POMMEL

Age	Level	Skill							
16 & up	HP Senior	D and E skill of choice							
	HP junior	D handstand dismount							
		2 loops to 180 russian							
		4 flops on one handle							
		scissor to handstand							
		tung fei or mogilny travel							
13-15yrs	HP TYRO	maghar							
16 & up	National Open	sivado							
		circle to handstand no touch							
		triple russian on leather							
		scissors shoulder high							
		kehr in and kehr out							
11-12yrs	HP ARGO	20 one handle circle (full hor)							
12 & up	National youth	10 middle loop handles in							
		2 mag,siv no handles							
		3 full spindle no handles							
		3 full stocklie no handles							
		15 flares on floor							
		triple russian on mushroom							
9-10yrs	HP ARGO	20 circle 1 handle mushroom							
10 & up	Level 4	20 loops							
		20 reverse loops							
		single leg scissor (toe touch)							
		20 middle loops no handles							
		15 flares on mushroom							
7-8yrs	pre-comp 12 hrs	3 full spindle mushroom							
	pre-comp 9 hrs	3 full stocklie mushroom							
9 & up	Level 1 and 2	3 full czechkehr mushroom							
		30 circles mushroom							
		2 circles in a row							
5-7 yrs	pre-comp 6hrs	positions side,rear,front							
	super dudes 3h	pendular swings							
8 & up		leg cuts fwd/reverse on beam							
		10 good bucket circles							
		flanks side to side							