






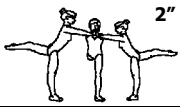
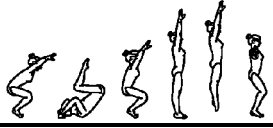
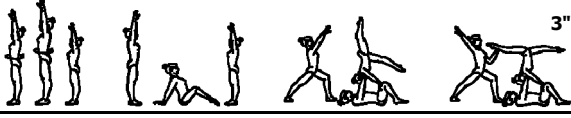
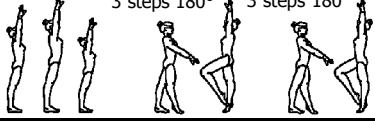
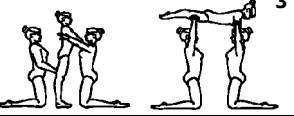



# Level 4 Women's Group

<p><b>ID = D1</b> Diff = 1.0</p>		<p>Bases stand on each side of top facing judges. All join hands and bases salute with outside arms. Bases and top form double toe pitch position. Top jumps, straightening legs as bases lift to perform toe pitch straight jump. Bases support the landing. <u>Minimal or no flight.</u></p>
<p><b>ID = B1</b> Diff = 1.0</p>		<p>Base in chair position. Top stands on base's thighs facing same way, with support of base. Middle is in handstand on the floor in front of partners. Top supports middle at feet. Hold for 3".</p>
<p><b>ID = I1</b> Diff = .4</p>		<p>All stand. Base and middle face one direction, top faces opposite direction. All do 2 cartwheels. The first cartwheel finishes sideways the second finishes in lunge.</p>
<p><b>ID = D2</b> Diff = 1.0</p>		<p>Middle and base face each other. Top turns, runs and jumps to forearm catch on her stomach, caught by middle and base. <u>Minimal or no flight.</u></p>
<p><b>ID = D3</b> Diff = 1.0</p>		<p>Middle and base toss top up while she maintains prone position. They catch her in forearm catch on stomach. No twist. <u>Minimal flight.</u></p>
<p><b>ID = D4</b> Diff = 1.0</p>		<p>Middle and base toss top in 1/4 back layout salto to stand on floor. Bases support landing. <u>Minimal flight.</u></p>
<p><b>ID = I2</b> Diff = .4</p>		<p>Partners form line facing same direction. All lie down and push up to bridge. Hold for 2". Return to lie on back.</p>
<p><b>ID = I3</b> Diff = .4</p>		<p>All stand and each partner performs a back scale holding partners' hands. Scales can be performed in a circle or line. Hold for 2".</p>
<p><b>ID = I4</b> Diff = .4</p>		<p>All perform a forward roll in tuck position, stand and immediately perform straight jump in unison.</p>
<p><b>ID = B2</b> Diff = 1.0</p>		<p>Base lies down, knees bent, feet on floor. Top straddles base's torso, leans shoulders into base's hands, and places hands on base's knees. Top jumps or presses to shoulder stand ("candlestick") position. Middle is in lunge position at base's head, supporting top with one hand on top's foot or leg. Hold for 3". Top's leg position is optional.</p>
<p><b>ID = I5</b> Diff = .4</p>		<p>All stand and form line facing same direction. At the same time, they take three steps (R-L-R), do 180° turn to the right with left foot at right ankle. Repeat L-R-L and do 180° turn to left with right foot at ankle.</p>
<p><b>ID = B3</b> Diff = 1.0</p>		<p>Middle and base face each other and kneel (may be in true kneeling position or sitting back on heels). Top steps between them, facing base. Puts hands on base's shoulders. Middle lifts top's legs over head as base gives support at arms, shoulders, or ribs of top. Hold for 3".</p>
<p><b>ID = B4</b> Diff = 1.0</p>		<p>Bases turn to be side by side, kneeling on one knee each. Top performs a straddle or pike position on base's two inside thighs. Bases support with a hand on top's leg and body. Hold for 3". All stand and salute.</p>