









# L 3 UB

| Glide and Pullover .40 OR |                   | Kip .40           | Fr. circle .40    | Leg through.20    | Mill cr .40 OR Basket | Cut .20      | Cast .40 | B hip cr. .40   | Dism..60         |                |
|---------------------------|-------------------|-------------------|-------------------|-------------------|-----------------------|--------------|----------|-----------------|------------------|----------------|
| L <i>o</i>                |                   | L                 | <i>O</i> <i>✓</i> | <i>✓</i>          | <i>o</i> <i>o</i>     | <i>✓</i>     | <i>e</i> | <i>o</i>        | <i>p</i>         |                |
| .10 no sim.ft.            | .10 no hd contact | .10 ni simul ft   | ^ .10 str. body   | ^ .20 leg on      | ^ .20 clear sup       | same deduct. | .10 grip | ^ .20 body allg | ^ .20 body       | ^ .20 body     |
| .30 run                   | .10 ea step/hop   | .30 run into      | .20 no cast after | ^ .20 no cl. Sup. | .50 hooked kn.        |              |          |                 | ^ .20 no contact | .20 hips on    |
| ^ .20 extension           | .30 1ft take off  | ^ .10 LH kip      | ^ .10 control     |                   | ^ .20 cl. sup aft     |              |          |                 | ^ .10 continuity | ^ .20 extens.  |
| .10 no closed ft.         | ^ .10 ext. supp.  | ^ .20 extension   | .50 no return     |                   |                       |              |          |                 |                  | ^ .20 amplit.  |
| ^ .30 bent legs           | .30 chin on       | .10 no closed ft. |                   |                   |                       |              |          |                 |                  | ^ .10 distance |
| #                         |                   |                   |                   |                   |                       |              |          |                 |                  |                |
|                           |                   |                   |                   |                   |                       |              |          |                 | Avg              |                |
| #                         |                   |                   |                   |                   |                       |              |          |                 |                  |                |
|                           |                   |                   |                   |                   |                       |              |          |                 | Avg              |                |
| #                         |                   |                   |                   |                   |                       |              |          |                 |                  |                |
|                           |                   |                   |                   |                   |                       |              |          |                 | Avg              |                |
| #                         |                   |                   |                   |                   |                       |              |          |                 |                  |                |
|                           |                   |                   |                   |                   |                       |              |          |                 | Avg              |                |

### 3 BB

Time 55 sec. Warning 45 sec.

| Mnt. .20<br> | Hdst. .60<br> | Arab. .40<br>        | Split leap 90°<br> | 2 Str. jumps ea .40<br> | Pivot ea .20<br> | 1/2 turn<br> | Dism. .60<br>                     |
|---|--|---|--|--|---|---|--|
| ^ .10 continuity  | .10 inc. hands<br>^ .30 no vertical  | <b>1.0 height through</b><br>Rond de Jambe<br>^ .10 min 45° above<br>BB in arab.<br>^ .10 hold of ar. | ^ .10 bent leg<br>on take off<br>.05 no pause<br>in arab.  | .10 ea. no land<br>simul.<br>^ .20 continuity  | ^ .10 ea lack<br>of sharpness   | .10 led not in<br>fr. Passé<br>.05 failure to<br>lower heel                                     | .10 inc. hands<br>^ .30 no vertical<br>^ .10 incompl or oveturned<br>^ .10 no hand ob BB<br>^ .60 no complete + fall |
| #   |  |   |  |  |   |   |  |
|   |  |   |  |  |   |   | Avg,   |
| #   |  |   |  |  |   |   |  |
|   |  |   |  |  |   |   | Avg  |
| #   |  |   |  |  |   |   |  |
|   |  |   |  |  |   |   | Avg  |
| #   |  |   |  |  |   |   |  |
|   |  |   |  |  |   |   | Avg.   |

# Level 3 FX

| Split J .40<br>Str. J .20  | Hdst. .60<br>kick over   | Hdst. .60<br>roll   | Split .60<br>leap 90° | B roll .40<br>push-up   | Split .20     | 1/2 turn .20                    | RO .40   | F-F .60  |
|--|--|---|-----------------------|---|---------------|---------------------------------|--|--|
| .10 no simul feet<br>^ .10 no ft. closed<br>^ .10 no ft joined<br>^ .10 no ft closed | ^ .10 arms near ears<br>.10 legs closed at V<br>^ .20 no should. Fw<br>.10 no simul. Feet<br>.30 ea extra kick.<br>.30 tic-tac | ^ .30 no vertical<br>.10 no ft join<br>^ .10 no hold 1 sec<br>.30 push off hands<br>.10 no step out | ^ .10 fr leg bent     | .30 hands on floor<br>^ .10 hands > shoul<br>.20 no push-up pos | ^ .20 no 180° | .10 incor. leg<br>.30 heel-snap | ^ .30 no vertical<br>.10 no simul. ft.<br>^ .20 acceleration | ^ .20 squat into<br>.10 no simul. ft<br>.10 no rebound<br>.05 no control stick |
| #  |  |   |                       |   |               |                                 |  | Avg  |
|  |  |   |                       |   |               |                                 |  |  |
| #  |  |   |                       |   |               |                                 |  | Avg  |
|  |  |   |                       |   |               |                                 |  |  |
| #  |  |   |                       |   |               |                                 |  | Avg  |
|  |  |   |                       |   |               |                                 |  |  |
| #  |  |   |                       |   |               |                                 |  | Avg.   |
|  |  |   |                       |   |               |                                 |  |  |