

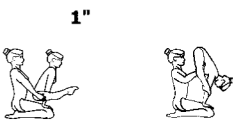
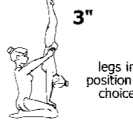
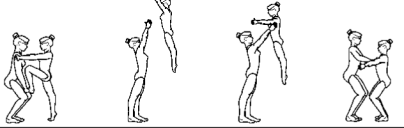

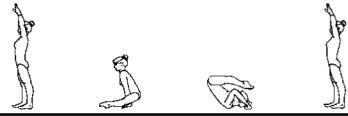
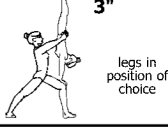

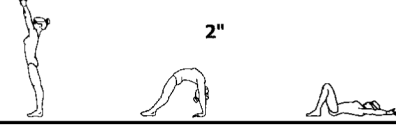
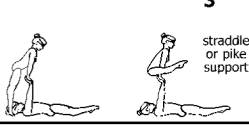
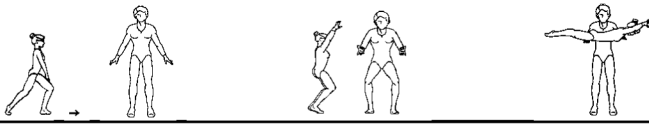
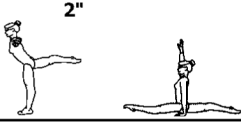



Level 5 Women's Pair

<p>ID = I1 Diff = .4</p>		<p>Chassé left with right arm in front, chassé right with left arm in front, plié, jump 180°.</p>
<p>ID = I2 Diff = .4</p>		<p>Hurdle, roundoff rebound. Rebound must take off from and land on two feet.</p>
<p>ID = B1 Diff = 1.0</p>	<p>1"</p>  <p>3"</p>  <p>legs in position of choice</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 = D1 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 = B2 Diff = 1.0</p>	 <p>3"</p>	<p>Top places hands on base's shoulders. Base bends to hold top's knees or legs with extended arms. Top jumps to a tuck position, supporting her weight on base's shoulders. Base supports top's knees or legs with extended arms. Hold position 3".</p>
<p>ID = I3 Diff = .4</p>		<p>Starting in a straddle stand, back straddle roll to finish in straddle stand.</p>
<p>ID = B3 Diff = 1.0</p>	 <p>3"</p> <p>legs in position of choice</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>
<p>ID = D2 Diff = 1.0</p>		<p>Base lies on back and lifts legs, knees bent. Top leans back on base's feet. Base may hold the top's hands, arms or shoulders for the assist over. Base gives top small push with feet, assisting top in back pike over to stand.</p>
<p>ID = I4 Diff = .4</p>	 <p>2"</p>	<p>Backbend from stand, hold 2". (Base may assist top as she bends to backbend.) Return to lying position.</p>
<p>ID = B4 Diff = 1.0</p>	 <p>3"</p> <p>straddle or pike support</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 = D3 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. Minimal flight required.</p>
<p>ID = I5 Diff = .4</p>	 <p>2"</p>	<p>Scale with back leg at horizontal or above. Hold 2". Slide back to straight splits, support of hands ok.</p>
<p>ID = D4 Diff = 1.0</p>		<p>Top climbs to shoulders of base, 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>