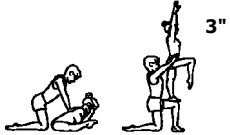
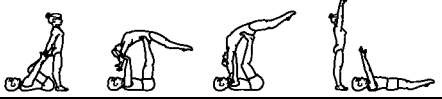
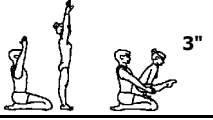
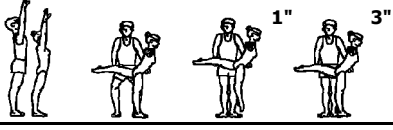
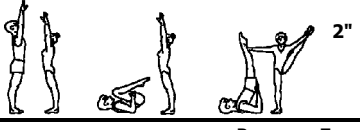
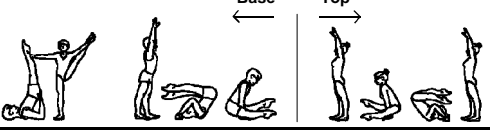
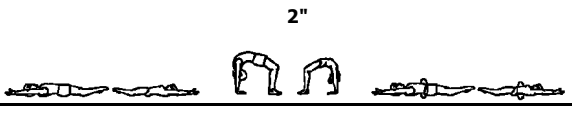
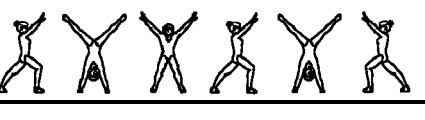
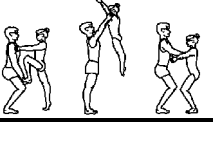
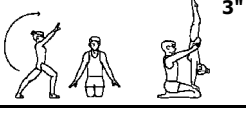
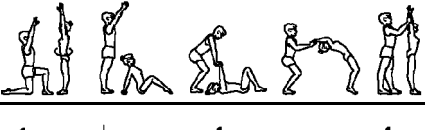
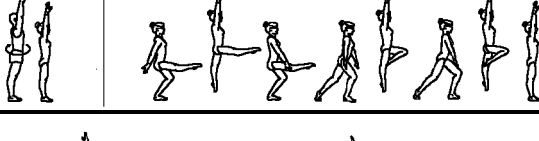



Level 4 Mixed Pair

<p>ID = B1</p> <p>Diff = 1.0</p>	 <p style="text-align: right;">3"</p>	<p>For beginning pose, top sits on floor in straddle leaning forward, with elbows on floor, hand supporting chin. Base kneels behind top, hands on her shoulders. Base kneels on one knee, top steps back to stand on base's raised knee and stags front leg, with support from base. Hold for 3".</p>
<p>ID = D1</p> <p>Diff = 1.0</p>		<p>Top steps off base. Base rolls to back and raises legs. Top faces away and lies in backbird position on base's raised feet, base supports top at hands or shoulders. Top does back pike over to stand. Base places feet on floor with knees bent.</p>
<p>ID = B2</p> <p>Diff = 1.0</p>	 <p style="text-align: right;">3"</p>	<p>Top moves to stand in front of base while base kneels on both knees, sitting back on heels. Top faces away from base. Base supports top in straddle or pike position on base's knees. Support during hold may be at top's waist or under her knees. Hold for 3".</p>
<p>ID = B3</p> <p>Diff = 1.0</p>	 <p style="text-align: right;">1" 3"</p>	<p>Base lifts top in scale for 1", then places top on floor, supporting her in a scale position for 3" hold.</p>
<p>ID = I1</p> <p>Diff = .4</p>	 <p style="text-align: right;">2"</p>	<p>Top stands as base lies on floor and rolls back to shoulder balance with legs vertical, hands supporting his back. Top does Y-scale as she holds base's legs with one hand. Both hold for 2".</p>
<p>ID = I2</p> <p>Diff = .4</p>	 <p style="text-align: center;">Base ← Top →</p>	<p>Base and top lower legs. Base does a straddle backward roll from sit and top does straddle backward roll from stand - both are moving away from each other. Both rolls finish in straddle stand.</p>
<p>ID = I3</p> <p>Diff = .4</p>	 <p style="text-align: center;">2"</p>	<p>Both lie flat and push up to bridge, hold for 2". They lower to their backs and do one 360° straight body roll in same direction.</p>
<p>ID = I4</p> <p>Diff = .4</p>		<p>Both stand and perform two cartwheels. The first finishes sideways and the second finishes in lunge.</p>
<p>ID = D2</p> <p>Diff = 1.0</p>		<p>Base creates the pitch position. Top puts hands on base's shoulders and 1 foot in hands of base. Top jumps, straightening legs while base lifts - to perform a toe pitch straight jump. Base supports the landing. <u>Minimal or no flight.</u></p>
<p>ID = B4</p> <p>Diff = 1.0</p>	 <p style="text-align: right;">3"</p>	<p>Base kneels on both knees, sits back on heels, facing front. Top stands on one side facing base. Top cartwheels or tucks up to supported handstand on base's knees (facing base). Hold for 3".</p>
<p>ID = D3</p> <p>Diff = 1.0</p>		<p>Base assists top to stand and stands himself. Top turns and lies down, with knees bent, head between base's feet. Base grips top's hands and lifts her to stand as top assists by pushing with her feet as she arches up.</p>
<p>ID = I5</p> <p>Diff = .4</p>		<p>Facing away from each other, both step left, kick right leg to horizontal and hop. Step right and hop with left foot in passé position at right ankle. Repeat passé hop by stepping left and hopping on right foot.</p>
<p>ID = D4</p> <p>Diff = 1.0</p>		<p>Turn and face each other, top runs and jumps to front lying position on base's forearms. <u>Minimal or no flight.</u> Top stands and they salute with outside arms, still holding hands with inside arm.</p>