

Bars Levels Symbols March 2018

ELEMENT	0
Jump to front support	↘-
Upward hip circle	↗
Cast	↘
Press bar down to knees	A
Roll forward to L hang	9
Glide swing	∟⊥
Swing forward	↻
Swing backward	↺
Pike on	∨
Straddle on	∧
Swing into wrapover	9
Underswing (no feet)	∨
Swing into wrapover, immediate underswing	9∨
Undershoot dismount (no feet)	∨
Pike on undershoot	∨∨
Straddle on undershoot	∧∨

ELEMENT	0	A	B	C
(Mount or on Bar)				
Glide kip on LB (Upstart)		∟		
(Mount)				
Jump 1/1 turn and kip to support on LB			∟	
(Mount or on Bar)				
Upstart 2 feet through to rear support		∟		
(Mount or on Bar)				
Upstart 2 feet through to straddle cut		∟↗		
(Mount or on Bar)				
Long upstart		↗		
(Mount)				
Straddle vault over LB to catch HB		↗		
(Mount)				
Free straddle/tuck over LB to catch HB			↗	
(Mount) Hecht Jump (legs together) over LB to catch HB			↗	
Cast to Handstand with legs straddled		∟!		
Cast to Handstand with Legs straddled & 1/2 turn in Handstand			∟!	
Clear hip circle to Handstand				∟!
Pike or straddle on to flight & counter movement forwards, up to the HB			∟	
Forward seat circle		⊙		
Backward seat circle		⊙		
Sole circle piked / straddle piked		⊙		
Clear straddle circle Forwards to clear support		⊙		
Clear straddle circle Backwards to Clear support		⊙		
Giant circle Backwards to Handstand			∟	
Giant circle Forwards to Handstand			∟	
1/2 giant, 1/2 turn (turn <u>not</u> above horizontal)	∟			
Backward giant, blind turn			∟	
Forward giant, top turn			∟	
Backward giant, full pirouette				∟
salto dismount		∟		
Double salto dismount			∟	