

AmeriKids ☆ **UNEVEN BARS** ☆ Skill Values

	Mounts	Cast, Counter Swings Underswing, Clear hips	Giant swings Backward & Forward
<b>A</b>	<p>Glide kip, also with reverse grip <i>Glide ½ turn, glide kip</i> <i>Jump ½ turn, kip to support</i> <i>Glide kip, jam in or jam up</i> <i>Jump under low bar stoop thru, back kip up</i> Jump to high bar - kip up High bar to low bar - kip up Jump ½ or 1/1 turn catch HB Squat/straddle vault over low bar-high bar(use hands)</p>	<p>Cast to squat/stoop/straddle on low bar to high bar Underswing with ½ turn on HB to hang</p>	<p>Swing forward with 1/2 turn 45° above high bar HB long hand pullover (Baby ¾ giant) <i>Low bar giant to HS</i></p>
<b>B</b>	<p>Low Bar kip catch HB, also with ½ Straddle cut on low bar Reverse kip, also on high bar Jump ½ turn to kip on high bar Free jump with ½ turn over low bar to high bar Hang HB to tuck/straddle peach to LB Free jump over Low to high bar tuck/straddle Hecht vault over low bar to high bar Round-off straddle over low bar to grasp bar Bent hip HS on low bar Jump to high bar overshoot to low bar</p>	<p>Cast straight body HS or bent hip Back uprise to support Cast vault over LB and catch HB - ½ to HB Front support, free squat/stood/straddle over LB to grip change catch on HB Hang on HB, swing backward, 1/1 turn re-grasp HB Straddle back over low bar to hang on low bar Clear hip circle Underswing low bar - ½ turn - grab high bar Underswing HB - ½ turn to front support Underswing HB - ½ turn to catch Weiler kip finish horizontal or above</p>	<p>Swing forward with 1/1 turn (horizontal) on high bar Back giant, also with 1 arm Back giant Low Bar back giant ½ turn to HS From hang on HB, overshoot ½ to catch LB Hang HB face LB-swing fwd salto roll backward (tuck/straddle) catch and hang on LB</p> <p>HS on HB-swing down frwd between bars, swing bkwd and 1/1 turn at High bar height Low bar front giant, also with ½</p>
<b>C</b>	<p>Jump 1/1 turn, kip to front support on low bar Glide Kip 1/1 &amp; grip change to HB ½ - Kip LB - 1/1 - grip change lo HB Jump 1/1 - LB kip - grip change to HB Straddle cut catch HB Stoop-thru kip grip change HB 1/1 Jump ½ turn over LB kip on HB Salto forward to hang on HB Free straddle over LB, ½ turn to HB Salto forward over LB sit on LB Salto forward over LB to L hang on LB RO over LB to catch and hang on HB Jump bent hip HS extend ½ in HS Jump to HB - clear hip HS</p>	<p>Cast HS, hop in HS to reverse grip Cast HS - ½ turn in HS or 1/1 turn on 1 arm Back uprise to HS on High bar, also with Healy (1/1) Front support on HB, swing back-release-1/1 catch HB Straddle back to HS on LB also with ½ HS Straddle back with ½ to clear support on low bar LB underswing counter movement to catch HB, also ½ HS on HB, toe-on with ½ turn over LB to hang Clear hip to HS Clear hip to HS with 1/2 , also with L grip Clear hip to HS with 1/1 turn after Healy</p>	<p>Swing forward with 1½ turn (horizontal) on high bar Back giant hop change grip in HS Blind change Low bar giant 1/1 From HS on HB - overshoot hang on LB</p> <p>Front giant, also with ½ turn to HS Low bar front giant, 1/1 in HS HB HS-swing forward straddle back to LB HS HB-swing down with cross grip, ½ in hang and swing to HS on HB; also with ½ Jaeger from LB to HB HS on HB-stoop/straddle ½ HB to hang</p>

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		Stalder Circles	Circle Swings & Hechts	Dismounts
<b>AmeriKids</b> ☆ <b>UNEVEN BARS</b> ☆ <b>Skill Values</b>	<b>A</b>	Clear straddle circle forward to clear support Clear straddle circle backward to clear support	Back or front hip circle, also with out hands Forward & Backward sole circle to stand, to High bar <i>Forward seat circle Low bar or grip change to High bar</i> <i>Seat circle backward, also hang on High bar</i>	Underswing/shoot Underswing/shoot with ½ <i>Underswing/shoot with 1/1 turn</i> Flyaway tuck/pike/stretch below bar height Swing forward, salto forward tuck/pike/stretch
	<b>B</b>	Clear straddle circle forward to catch HB, also ½ Stalder forward to clear support High bar back stalder to low bar (Peach) HS on high bar clear straddle circle bwd with ½ grip change to hang on HB Back stalder to clear support	Sole circle backward piked with flight from HB to LB HB seat circle ½ turn - catch HB Forward seat circle on LB clear rear support ½ to HB Seat circle cut catch same bar Backward seat circle ½ grip change to HB HB-back pike circle to stand/catch the Low bar Pike sole circle backward (toe on/off) to clear support	Underswing 1½ or 2/1 Flyaway tucked or stretch with ½ - 1/1 Front flyaway with ½ or 1/1 turn Clear straddle circle forward HB salto forward tuck Hecht or clear hip hecht HB-cast near HS-front salto tuck Straddle cut onto bar, salto backward tuck/pike/stretch on LB or HB Flyaway tuck/pike at or above bar height Flyaway in layout position
	<b>C</b>	Front stalder to HS also ½ or 1/1 Healy Kip up HB, thru clear straddle stoop-swing/press HS and 1/2 in HS HB clear straddle circle fwd flight bwd over LB to hang on LB L grip front stalder to clear support Back stalder HS, also ½ L/mixed, 1/1 Healy Front stalder to healy 1/1 turn LB: stalder bwd release and counter fwd in flight to hang on KB or hecht to HB	Low bar front seat circle straddle cut high bar High Bar front seat circle straddle cut over low bar High bar clear rear pike support-full circle swing backward to finish in clear rear support on HB Pike sole circle forward to HS, also 1/2, 1/1 Healy Back sole circle to HS, also ½, 1/1 Healy Underswing LB, release and counter flight to hang HB, also with ½. "Toe on catch-Chinese sit up" Clear pike circle backward on low bar, counter flight to high bar Clear pike circle backward-hecht flight to hang on high bar	Toe or clear on, forward salto tuck/pike or ½ Clear underswing ½ back salto tuck/pike Flyaway with 1½, 2/1 tuck/stretch Double back tuck/pike Front flyaway with 1½, 2/1 tuck/stretch Outer front support on HB-cast to near HS salto Forward or backward tuck/pike Back giant to back salto tucked over high bar Clear hip to back salto tucked or piked Straddle cut onto bar, salto backward tuck/pike/stretch with 1/1, 1½, on LB or HB

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