

**The following required balances must be included in the composition:**

- 2.1.1.1. Two (2) different balances (A or B).
- 2.1.1.2. One balance series: A minimum of 2 different balances (A or B) performed successive or with change of supporting leg.

**Notice! Between 2 balances in same series is allowed maximum 1 step on the floor during the changing of support leg.**

Difficulty-levels of the series:

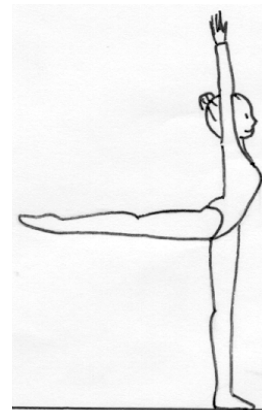
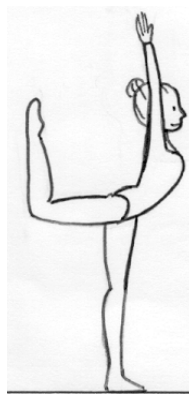
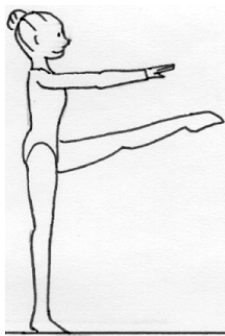
- A-series = A+A
- C-series = A+B or B+A
- D-series = B+B

**A-difficulties:**

Some Examples of Balances

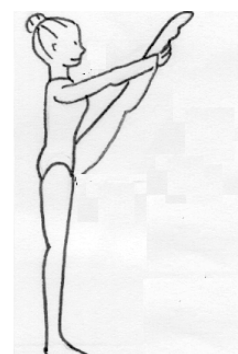
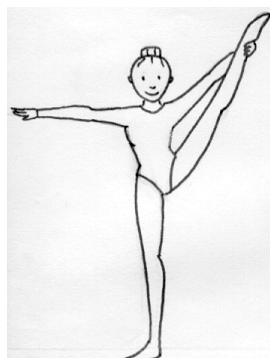
- Balance on one leg, free leg raised straight or bended at the horizontal (90°) front, back or side. (without support on the hands)  
 !When performing the same balance with the same shape and with turn (tourlean 180° minimum) it becomes, and it is counted, as an another technical element (variation).

(Some examples under)

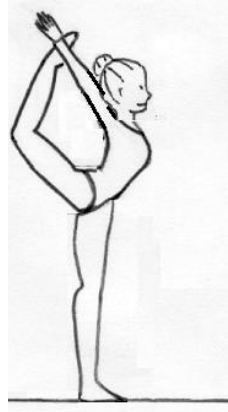


- Front or side splits (free leg min. 135°) free leg held with one or two hands.  
 !When performing the same balance with the same shape and with turn (tourlean 180° minimum) it becomes, and it is counted, as an another technical element (variation).

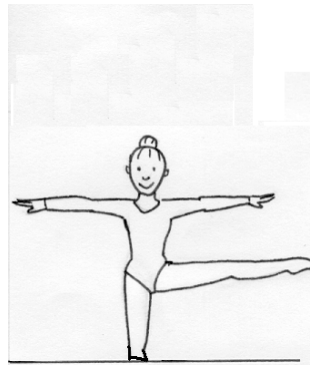
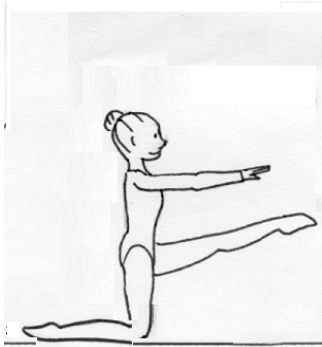
(Some examples under)



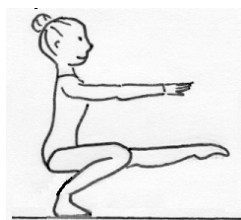
- Balance on one leg, free leg raised straight or bended backward with help of hand (it is also possible to use two hands, body is not bended)  
!When performing the same balance with the same shape and with turn (tourlean 180° minimum) it becomes, and it is counted, as an another technical element (variation).



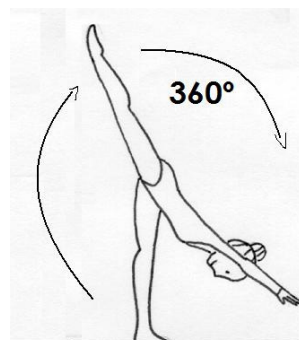
- Balance on one knee (without support on the hands), free leg raised at the horizontal 90°: front, back or side



- Balance in “cossack” position (without support on the hands), free leg raised at the horizontal 90°

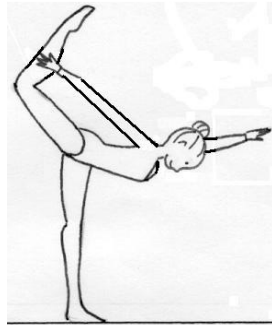


- Illusion, when the amplitude is less than 180°, can be done either on the flat foot or relevé, hand must not touch the floor  
 (Example under)

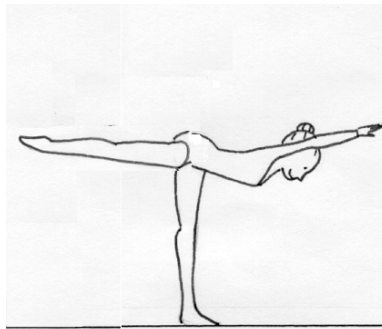


- Backward illusion without body movement, when the amplitude is less than 180°.

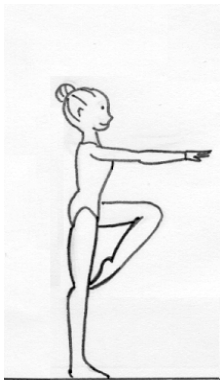
- Balance on one leg, free leg raised backward, supported with same hand, raised leg (minimum) 135°  
(Example under)



- Balance on one leg, free leg raised backward, body and leg in the same horizontal line  
(Example under)



**Notice! Passé -position will not be counted as an A-difficulty balance**

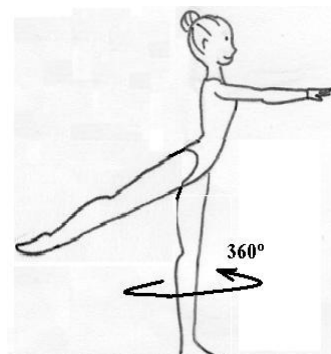
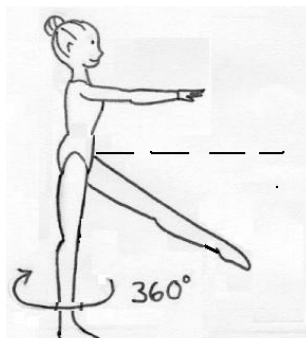


**Not a difficulty!**

Pivots Examples

- Pivots min. 360° performed on relevé or at flat foot, free leg raised or bended under horizontal (90°): front, back or side during the pivot, both legs can be bended

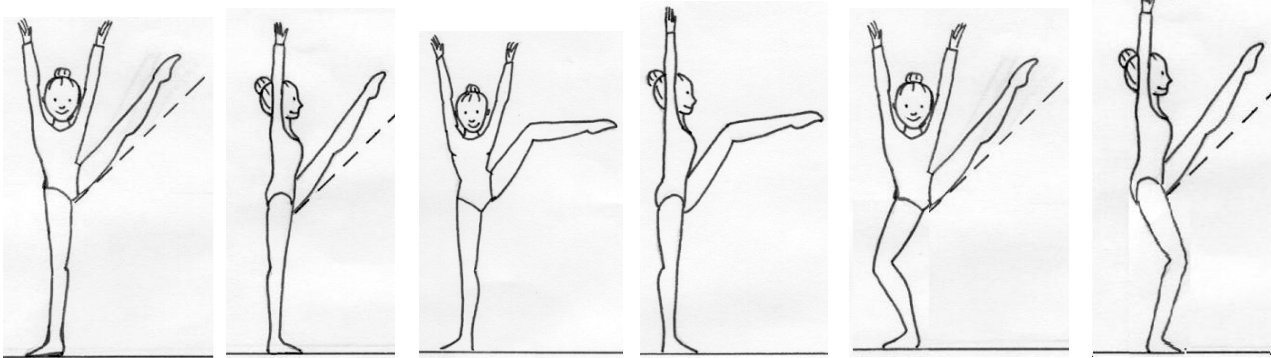
(Example)



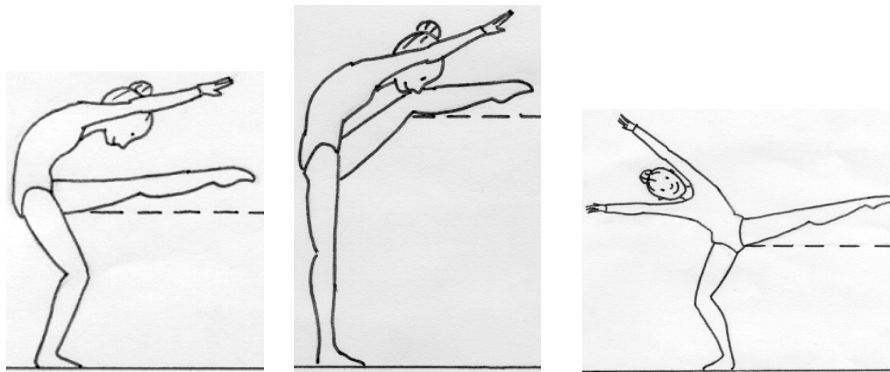
## B-difficulties:

### Some Examples of Balances

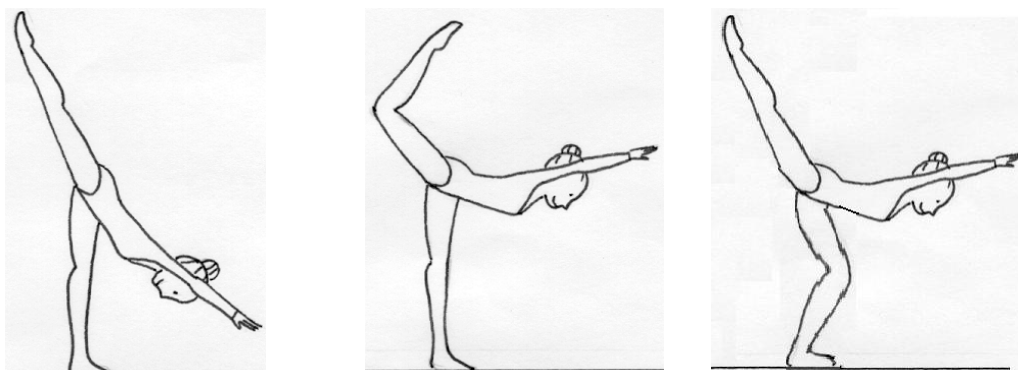
- Balance on one leg, free leg in front or side, min 135°, body vertical and only **one leg can be bended**. If the free leg is bended, must the leg (shinbone) be min 90°. !When performing the same balance with the same shape and with turn (tourlean 180° minimum) it becomes, and it is counted, as an another technical element (variation). (Some examples under)



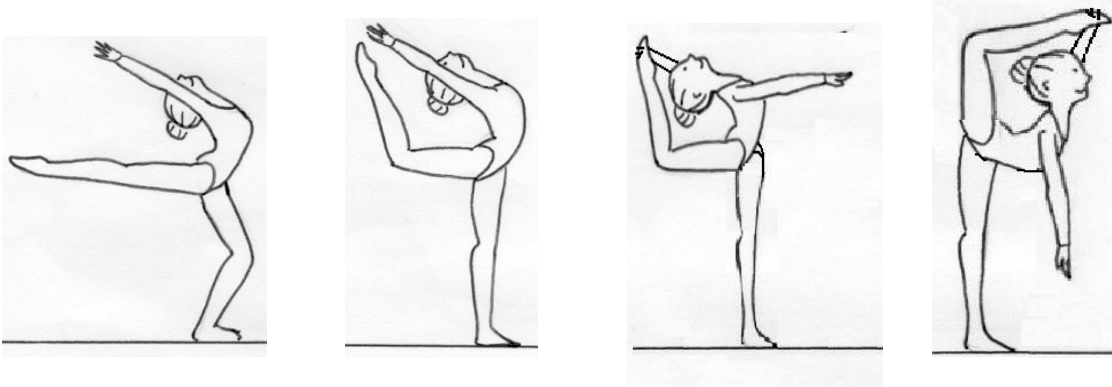
- **Balance with** body movement or body movement series on one leg, only one leg can be bended, free leg at the horizontal (thigh 90°); front or side. (Some examples under)



- Balance on one leg, free leg minimum 135° raised backward, only one leg can be bended (supporting leg or free leg)



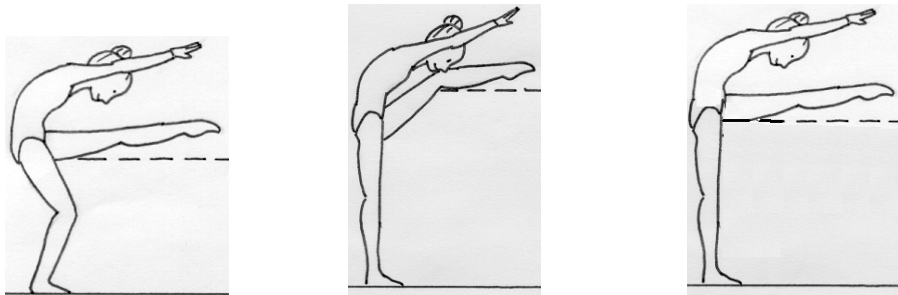
- Body movement during the balance, free leg raised backward min 90° without hands or with help of opposite hand (it is also possible to use two hands)



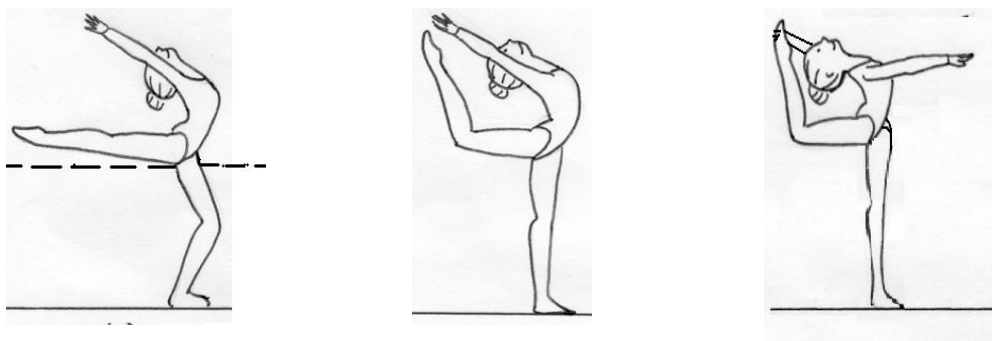
- Balance on one knee with body movement, free leg minimum horizontal (see required amplitude of body movements)
- Illusion, when the amplitude is 180°, can be done either on the toes or on the flat foot, hand must **not** touch the floor
- **Backward illusion with body movement, when the amplitude is less than 135°.**

**NOTICE! REQUIRED AMPLITUDE OF BODY MOVEMENTS IN BALANCES:**

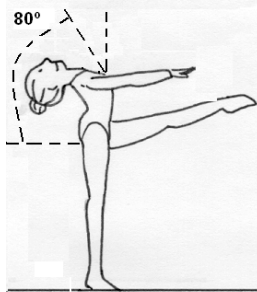
- Bending forward; back rounded, chest and upper back bends to the front side of the hips (Some examples under)



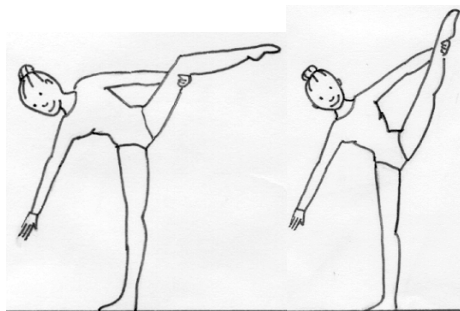
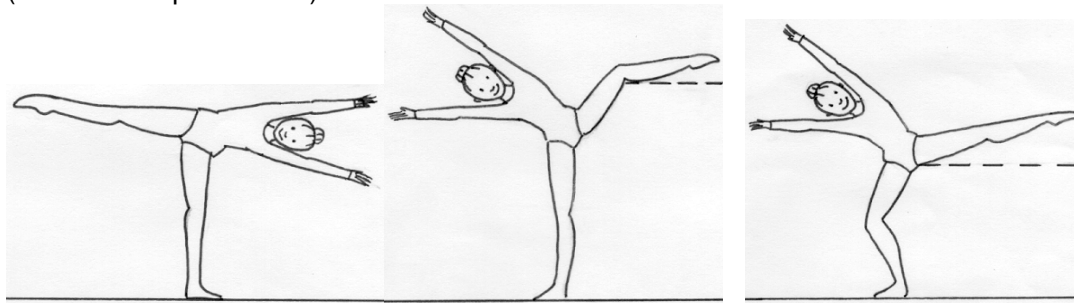
- Bending backward; balance on one leg behind, top of the head on the same line than hips and shoulders on the same plane (examples under)



- Balance on one leg in front, chest (breastbone) bends min. 80° from the vertical line, the whole back must not bend (upper back is enough) (example under)



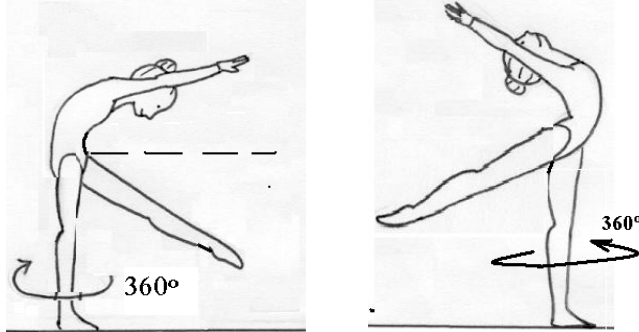
- Bending to the side; the opposite shoulder joint (left shoulder joint when bending to the right) on the same vertical line than the hips (to the same line with the right hip). The same criteria when performed on one knee. (Some examples under)



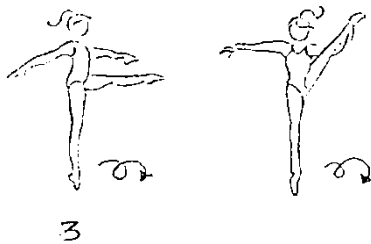
- Contraction of the stomach muscles; the whole back rounds to behind the line of hips and shoulders
- Inclination to the side; backward and forward, 45°
- Circulation must coil min. 90° from the line of the hips, shoulders on the same line and 90° from the line of the hips

*Some Pivot Examples*

- Pivot 360° minimum free leg can be less than horizontal (90°), raised straight or bended, with body movement during pivot (see required amplitude of body movements)



- Pivot 360° free leg raised straight or bended at the horizontal (min 90°) with or without help of the hands, both legs can be bended (Some examples under)



- Pivots min 720° both legs can be bended.
- Spiral pivots, free leg in passé position with body movement - B-balance (shape fixed, turning minimum 360°, body movement with good body control)

**2.1.2. JUMPS AND LEAPS**

Jumps and leaps must have the following characteristics:

- shape fixed and well defined during the flight
- shape fixed and well defined during the rotation of the turning jumps and leaps
- good amplitude in the shape
- good amplitude in the height and elevation
- good control in the body during and after jump or leap
- landing must be light and soft

The same body shape could be used and counted as another technical element if it is performed in a jump or leap or in a jump with the turning in different parts of the composition.

Shape, height and elevation during the flight define the level of a jump or a leap.