

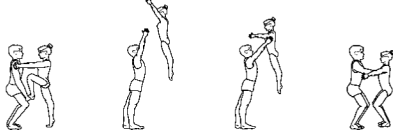

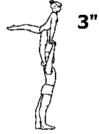

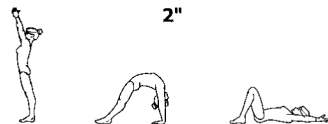

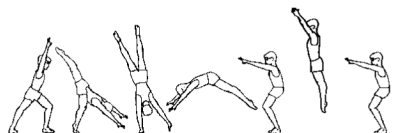



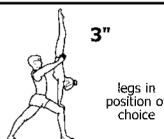


Level 5 Mixed Pair

<p>ID = B1</p> <p>Diff = 1.0</p>		<p>With base lying on the floor, top takes hands of base and performs a straddle or pike position on straight arms of base. Hold position 3".</p>
<p>ID = I1</p> <p>Diff = .4</p>		<p>Chassé left with right arm in front, chassé right with left arm in front, plié, jump 180°.</p>
<p>ID = D1</p> <p>Diff = 1.0</p>		<p>Base creates toe pitch position. Top puts hands on base's shoulders and puts 1 foot in hands of base. Top jumps up, straightening both legs while base lifts with hands for a toe pitch straight jump. Base supports landing. Minimal flight required.</p>
<p>ID = I2</p> <p>Diff = .4</p>		<p>Starting in a straddle stand, back straddle roll to finish in straddle stand.</p>
<p>ID = B2</p> <p>Diff = 1.0</p>		<p>Standing on base's shoulders, top does back scale holding both of base's hands. Hold scale 3".</p>
<p>ID = D2</p> <p>Diff = 1.0</p>		<p>Pair may continue from previous skill by the top lowering leg to stand on base's shoulders. Or the pair may begin this skill from the ground with the top climbing to stand on base's shoulders, facing the same way. Base supports inside of top's knees as top stands. Top takes hands of base and jumps to ground, landing in front of base.</p>
<p>ID = I3</p> <p>Diff = .4</p>		<p>Backbend from stand, hold 2". (Base may assist top as she bends to backbend.) Return to lying position.</p>
<p>ID = B3</p> <p>Diff = 1.0</p>		<p>Base kneels on both knees and supports top who is in straddle support on base's knees. Hold straddle 1". Top presses to handstand on knees. Base supports motion and handstand. Hold handstand 3". Top may start element from sit on base's knees and push up to straddle support for hold.</p>
<p>ID = I4</p> <p>Diff = .4</p>		<p>Hurdle, roundoff rebound. Rebound must take off from and land on two feet.</p>
<p>ID = D3</p> <p>Diff = 1.0</p>		<p>Top runs toward base and using a 2 foot take off, jumps into base's arms, landing on stomach, showing control. Bases then toss the top in 180° twist to catch on her back. Minimal flight required.</p>
<p>ID = D4</p> <p>Diff = 1.0</p>		<p>Base holds top from behind and boosts her as she does tuck jump. No release.</p>
<p>ID = I5</p> <p>Diff = .4</p>		<p>Scale with back leg at horizontal or above. Hold 2".</p>
<p>ID = B4</p> <p>Diff = 1.0</p>		<p>Top does handstand on knee supported by both hands of base. Top's leg are in the position of choice (e.g. staggered, straddled, straight). The base is in lunge position for the hold. Hold 3".</p>