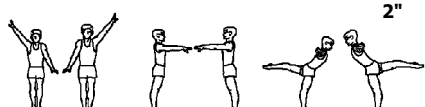

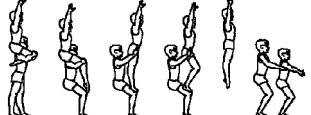




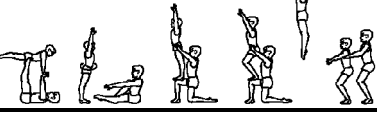
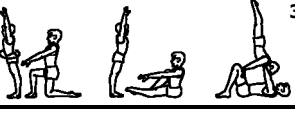
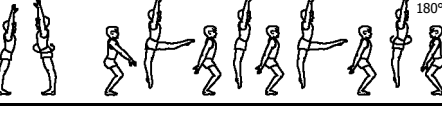
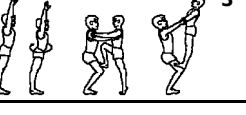




Level 4 Men's Pair

<p>ID = I1 Diff = .4</p>		<p>Partners walk to center of mat facing judges and salute with outside arms. They turn to face each other and do a scale. Hold for 2".</p>
<p>ID = B1 Diff = 1.0</p>		<p>Top climbs to shoulders of base and sits. Both release and hold arms straight out to the side. Hold for 3".</p>
<p>ID = D1 Diff = 1.0</p>		<p>Base takes top's hands and assists him in climb down to stand on base's knees, facing the same way. Base supports top at waist while standing on knees. Top does straight jump dismount from base's knees, base supports landing. Both step 3-4 feet apart. <u>Minimal flight.</u></p>
<p>ID = I2 Diff = .4</p>		<p>Both lie down and push up to bridge. Hold for 2".</p>
<p>ID = I3 Diff = .4</p>		<p>Both lie down then sit up to perform one straddle backward roll, ending in straddle stand. Base moves to support on hands and knees while top walks 3-4 steps behind base.</p>
<p>ID = D2 Diff = 1.0</p>		<p>Top runs and leap frogs over base, pushing off base's back with both hands. Top straddles legs over base.</p>
<p>ID = B2 Diff = 1.0</p>		<p>Base lies down with legs raised. Top faces base and leans forward to front bird on base's feet. Base holds top's hands or arms. Hold for 3".</p>
<p>ID = D3 Diff = 1.0</p>		<p>Base lowers top to stand, sits up, and kneels on one knee. Top turns to face away from base. Top steps to stand on base's raised knee (top may step back or from the side) and jumps for straight body dismount. Base stands as top jumps to support landing. <u>Minimal flight.</u></p>
<p>ID = B3 Diff = 1.0</p>		<p>Base lies down, bends knees with feet on the floor. Top straddles base's torso, leans shoulders into base's hands and puts hands on base's knees. Top may jump or press to shoulder stand position ("candlestick"). Hold for 3".</p>
<p>ID = I4 Diff = .4</p>		<p>Both face same way. Assemblé straight jump, assemblé, jump 180° turn.</p>
<p>ID = B4 Diff = 1.0</p>		<p>Both face each other. Base bends legs into chair position. Top steps onto base's knees using hand/wrist hold. Top straightens legs and leans backwards. Hold for 3".</p>
<p>ID = D4 Diff = 1.0</p>		<p>Top steps down. Base prepares toe pitch position and top steps into base's hands with one foot. Toe pitch straight jump with supported landing. <u>Minimal or no flight.</u></p>
<p>ID = I5 Diff = .4</p>		<p>Top faces the same way as base. Both perform two cartwheels. The first finishes sideways, the second finishes in lunge. They turn toward each other, shake hands, and salute with outside arms.</p>