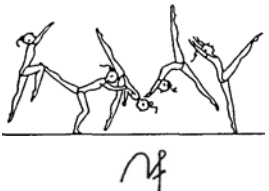








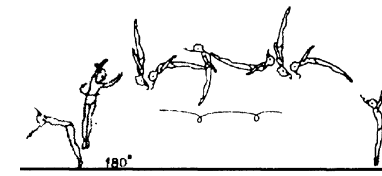


4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G/H
<p>4.103 Free (aerial) walkover fwd</p>  <p style="text-align: center;">nf</p>	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>
<p>4.104 Free (aerial) cartwheel or free (aerial) round-off</p>  <p style="text-align: center;">xf</p>	 <p style="text-align: center;">lf</p>	<p>4.304</p>	<p>4.404</p>	<p>4.504</p>	<p>4.604</p>
<p>4.105 From take-off fwd from one or both legs – salto swd tucked or piked</p>  <p style="text-align: center;">sd sv</p>	<p>4.205 Arabian salto tucked or piked, (take-off bwd with 1/2 twist [180°], salto fwd) – landing optional</p>  <p style="text-align: center;">sv sd</p>	<p>4.305</p>	<p>4.405</p>	<p>4.505 Arabian double salto tucked, also with 1/2 twist (180°)</p>  <p style="text-align: center;">sv</p>  <p style="text-align: center;">sv</p>	<p>4.605 Arabian double salto piked, also with 1/2 twist (180°)</p>  <p style="text-align: center;">sv</p>  <p style="text-align: center;">sv</p> <p>4.805 Arabian double salto stretched</p>  <p style="text-align: center;">sv</p>