

# LEVEL 4 POMMEL HORSE- Continued

## Pommel Horse:

Note: The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with both hands on the end and on the leather, jump to front support with legs together,	For the entire exercise: On all leg cuts the cutting leg should be at horizontal.
2. In front support with legs together, travel up from support on the end to side support on the pommels. (Place right hand on left pommel, then left hand joins right hand on the left pommel. Then move right hand to the right pommel.)	On all support swings the top leg should be at or above horizontal.
3. Kick left leg to the side into,	
4. Three full straddled front support swings to the right and to the left then immediately,	Each full straddled front support swing has a swing to the right and a swing to the left. There should be a total of three complete swings to the right and three swings to the left before the leg cut in #5.
5. Cut left leg forward. Cut right leg forward to,	
6. Dismount joining legs in front to stand facing away from the horse	