




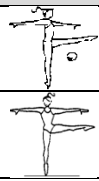

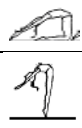





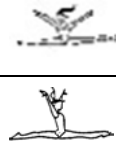
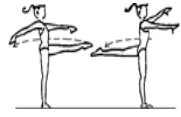
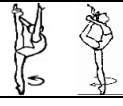
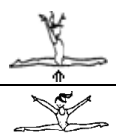
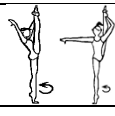

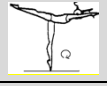
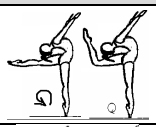



## JUNIOR OLYMPIC TABLE OF ADDITIONAL DIFFICULTIES FOR LEVELS 3-6, Beginners and Intermediate Group ONLY

LEAPS 		BALANCES 		ROTATIONS 	
<b>0.10</b>					
Tuck jump (180°) Levels 3-4 only	180° 	Penche: Held with hand support on floor		Leg at the horizontal, front or side, 180° (not apply for front attitude position)	
Sissone take off from two feet- levels 3-4 only		On the knees with arch Levels 3-4 (legs "in-line" with shoulders); Standing arch			
Passe jump 180° (free leg bent forward or sideways)- Levels 3-4	180° 	On the floor chest stand ( legs together , in "fix" position)			
Vertical jump with turn (180°) Levels 3-4 only	180° 	Splits with chest forward Levels 3-4 only			
		Back split			
<b>0.20</b>					
Split leap legs at least 160 (front or side) <b>Level 3 only</b>		Balance on flat foot from leg front horizontal to leg back (or vice versa) with movement of the leg at the horizontal plane (each position held)		Back split with help, or ring with help, 180°	
Split leap forward or side, take-off from both feet, legs at least 160° <b>(Level 3 only)</b>				Leg high up front or side with help, 180°	
				Leg at the horizontal back, also attitude, 180°	
				Arabesque: free leg horizontal , trunk horizontal, 180°	
<b>0.30</b>					
				Leg at the horizontal back, also attitude with backward arch, 180°	
				Leg high up front or side without help, 180°	
				Penché: body bent at the horizontal or below, leg in back split, rotation on flat foot, 180°	