**YORKSHIRE GENERAL 3 PC / 4 PC ‘GIVE IT A GO’ ADVANCED PLUS LEVEL (BEAM)**

**GYMNAST: ………………………………………………………………………….**

**6 MOVES REQUIRED (4 of the skills must come from different categories – mount and dismount count as one category)**

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| **MOUNT** | **ACRO** | **TURNS** | **LEAPS/JUMPS** | **BALANCES** |  |  |  |
| Squat On;  Front support, leg round to straddle sit;  Jump on, no hands (2 footed);  Forward roll on from the end;  Arabesque on to the end (jump to one foot);  Japana;  Jump to straddle hold (either on the end or side);  Straddle to handstand;  Squat through to sit  **DISMOUNT**  Round off;  Handspring;  Free round off;  Front somi;  Back somi;  Run to jump off | Forward roll to stand;  Cartwheel (1 or 2 handed);  Free roll;  Handstand (optional leg position);  Back walkover;  Forward walkover;  Backwards roll;  Tick Tock;  Valdez | ½ spin;  ½ turn on toes:  ½ spin, ½ turn;  Full spin;  Straddle hold ½ turn;  ½ jump;  Spin leg held straight;  ½ turn in tuck with 1 leg out straight | Srraight jump;  Tuck jump;  Split jump;  W jump;  Cat leap;  Split leap;  Stag leap;  Change leg split leap;  Sissone; | ½ lever (pike/straddle);  Y balance;  Fish balance (chest);  Russian lever;  Splits (any)  Arabesque;  Ring balance;  V sit (no arms to assist)  Penche Arabesque (low chest) |  |  |  |

**ROUTINE SELECTED:**

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| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cm  Matting up to 30cm  **BONUS AVAILABLE:**  0.5 for staying on the beam and completing skills from 4 categories  0.5 for completing an acro skill landed on the beam. |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |