






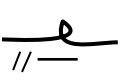







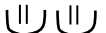

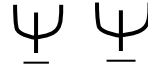
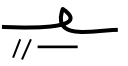
COMPULSORY FLOOR EXERCISE

D. Hanford

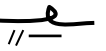


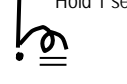
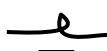




Level 1 Floor

3/4 Handstand Lever out 	Cartwheel 1/4 turn inward 	Back Roll Tuck 	Candlestick 	Forward Roll Tuck 	Forward Passé Balance 	Forward Chassé 	Split Jump 30° 
0.4	0.6	0.6	0.2	0.4	0.4	0.2	0.4

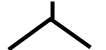




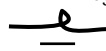



Level 2 Floor

Handstand Lever out 1 sec hold 	Round-off 2-4 steps out 	Back roll Pike out 	Candlestick 	Bridge-up, Kickover 	2 Pivot Turns Connection 	Straight leg leap 60° Chassé, Leap, leg swing 	Two 1/4 Heel-snap Fwd Passe turns 	Split Jump 60° 
0.4	0.6	0.4	0.2	0.4		0.6	0.4	0.4

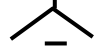

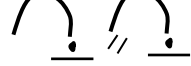


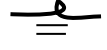
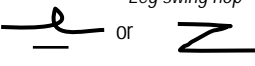


Level 3 Floor

		If reversing order -0.5								
Arm waves & Leg swings <i>Horizontal</i>	Split Jump 90° 	Stretch Jump 	Handstand, Bridge, Back Kick-over 120° 	Handstand Fwd Roll Straight Arms Hold 1 sec 	Straight Leg Leap 90° Chassé, Leap, leg swing <i>in relevé</i> 	Back Roll to Push-up 	Forward Splits 	1/2 Turn Fwd Passé 	Round-off Flic-Flac, Rebound 	
	0.4	0.2	0.6	0.6	0.6	0.4	0.2	0.2	0.4 0.6	

Level 4 Floor

Straddle Jump 120° 	Stretch Jump 1/2 Turn 	Fwd Handspring 2-ft, Rebound 	Back Roll HS Lever out Straight arms 	Forward Splits 	Straight Leg 120° Sissone, Chassé, Leap, Leg swing hop 	1/1 Turn Fwd Passe 	Back Walkover 150° 	Round-off Flic-Flac, Flic-Flac, Rebound 
0.4	0.4	0.6	0.4	0.2	0.6	0.4	0.4	0.4 0.6 0.6

Level 5 Floor

Straddle Jump 150° 	Stretch Jump Full Turn 	Fwd Handspring Step-out, Fwd Handspring 2-feet, Rebound 	Front Tuck 	Back Roll HS Pikedown Straight arms 	Forward Splits 	Straight Leg or Switch Leap 150° Sissone, Chassé, Leap, Leg swing hop 	1/1 Turn Fwd Passé 	Round-off Flic-Flac, Back Tuck 
0.4	0.4	0.6 0.6	0.6	0.4	0.2	0.6	0.4	0.4 0.4 0.6