**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:**

|  |  |  |
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| 1 |  |  |
| 2 |  | \*ensure good clearance from floor when skill is performed on LB**BONUS AVAILABLE:**0.5 for transitioning from low bar to high bar0.5 for dynamic routine |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
|  |  |