
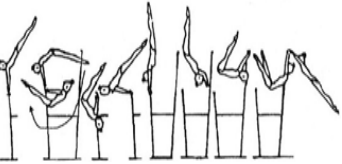
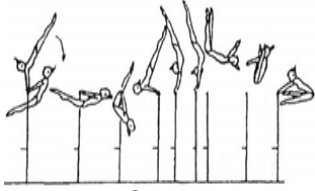
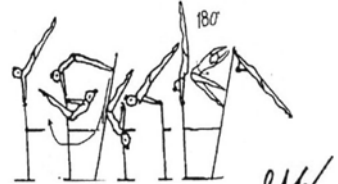




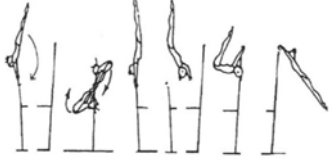

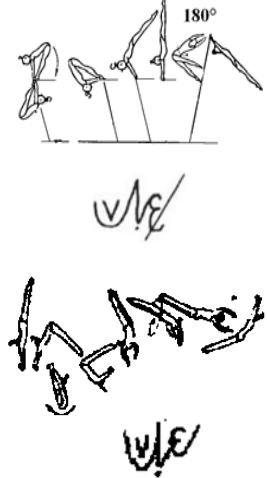





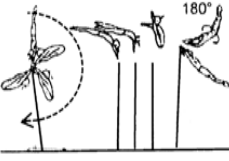





2.000 – CASTS AND CLEAR HIP CIRCLES

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 align="center">W</p>	<p>2.306</p>	<p>2.406 Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Schaposchnikova)</p>  <p align="center">W</p>	<p>2.506 Clear hip circle on HB, counter straddle over HB to hang on HB</p>  <p align="center">L →</p> <p>Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB</p>  <p align="center">W</p>	<p>2.606 Clear hip circle on HB, counter pike over HB to hang on HB</p>  <p align="center">L ↘</p> <p>Clear hip circle on HB, counter straddle over HB with ½ turn (180°) to hang in mixed L-grip</p>  <p align="center">L →</p>
<p>2.107</p>	<p>2.207</p>	<p>2.307 Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)</p>  <p align="center">~</p>  <p align="center">W</p>	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>

5.000 — PIKE CIRCLES

A	B	C	D	E	F	G	H
5.109	5.209	5.309	<p>5.409 <i>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</i></p>  	<p>5.509 <i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°), or 1/1 turn (360°) to hang on HB</i></p>  			
5.110	5.210	5.310	<p>5.410 <i>Pike sole circle bwd counter straddle-reverse hecht over HB to hang</i></p>  	<p>5.510 <i>Pike sole circle bwd counter pike hecht over HB to hang</i></p>  	<p>5.610 <i>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip</i></p>  	<p>5.710 <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB, to hang</i></p>  	<p>5.810 <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB, with ½ turn (180°) to hang in mixed L-grip</i></p> 