on the beam until the gymnast lands in demi-plié.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to sideward-diagonally-upward.

	(*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)	0.10	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		0.10	Failure to maintain hand contact on beam upon landing
Points of emphasis: ***posture, vertical handstand to a controlled finish***			

LEVEL 2 – FLOOR EXERCISE

Please note:

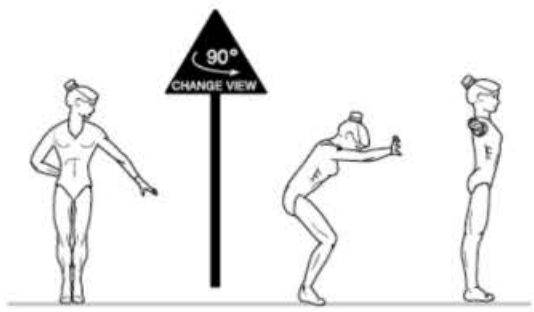
- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle OR sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to "step", the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*).**
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a "*righty* or *lefty*", first determine the gymnast's dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a "*right* dominant" gymnast. If teaching a "*left* dominant" gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): Start in a corner or near the side of the floor exercise mat. The gymnast may perform the exercise in a straight pattern across the mat, or on the diagonal. Begin in a straight stand.

Arms: The *right* arm is bent with the back of the *right* hand and forearm placed on the small of the back. The *left* arm is sideward-diagonally-downward.

Focus: Downward at the *left* hand.

1. Pose, (*) CARTWHEEL (0.60)



From the straight stand start position, demi-plié both legs. Slightly contract in the abdominals and lean the torso slightly forward.

Arms: Move both arms forward-upward to finish with both arms bent in forward-middle with the palms out.

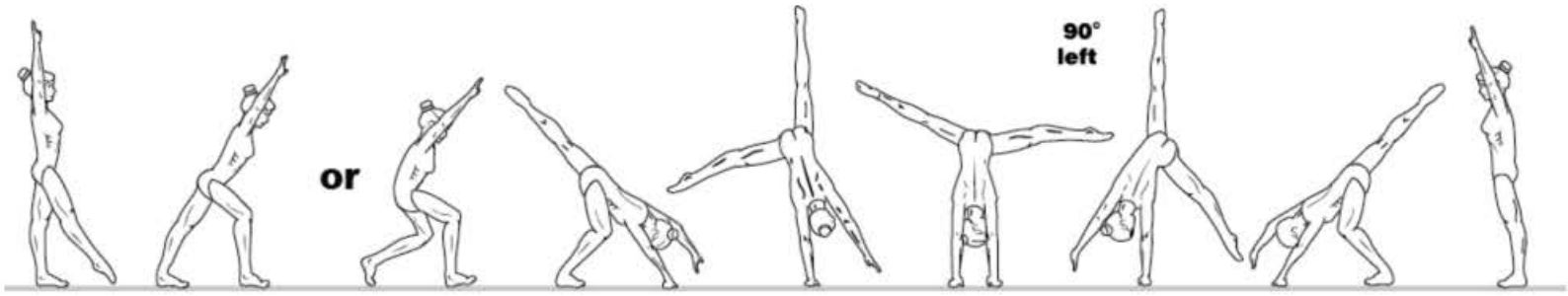
Focus: Down.

Extend the torso and legs to a straight stand.

Arms: Open both arms side-middle.

Focus: Forward.

If reversing the **(*) CARTWHEEL,** point the *left* foot forward.



Point the *right* foot forward onto the floor.

Arms: Lift both arms sideward-upward to high.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR "mountain climber entrance" (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the floor as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the floor sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the floor to execute a **CARTWHEEL** *right*.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down.

Turn 90° inward to step down *left* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *left* leg and immediately close the *right* foot beside the *left* foot to finish in a straight stand (flat or in relevé).

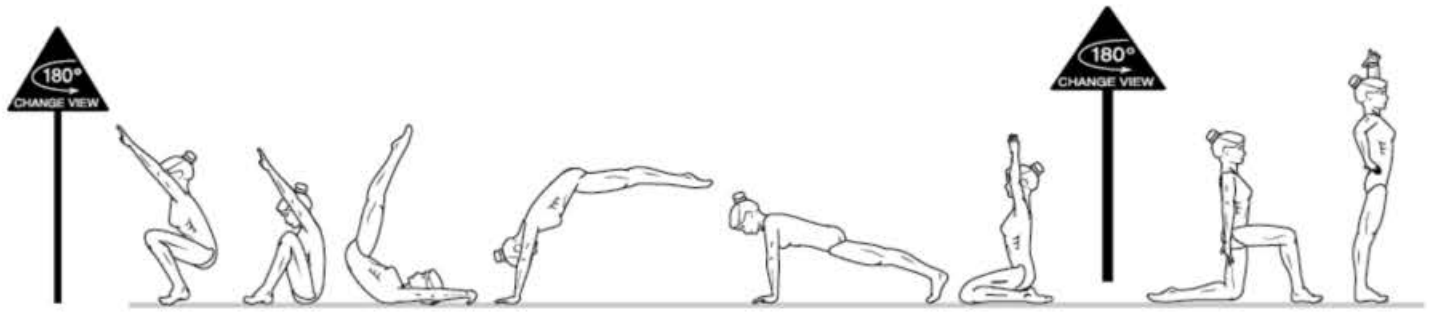
Arms: Remain in high throughout and as the step down occurs.

Revised June *6, 2021*

	(*) CARTWHEEL (0.60)	0.10	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
Points of emphasis: ***body and head alignment, show open shoulder angle with body passing through vertical***			

If the **(*) CARTWHEEL** was reversed, simply return to the text.

2. BACKWARD ROLL TO PUSH-UP POSITION (0.60), ½ Kneeling Pose, Straight Stand



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width and execute a **BACKWARD ROLL TO A PUSH-UP POSITION** (maintaining a straight-hollow body position) with the legs together and the balls of the feet on the floor.

Arms: Remain in high. Interlocking the fingers is not allowed.

Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Lift both arms forward-upward to crown.

	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	0.30	Hands placed on floor during "sit" phase prior to rolling backward
		0.10	Interlocking the fingers
		0.10	Hands placed further than shoulder-width apart
		0.20	Failure to show push-up position
		0.60	Performs a backward roll to handstand
Points of emphasis: ***rounded tuck shape throughout with straight arms***			

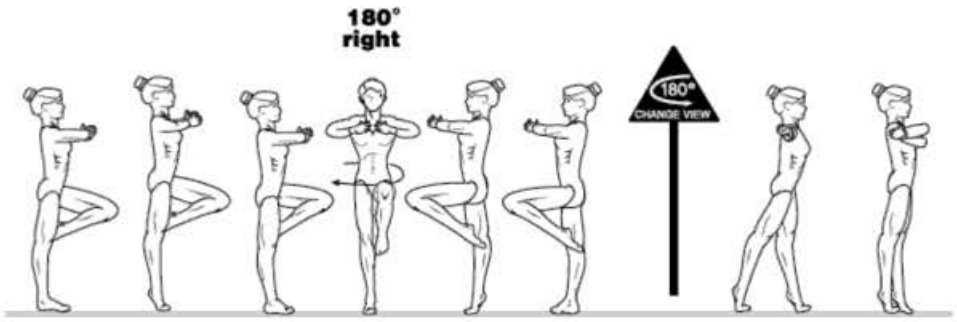
Immediately raise the buttocks off the heels, extend the hips, and lift the *right* leg forward to place the *right* foot flat on the floor, turned out in a **½ kneeling pose** with the *right* ankle aligned in front of the *right* knee with both hips squared forward.

Straighten both legs and close the *left* foot next to the *right* foot to arrive in a **straight stand**.

Arms: Circle both arms either sideward or backward and downward. At the bottom of the circle, place the *right* hand on the hip. Continue to circle the *left* arm forward-upward to finish in crown.

Focus: Optional

3. Forward Passé Pose, (*) ½ (180º) TURN IN FORWARD PASSÉ (HEEL–SNAP TURN) (0.40), Relevé "Lock" Stand



If reversing the **½ (180º) TURN IN FORWARD PASSÉ (HEEL–SNAP TURN)**, step forward onto the *left* leg. In addition, reverse the arm pathway in preparation for the turn.

Step forward onto a straight *right* leg with the *right* foot slightly turned out (not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **forward passé pose**. **Mark the position**.

Arms: Lift the *right* arm to forward-middle-curved. Lower the *left* arm downward to side-middle.

Push down on the floor with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the floor.

Arms: *Left* arm remains side-middle. *Right* arm remains forward-middle-curved.

Push down on the floor (begin to relevé on the ball of the *right* foot) and begin to "snap" the heel around to execute a **½ (180º) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN)** to the *right*.

Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the *right* heel back onto the floor.

Arms: Initiate the turn by closing the *left* arm to forward-middle curved. Maintain forward-middle-curved throughout the turn.

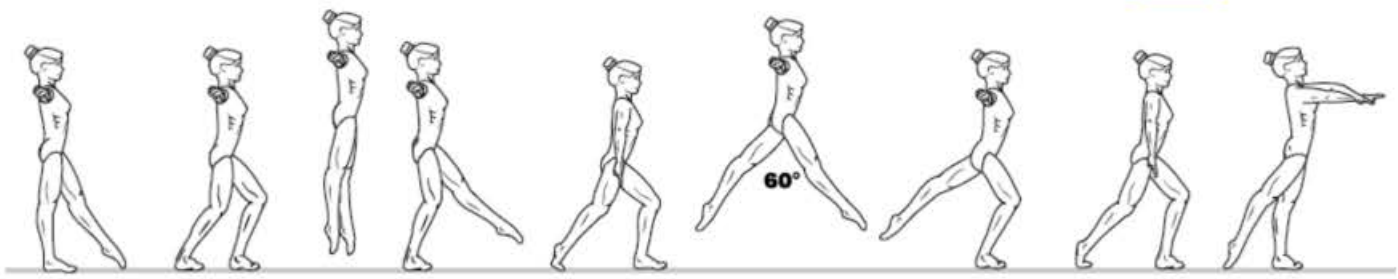
Step forward *left* and close the *right* foot behind the *left* foot in **relevé "lock" stand**.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

	(*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.05	Failure to lower heel at completion of turn
		0.30	Failure to use the heel-snap turn technique
Points of emphasis: ***posture, straight base (support) leg, high relevé and correct leg position***			

If the **½ (180°) TURN IN FORWARD PASSÉ (HEEL–SNAP TURN)** was reversed, simply continue to follow the text as written.

4. FORWARD CHASSÉ (0.20), STRAIGHT LEG LEAP (60°) (0.60), Pose

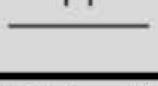


Lower the *right* heel to the floor and move the *left* foot forward through a turned out 1st position to point on the floor.

Arms: Open both arms to side-middle.

Step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **FORWARD CHASSÉ**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

ARMS: Remain in side-middle.

	FORWARD CHASSÉ (0.20)	Each 0.05	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
Points of emphasis: ***posture, turn out, step through plié using toe, ball, heel, close legs in air***			

Take a long step (or straight leg run) onto the *left* foot in demi-plié, then swing the straight *right* leg forward-upward to horizontal and push off the floor with the *left* leg. Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with **a minimum of 60°** even leg separation in flight.

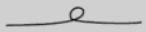
Land on the *right* leg in demi-plié with the *left* leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: Low position on the step. During and on the landing of the **STRAIGHT LEG LEAP**, use one of the three acceptable arm positions for leaps listed in the Glossary.

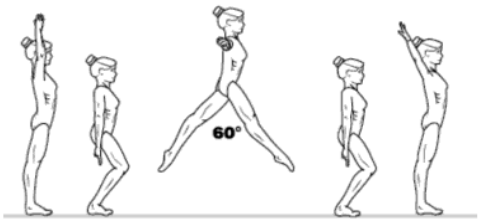
Step forward onto the *left* leg in demi-plié. Immediately straighten the *left* leg to stand with the *right* leg extended backward, slightly turned out, and the *right* foot pointed on the floor to execute a **pose**.

Arms: Lower sideward-downward, forward-upward to finish at forward-middle with the arms crossed at the wrists.

Focus: Forward.

	STRAIGHT LEG LEAP (60º) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Points of emphasis: ***posture, amplitude, even leg separation, coordination of arms with leap***			

5. SPLIT JUMP (60º) (0.40)



Close the *right* foot next to the *left* to finish with both feet side-by-side (feet flat).

Arms: Lift both arms forward-upward to crown.

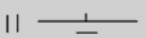
Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with **a minimum of 60°**even leg separation with the *right* leg forward, *left* leg behind.

Land simultaneously on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the plié, lower the arms sideward-downward to low. During the **SPLIT JUMP**, lift both arms sideward-upward to side-middle. Lower both arms sideward-downward to low during the landing.

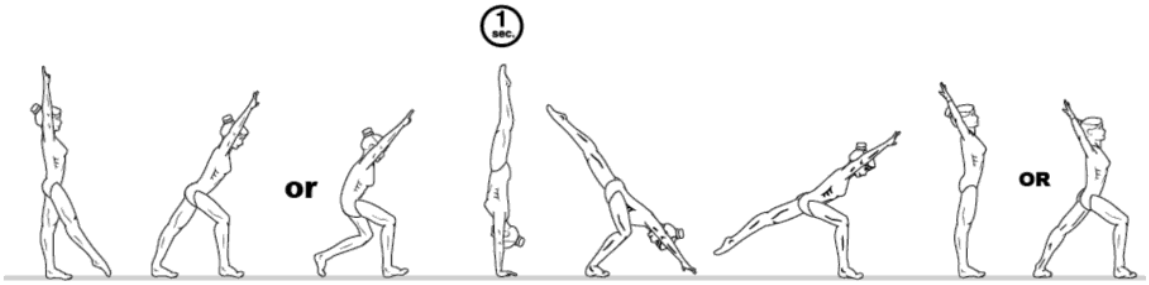
Extend both legs to a straight stand.

Arms: Lift both arms sideward-upward to finish sideward-diagonally-upward.

	SPLIT JUMP (60°) (0.40)	Up to 0.20	Uneven leg separation
		0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: ***posture, amplitude, proper leg alignment with even leg separation***			

If reversing the **(*) HANDSTAND**, point the *left* foot forward.

6. (*) HANDSTAND (0.40)



Point the *right* foot forward onto the floor.

Arms: High.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR "mountain climber entrance" (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the floor. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the hands side-by-side, shoulder-width apart, on the floor while pushing off with the *right* leg to arrive in a **HANDSTAND** with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands, showing a straight line from the wrist to the ankles. **Hold for one second.**

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* beside the *right* foot to finish with both legs straight (figure 7) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 8).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

If choosing to finish the **HANDSTAND** in a lunge, close the *left* foot next to the *right* foot before performing the **CANDLESTICK**.

!	(*) HANDSTAND (0.40)	Up to 0.30	Failure to attain vertical
		0.10	Failure to close legs at vertical
		Up to 0.10	Failure to hold handstand for one second
Points of emphasis: ***stretched body alignment, head in alignment, focus on hands, maintain ears covered by arms when moving in and out of handstand***			

If the **(*) HANDSTAND** was reversed, close the *right* foot next to the *left* foot.

7. CANDLESTICK (0.20)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward to extend the body into a **CANDLESTICK** position (high on the shoulders, toes pointed to the ceiling, hip angle open).

Arms: Lower forward-downward to finish with palms resting on the floor in front of the buttocks OR maintain the arms in high position throughout.

6	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
Points of emphasis: ***rounded tuck shape, stand without pushing off the floor with the hands***			

If reversing the **BRIDGE, (*) BACK KICK-OVER**, kick the *left* leg overhead.

8. BRIDGE, (*) BACK KICK-OVER (0.60)

Roll out of the **CANDLESTICK** to arrive in a straight sitting position with the legs straight.

Arms: High in sitting position.

Lower the body down to a back-lying position with the knees bent and the feet flat on the floor, shoulder-width apart. (The feet may also be together.) It is also acceptable to lower the body down to a back-lying position with the body straight before bending the legs.

Arms: Place the hands on the floor, by the shoulders, with the palms down and the fingertips pointing toward the shoulders.

Push down against the floor and extend the arms and legs to arrive in a **BRIDGE** position with arms straight, shoulder-width apart or closer, with the shoulders over or past the hands. The legs are straight or bent (the feet may be shoulder-width apart or closer).

Focus: Keep the head in a neutral position and maintain focus on the hands.

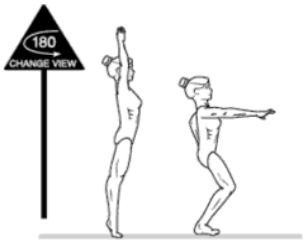
To execute the **BACK KICK-OVER**, kick the *right* leg overhead while pushing off the floor with the *left* leg to pass through vertical in a handstand position with the legs separated and straight. (It is acceptable to move/adjust the *left* foot closer to the hands as the *right* leg initiates the kick).

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* beside the *right* foot to finish with both legs straight (figure 8) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 9).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

	BRIDGE, (*) BACK KICK-OVER (0.60)	Up to 0.20	Shoulders <u>not</u> over hands in bridge position
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on kick-over
Points of emphasis: ***push shoulder over hands and maintain straight legs during kick-over***			

9. Relevé Stand, Pose



If the **BRIDGE, BACK KICK-OVER** finished in a lunge, close the *left* leg next to the *right* leg to finish in a **relevé stand** with both feet side-by-side.

If the **BRIDGE, BACK KICK-OVER** finished with the feet closed, rise to the **relevé stand**.

Arms: Lift both arms sideward-upward to crown.

If the **BRIDGE, (*) BACK KICK-OVER** was reversed and finished in a lunge, close the *right* foot next to the *left* foot for the **relevé stand**.

Lowering the heels down, demi-plié both legs to arrive in the final **pose**.

Arms: Lower the *left* arm sideward-downward to place the *left* hand on the hip. Supplely lower the *right* arm forward-downward to finish in forward-middle, with the palm down.

Focus: Optional.