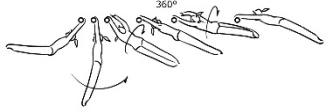









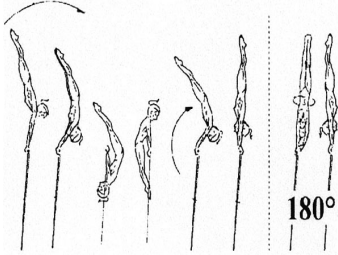

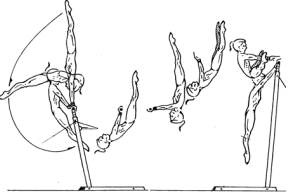
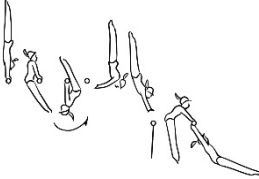
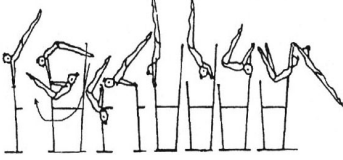
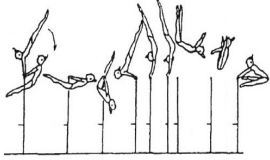
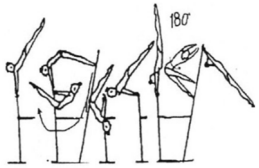
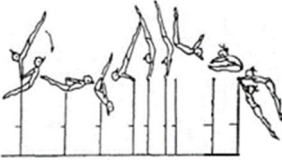
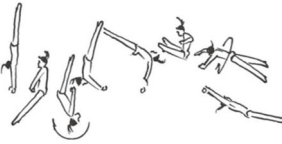
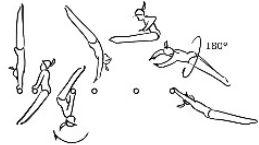



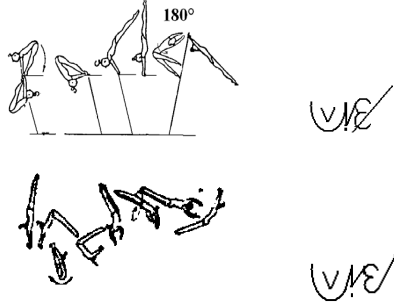
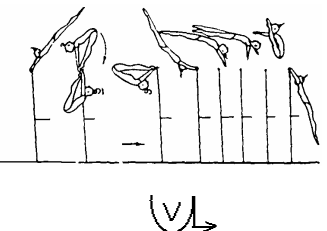
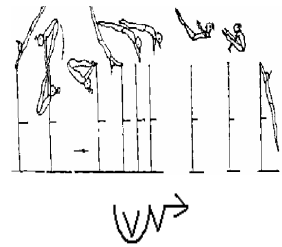
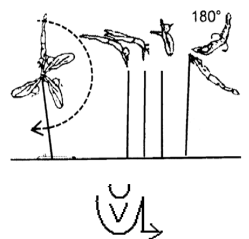

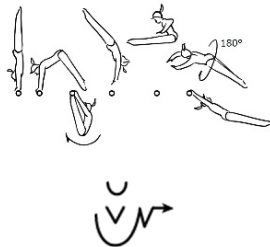
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.103</p>	<p>2.203 From hang on HB - swing backward with 1/1 turn (360°) to hang on HB</p>  	<p>2.303 From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB (Caslavka)</p>  	<p>2.403 From inner front support on LB – cast with salto roll fwd to hang on HB (Radochla roll) (Radochla)</p>  	<p>2.503 Front support on HB – cast with salto fwd straddled to hang on HB (Comaneci salto) (Comaneci)</p>  	<p>2.603</p>
<p>2.104 Hip circle fwd (hips touching bar)</p>  	<p>2.204</p>	<p>2.304</p>	<p>2.404 Clear hip circle fwd to hstd, also with ½ turn (180°) in hstd phase (Weiler-kip)</p>  	<p>2.504</p>	<p>2.604</p>

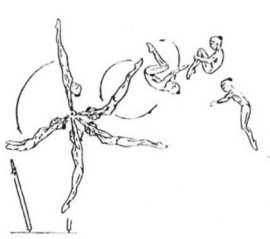
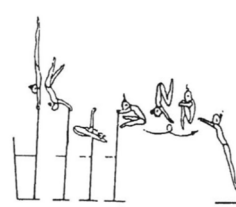
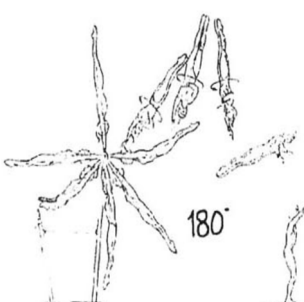
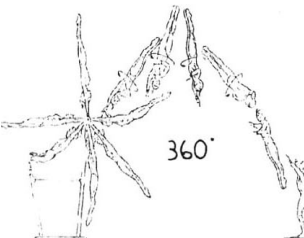
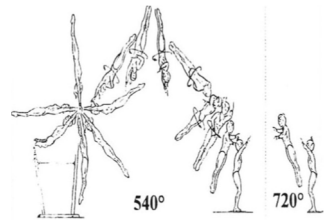
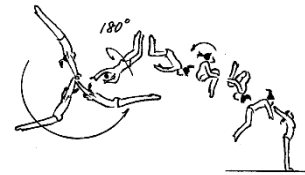
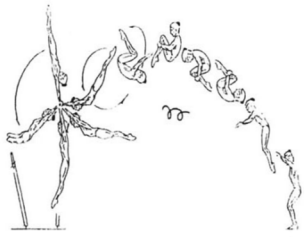
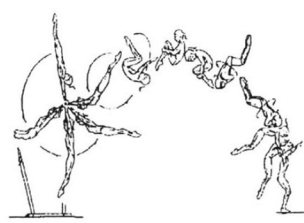
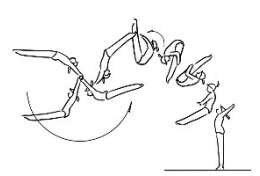
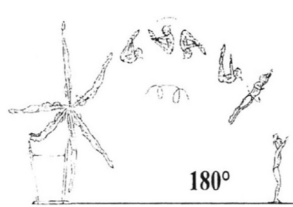
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206 Clear underswing on LB, release and counter movement fwd in flight to hang on HB.</p>  <p>W</p>	<p>2.306 Clear hip circle bwd on HB with hecht to clear support on LB (Pedrick)</p>  <p>h.</p>	<p>2.406 Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Shaposhnikova)</p>  <p>W.</p>	<p>2.506 Clear hip circle on HB, counter straddle over HB to hang on HB (Hindorff)</p>  <p>h→</p> <p>Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB (Khorkina)</p>  <p>h→^{180°}</p> <p>h→^{180°}</p>	<p>2.606 Clear hip circle on HB, counter pike over HB to hang on HB (Shang)</p>  <p>h→</p> <p>Clear hip circle on HB with counter straddle over the HB with ½ turn (180°) to hang in mixed L-grip (Martins)</p>  <p>h→</p> <p>2.706 Clear hip circle on HB, counter pike over HB with ½ turn (180°) to hang in mixed L-grip (Black)</p>  <p>h→^{180°}</p> <p>h→^{180°}</p>

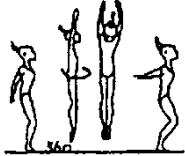


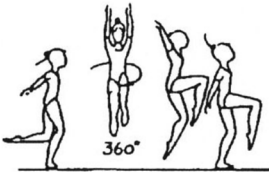
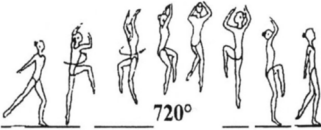
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209</p>	<p>5.309</p>	<p>5.409 <i>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</i> (Maloney)</p> 	<p>5.509 <i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°)</i> (Van Leeuwen), <i>or 1/1 turn (360°) to hang on HB</i> (Seitz)</p> 	
<p>5.110</p>	<p>5.210</p>	<p>5.310</p>	<p>5.410 <i>Pike sole circle bwd counter straddle-reverse hecht over HB to hang</i> (Ray)</p> 	<p>5.510 <i>Pike sole circle bwd counter pike hecht over HB to hang</i> (Church)</p>  <p><i>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip</i> (Tweddle)</p> 	<p>5.610 <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB to hang</i> (Nabieva)</p>  <p><i>Pike sole circle bwd with counter pike hecht over HB with ½ turn (180°) to hang in mixed L-grip</i> (Fenton)</p> 

6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.108 Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked</p>  <p>Handwritten notation: <i>AV 1/2</i></p>  <p>Handwritten notation: <i>AV</i></p>	<p>6.208 Swing bwd to salto fwd tucked or stretched with 1/2 turn (180°) or 1/1 turn (360°)</p>  <p>180°</p> <p>Handwritten notation: <i>AV 1/2</i></p>  <p>360°</p> <p>Handwritten notation: <i>AV 1/2</i></p>	<p>6.308 Swing bwd to salto fwd stretched with 1 1/2 turn (540°) or 2/1 turn (720°) (Pechstein)</p>  <p>540°</p> <p>720°</p> <p>Handwritten notation: <i>AV 1 1/2</i> <i>AV 2/1</i></p> <p>From L-grip, swing bwd, 1/2 (180°) turn, to double salto bwd tucked (Fan)</p>  <p>180°</p> <p>Handwritten notation: <i>AV 1/2</i></p>	<p>6.408 Swing bwd to double salto fwd tucked</p>  <p>Handwritten notation: <i>AV</i></p>	<p>6.508 Swing bwd to double salto fwd tucked with 1/2 turn (180°) also salto fwd with 1/2 turn (180°) into salto bwd tucked (Arai)</p>  <p>Handwritten notation: <i>AV 1/2</i> <i>AV 1/2</i></p> <p>Swing bwd to double salto fwd piked (Stewart)</p>  <p>Handwritten notation: <i>AV</i></p>	<p>6.608 Swing bwd to double salto fwd piked with 1/2 turn (180°) (Pentek)</p>  <p>180°</p> <p>Handwritten notation: <i>AV 1/2</i></p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.110 Stretched hop or jump with 1/1 turn (360°), also with free leg in optional position</p>  <p align="center">○</p>	<p>1.210</p>	<p>1.310 Stretched hop or jump with 2/1 turn (720°)</p>  <p align="center">⊗</p>	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>
<p>1.111 Leap with alternate leg change (knees above horizontal) (Cat leap)</p>  <p align="center">M</p>	<p>1.211 Cat leap with 1/1 turn (360°)</p>  <p align="center">M</p>	<p>1.311 Cat leap with 2/1 turn (720°)</p>  <p align="center">M</p>	<p>1.411</p>	<p>1.511</p>	<p>1.611</p>