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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **ACRO** | **TURNS** | **LEAPS/JUMPS** | **BALANCES** |  |  |  |
| Squat On;  Front support, leg round to straddle sit;  Jump to straddle hold (on to end or side);  Straddle on, slide down to japana;  Squat through to sit  **DISMOUNT**  Round off;  Handspring;  Run to jump off | Forward roll;  Backward roll;  Cartwheel;  Free roll;  Handstand (optional leg position);  Back walkover;  Cartwheel to handstand – optional exit | ½ spin:  ½ turn on toes;  Full spin;  ½ turn in straddle;  ½ spin, ½ turn on toes | Straight jump;  Tuck jump;  Split jump;  W jump;  Cat leap;  Split leap;  Sissone;  Stag leap;  Entrechat | ½ lever (pike/straddle);  Y balance;  Arabesque;  Russian lever;  Splits (any)  V sit (no arm to assist);  Ring balance;  Penche Arabesque (low chest) |  |  |  |

**ROUTINE SELECTED:**

|  |  |  |
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| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cm  Matting up to 30cm |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
| 8 |  | 0.5 for staying on the beam and completing skills from 4 categories  0.5 for completing an acro skill landed on the beam |
| 9 |  |
|  |  |