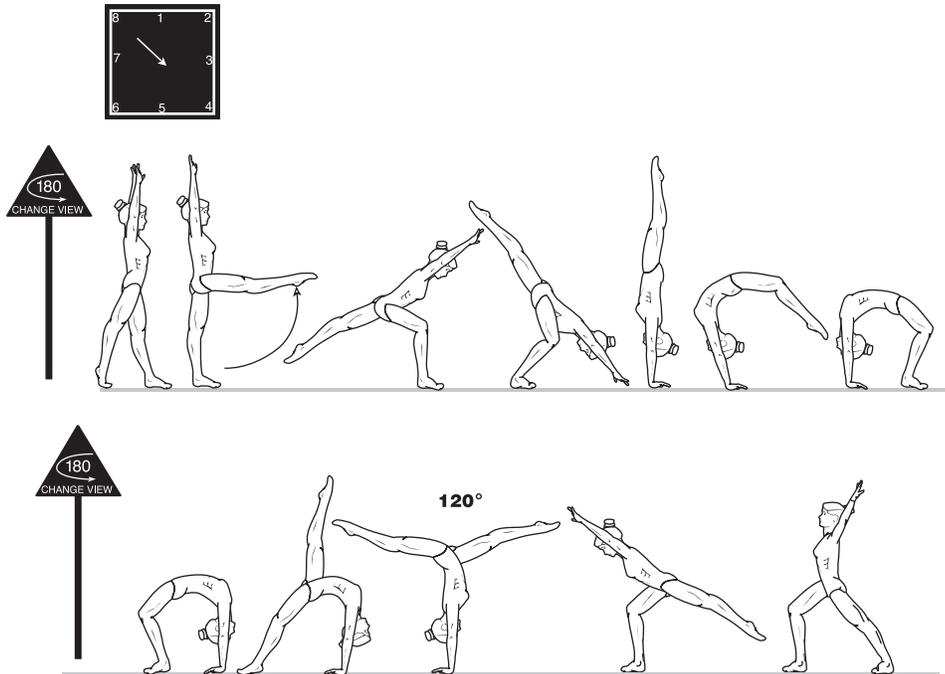


4. *HANDSTAND TO BRIDGE, *BACK KICK-OVER (120°) (0.60)



Untwist the torso and step forward onto a straight Left leg (flat or in relevé). Kick the Right leg forward-upward to horizontal or above (flat or in relevé).

*(If reversing the **HANDSTAND TO BRIDGE**, transfer the weight onto the Right leg as it extends, then kick Left. Continue reversing to the lunge position.)*

ARMS: Lift to high.

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward, maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a handstand with legs together, head neutral with a straight, tight body. Maintaining focus on the hands, continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs straight or bent to complete a **HANDSTAND TO BRIDGE**.

Immediately kick the Right leg overhead while pushing off the floor with the Left leg to execute a **BACK KICK-OVER**. (It is acceptable to move/adjust the Left foot in as the Right leg initiates the kick.) Pass through a vertical handstand position with the legs separated and straight, showing a **120°** leg separation. Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Remain in high. Open to sideward-diagonally-upward on the lunge.

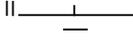
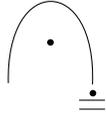
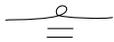
Up to 0.10	Failure to maintain arms next to ears & focus on hands throughout
0.10	Failure to close (join) legs at vertical
Up to 0.20	Failure to push shoulders behind hands in bridging phase
0.10	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent on landing)
Each 0.30	Extra kicks to establish inverted vertical position on back kick-over
0.30	Performs a tic-toc (legs remain separated throughout the entire skill)
	<i>See Note in penalties, page 180/181 regarding the reversing of the order of appearance of the Handstand to Bridge, Back Kick-over and the Handstand Forward Roll Step-out with Straight Arms</i>

Points of emphasis: Levering action into handstand; show handstand position; straight arms; controlled backbend

LEVEL 3 FLOOR EXERCISE TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

* Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (90°) (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRETCH JUMP (0.20)	Up to 0.10	Failure to keep legs joined in the air during stretch jump
		Up to 0.10	Failure to land with feet closed
	*HANDSTAND TO BRIDGE, *BACK KICK-OVER (120°) (0.60) ** See Note on page 181	Up to 0.10	Failure to maintain arms next to ears & focus on hands throughout
		<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.20	Failure to push shoulders behind hands in bridging phase
		<u>0.10</u>	Failure to land on feet simultaneously on bridge (no deduction for feet apart or legs bent on landing)
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on back kick-over
		<u>0.30</u>	Performs a tic-toc (legs remain separated throughout the entire skill)
	*HANDSTAND FORWARD ROLL STEP-OUT WITH STRAIGHT ARMS (0.60) ** See Note on page 181	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.10	Failure to hold handstand for one second
		<u>0.30</u>	Pushing off floor with hands to arrive in tuck stand
		<u>0.10</u>	Failure to step out on roll
	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
	BACKWARD ROLL TO PUSH-UP POSITION (0.40)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		Up to 0.10	Hands placed further than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	½ (180°) TURN IN FORWARD PASSÉ (0.20)	<u>0.10</u>	Foot in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	*ROUND-OFF (0.40)	Up to 0.20	Lack of acceleration in the series
		Up to 0.30	Failure to pass through vertical
	FLIC-FLAC TO TWO FEET (0.60)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.20	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled "stick"

** Note:	<u>0.50</u>	<i>Reversing the order of appearance of the Handstand to Bridge, Back Kick-over and the Handstand Forward Roll Step-out with Straight Arms</i>
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