

LEVEL 5 POMMEL HORSE- Continued

Pommel Horse:

Note: The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with one hand on each pommel. Jump to front support while kicking left leg up and to the side into,	On all straddled front support swings and leg cuts the cutting leg should be at or above horizontal.
2. Three full straddled front support swings then,	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 left leg cut in #3.
3. immediately cut left leg forward to,	On all stride support swings the top leg should be at or above horizontal.
4. Three full stride swings then,	Each full stride 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 left leg cut backward in #5
5. Immediately cut left leg backward. Straddle swing right and immediately cut right leg forward to,	
6. Three full stride swings then,	Each full stride support swing has a swing to the left and a swing to the right. There should be a total of three complete swings to the left and three swings to the right before the right leg cut backward in #7
7. Immediately cut right leg backward.	
8. Straddled front support swing to the left and immediately	
9. Cut left leg forward. Stride swing to the right and immediately	
10. Cut right leg forward with legs joining in front to stand facing away from the horse.	