

LEVEL 6 POMMEL HORSE- Continued

Pommel Horse:

Note: This exercise is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with the left hand on the end and the right hand on the left pommel. Jump while cutting left leg forward to,	
2. Single leg pendular travel to front support on pommels,	On all straddled swings and leg cuts, the cutting leg should be at least horizontal.
3. Straddled swing left. Immediately cut left leg forward to,	
4. Right front false scissor, straddled front support swing left. Immediately cut left leg forward to right front false scissor. (two false scissors in series)	On all false scissors, the top leg should be at least horizontal.
5. One full straddled front support swing then immediately cut right leg forward to,	The full straddled front support swing has a swing to the left and a swing to the right.
6. Left front false scissor. Straddled front support swing right. Immediately cut right leg to left front false scissor. (two false scissors in series)	
7. One full straddled front support swing then swing left leg forward to feint position on left pommel to,	The full straddled front support swing has a swing to the right and a swing to the left.
8. Half double leg circle with 90° inward (counter) turn to the right to dismount and finish facing longitudinally with the horse.	Right Hand may remain in contact with pommel as the gymnast lands.

Specified Bonus: One and ½ circles to dismount in #8