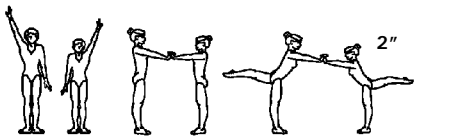
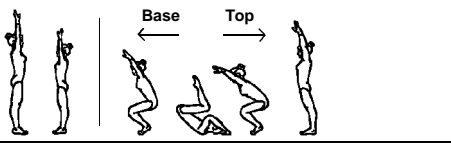

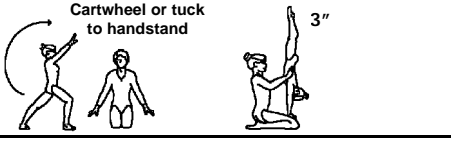
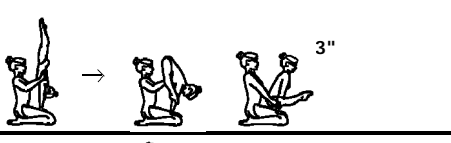
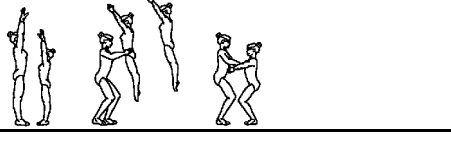
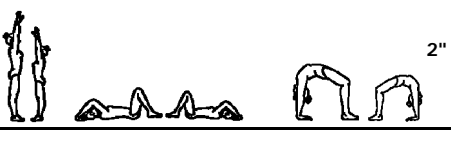
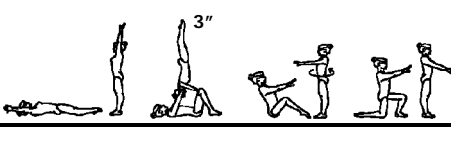

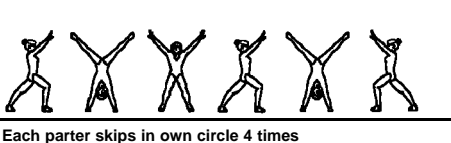
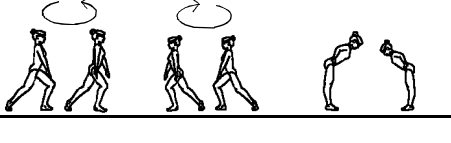
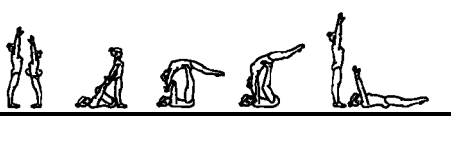



Level 4 Women's Pair

<p>ID = I1 <i>Diff = .4</i></p>		<p>Partners walk to center of the mat facing judges and salute with outside arms. They turn to face each other and do a scale, holding each other's hands. Hold for 2".</p>
<p>ID = I2 <i>Diff = .4</i></p>		<p>Each partner <u>may</u> take one step to the right. Tuck backward roll to feet and stand up.</p>
<p>ID = D1 <i>Diff = 1.0</i></p>		<p>Partners walk towards each other. Base creates toe 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 = B1 <i>Diff = 1.0</i></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 = B2 <i>Diff = 1.0</i></p>		<p>Top presses down to straddle or pike supported on base's knees. Base supports top during motion and hold. Hold for 3". Alternative: Top may come down from handstand, then move to supported straddle or pike on base's knees. Hold for 3". (Support during hold may be at top's waist or under her knees.)</p>
<p>ID = D2 <i>Diff = 1.0</i></p>		<p>Partners stand and face each other. Base holds top at waist and boosts her straight up. <u>Minimal flight.</u> Base supports landing of the top.</p>
<p>ID = I3 <i>Diff = .4</i></p>		<p>Both lie down with feet pointing towards each other. Push up to bridge - hold 2". Lie down again.</p>
<p>ID = B3 <i>Diff = 1.0</i></p>		<p>Base remains lying on floor and bends knees with feet on floor. Top stands, 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". Top stands and turns away from base. Base sits up and goes to one knee.</p>
<p>ID = D3 <i>Diff = 1.0</i></p>		<p>Top steps to stand on base's raised knee (top may step from the 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 = I4 <i>Diff = .4</i></p>		<p>Base and top perform two cartwheels. The first finishes sideways and the second finishes in lunge. (May be performed in a straight line towards side of floor or on the diagonal in order to have space to complete the routine.)</p>
<p>ID = I5 <i>Diff = .4</i></p>		<p>Top and base each skip four times in their own small circle, end facing each other. Each bows towards each other with hands at waist.</p>
<p>ID = D4 <i>Diff = 1.0</i></p>		<p>Base lies down. 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 = B4 <i>Diff = 1.0</i></p>		<p>Top leans over base's head to front support - hands on base's knees, legs supported by base. Hold for 3". Top tucks head and rolls forward. Both stand and salute judges.</p>