

Level 3 Bars Practice Judging



.60
or Glide Kip

.20
Glide

.40
Back Hip Pullover

.40
Front Hip Circle, Small Cast

.20
Cast, Single leg shoot thru

Single Leg Basket Swing

.40
Forward Stride Circle

.20
Single Leg Cut

.40
Cast

.40
Back Hip Circle

.60
Underswing Dismount

Landing

Total:

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