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

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

**4 MOVES REQUIRED (minimum)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **SKILLS** | **SKILLS CONT/D** | **DISMOUNT** |  |  |  |  |
| Back circle up from pull/two feet or 1 foot LB;  Jump from springboard to front support LB;  Jump to hang on HB (coach assistance optional);  Jump from springboard to LB immediate back hip circle | 2x float swings;  Cast towards horizontal;  Cast back hip circle;  Baby Giant (same bar or LB to HB);\*  Forward circle;  Mill circle forward / backwards;  Squat on LB;  Jump to HB from LB;  Counter swing;  Leg lift in tuck, star or pike;  Chin up | From hang, held straddle, pike or inverted hold;  5x fish swings;  3 full swings (4 allowed best 3 to count, deductions apply throughout);  Swing ½ turn;  ½ turn in hang;  Sole circle (13+ only)  ***Moves can be repeated on different bars*** | Cast to land on floor with ½ turn dismount LB;  Forward circle down to held chin up position, controlled exit;  Hang from HB drop ½ turn (with or without swing);  Straddle undershoot;  Straddle undershoot ½ turn;  Pike undershoot;  Swing with ½ turn dismount;  Squat on straight/star jump forward to land (face away from other bar) |  | NB – cast back hip circle = 2 moves |  |  |

**ROUTINE SELECTED:**

|  |  |  |
| --- | --- | --- |
| 1 |  |  |
| 2 |  | \*ensure good clearance from floor when skill is performed on LB  **BONUS AVAILABLE:**  0.5 for transitioning from low bar to high bar  0.5 for dynamic routine |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
|  |  |