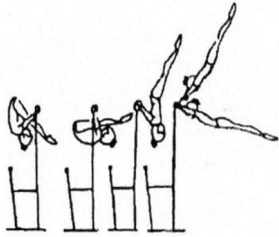


A	B	C	D	E	F/G
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5.104

Underswing bwd (inverted pike swing), dislocate (Schleudern) to hang on HB

Unterschwung rl. rw. (Schleudern) i. d. Hang am oH



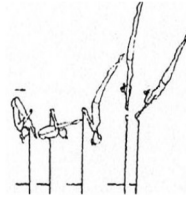
91

5.204

5.304

Schleudern to near hstd with hop-change to regular grip on HB

Schleudern in Handstandnähe mit Umspringen i. d. Ristgriff am oH



91

Stoop through on HB, dislocate and release with 1/2 (180°) turn in flight between the bars to catch LB in hang

Durchbücken, Ausschultern und Flug mit 1/2 (180°) Dr. zwischen den Holm zum Griff am uH

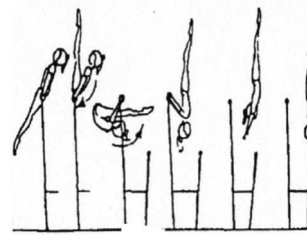


991

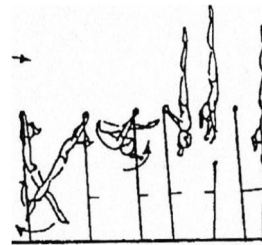
5.404

Underswing bwd (inverted pike swing) on HB – dislocate with flight to hstd on LB (Zuchold-Schleudern), also from stoop through etc...

Unterschwung rl. rw. am oH Schleudern und Flug i. d. Handstand auf d. uH (Zuchold-Schleudern), auch aus dem Durchbücken usw.



91



991

5.504

5.604