**YORKSHIRE GENERAL 3 PC / 4C ‘GIVE IT A GO’ INTRODUCTORY LEVEL (BARS)**

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

**4 MOVES REQUIRED (minimum)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **SKILLS** | **DISMOUNT** |  |  |  |  |  |
| Jump to front support LB (from springboard);  Upward Circle / Back circle up LB (kick/jump);  Jump to hang on HB (coach assistance optional) | Cast LB;  Cast back hip circle LB;  Swing back/drop back (bent or straight leg);  5x fish swings on HB;  Dish hold LB (top thigh on bar);  From hang, held shape – Tuck, Straddle, Pike HB or LB (held for 2 sec);  Lift leg in tuck position;  ½ turn in hang | Straddle undershoot;  Squat on LB stretch jump forward to land (face away from HB);  Cast away to land LB;  Roll forward to land LB;  Drop to landing from HB or LB;  Forward circle, chin up / controlled exit lower to drop LB or HB;  Hang from high bar drop ½ turn (with or without swing) |  |  |  |  |  |

**ROUTINE SELECTED:**

|  |  |  |
| --- | --- | --- |
| 1 |  |  |
| 2 |  |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
|  |  | **BONUS AVAILABLE:** |
|  |  | 0.5 bonus for transitioning from low bar to high bar |
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