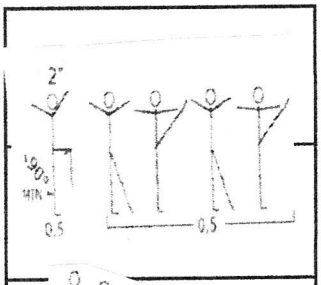
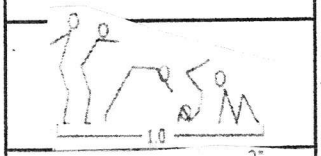
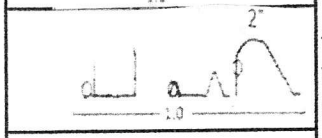
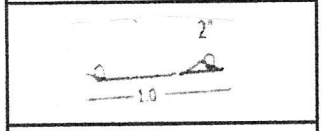
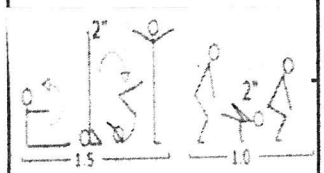
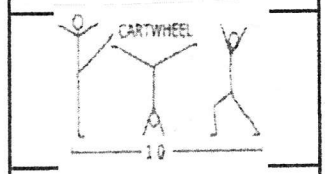
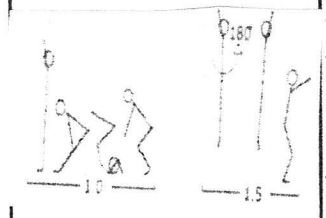
Level 5 Individual - Difficulty Score

Judge:_____

Entry #									
Flight									
Name									
Club									
	Credit	Deduct	Credit	Deduct	Credit	Deduct	Credit	Deduct	Credit	Deduct
 1. Stork Stand (2") 0.5										
2. High Kicks 0.5										
 3. Front Roll to Tuck Sit 1.0										
 4. Lie press to Bridge (2") 1.0										
 5. Lie to pike stretch (2") 1.0										
6. Roll back to candle (2") roll to stand 1.5										
 7. Elbow handstand (2") 1.0										
 8. Cartwheel to lunge 1.0										
 9. Back roll tucked 1.0										
10. Straight jump 180° turn 1.0										
11. Optional (not scored)										
D Score/ Total Deduct										
Adjusted Difficulty										

15-03-14