P-BARS

Age	Level	Skill							
16 & up	HP Senior	double pike dismount							
	HP junior	peach basket handstand							
		D and E element of choice							
		heally twirl							
		tippelt							
		double salto inbetween bars							
13-15yrs	HP TYRO	giant							
16 & up	National Open	diamidov							
		stutz							
		back toss							
		double back dismount							
		underarm skill (minimum B)							
11-12yrs	HP ARGO	moey to support/handstand							
12 & up	National youth	reverse pirouette							
		pirouette							
		front uprise swing handstand							
		back uprise horizontal							
		10 power swing handstand							
		back layout dismount							
9-10yrs	HP ARGO	moey to underarm/hndst							
10 & up	Level 4	kip swing handstand							
		10 power swing almost hndst							
		swing to hop handstand							
		long hang sw above horiz.							
		kip							
7-8yrs	pre-comp 12 hrs	L-sit press to handstand							
	pre-comp 9 hrs	pike inverted swings horiz.							
9 & up	Level 1 and 2	swing to handstand							
		wende dismount							
		underarm swing above horiz							
5-7 yrs	pre-comp 6hrs	underarm supports							
	super dudes 3h	support swings horizontal							
8 & up		pike inverted swings							
		long hang swings horizontal							
		support hops fwd/bkwd							