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

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

**4 MOVES REQUIRED (minimum)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **SKILLS** | **SKILLS CONT/D** | **DISMOUNT** |  |  |  |  |
| Back circle up LB (kick or jump);  Jump with springboard to front support mount;  Jump in hang on HB (coach assistance optional) | Cast towards horizontal LB;  Cast back hip circle LB or HB;  Back mill circle LB;  5x fish swings HB;  2x full swigs LB or HB wit or without regrasp – max 4 swings – best 2 to count but deductions apply throughout; | From hang, held shape:  Tuck / Straddle / Pike / Chin up / Inverted hang / dish shape (thighs on bar) LB or HB held for 2 sec;  Lift leg in tuck;  Lift leg in star;  ½ turn in hang | Cast to land LB;  Srraddle or pike undershoot LB;  Squat on stretch jump forward to land (face away from other bar);  Forward circle, chin up/controlled exit lower to drop LB or HB;  Swing to land HB;  Swing ½ turn dismount off HB;  Hang from HB 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 |
|  |  |
|  |  |