

Level 4

Bars

JDM 9/16/21

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



(0.60)

CAST TO
HORIZONTAL &
RETURN TO
FRONT SUPPORT



(0.40)

CAST,
SQUAT-ON, OR PIKE-ON,
OR 360° SOLE CIRCLE



(0.20)

LONG HANG
KIP



(0.60)

CAST TO
HORIZONTAL &
RETURN TO
FRONT SUPPORT



(0.40)

BACK HIP
CIRCLE



(0.40)

UNDERSWING



(0.60)

1st COUNTERSWING
(min 30° horizontal))



TAP SWING
FORWARD



(0.60)

2nd COUNTERSWING
(min 30° horizontal))



TAP SWING FORWARD
w/ (*) 1/2 TURN DISMOUNT



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score