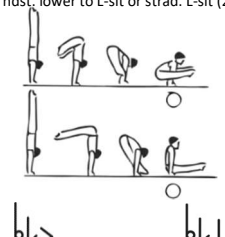
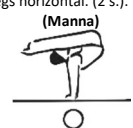
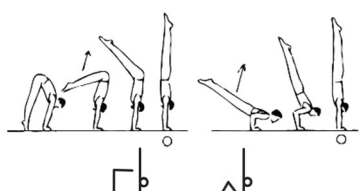
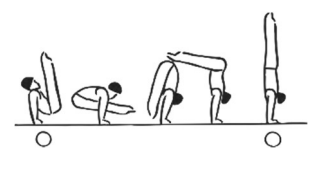
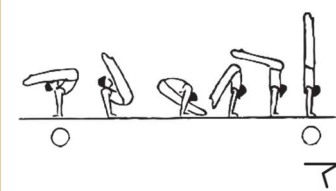
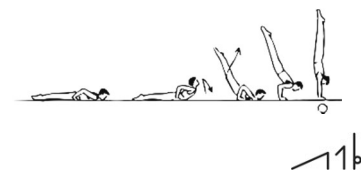
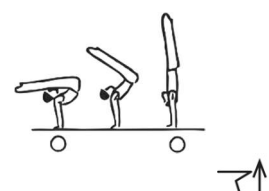
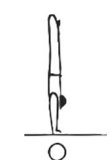
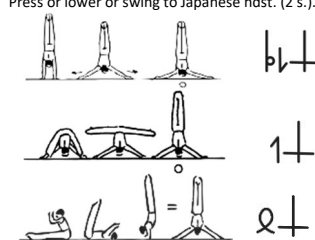
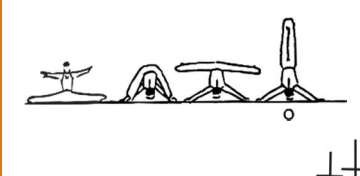
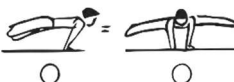
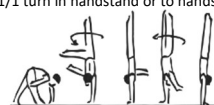
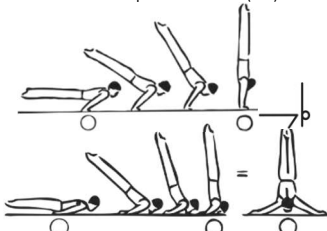
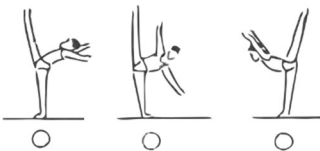
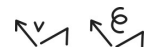
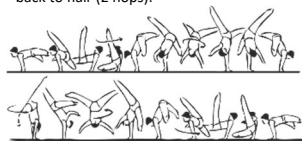
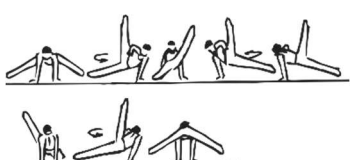
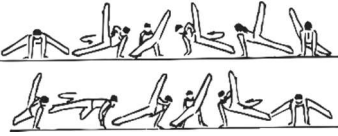
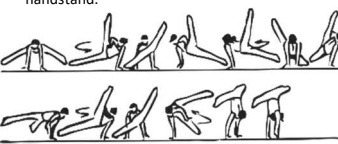
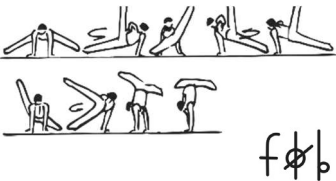
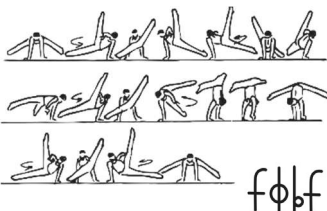
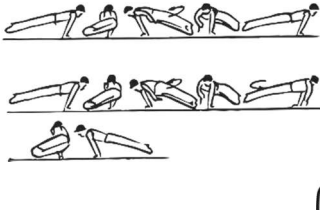
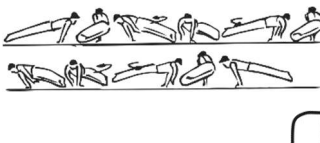
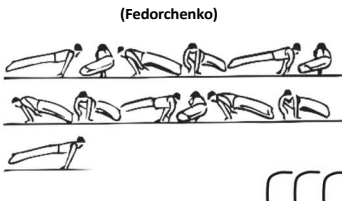
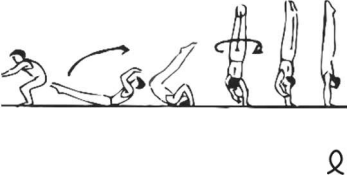
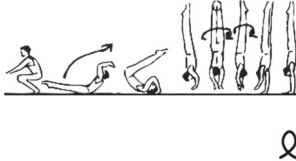
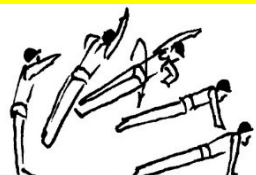
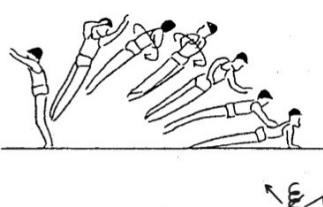
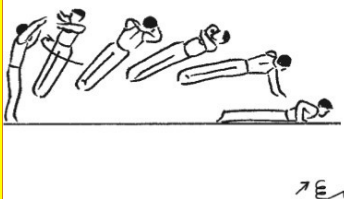


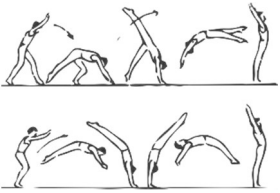
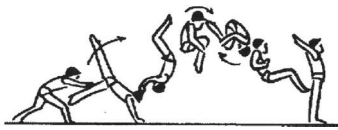
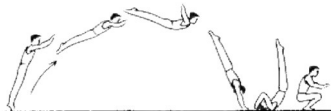
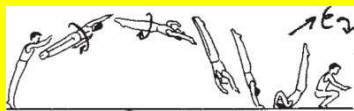
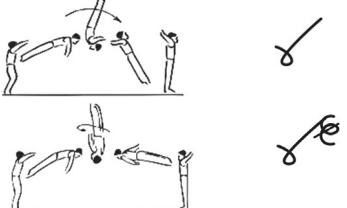
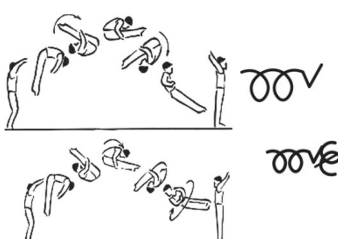
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Nichtakrobatische Elemente											
1.	a.d. Hdst. Senken i.d. (Grätsch-)winkelstütz (2s) From hdst. lower to L-sit or strad. L-sit (2 s.).	2.	Spitzwinkelstütz (2s) V-sit (2 s.).	3.	Spitzwinkelst. Beinwaagrecht (2s) (Manna) V-sit with legs horizontal. (2 s.).	4.		5.		6.	
											
7.	a.d. Stand Schweizer (2s) from stand, Swiss press to hdst. (2 s.).	8.	heben m. gestr. Armen u. geschl. Beine o. geb. Arme u. gestr. Körper i.d. Hdst. (2s) piked body, str. arm or str. body, bent arm press to hdst. with legs together (2 s.).	9.	Spitzwinkelstütz (2s), heben i.d. Hdst. (2s) - a.m. gegr. Beinen i.d. Aufwärtsbewegung V-sit (2 s) and press to hdst. (2 s.). Also final phase with straddle.	10.	Manna (2s), heben i.d. Hdst. (2s) - a.m. geg. Beinen i.d. Aufwärtsbewegung Manna (2 s.) and press to hdst. (2 s.). Also final phase with straddle.	11.		12.	
											
13.	a.d. Bauchlageschwingen i.d. Hdst. (2s) Rock to hdst. from prone position (2 s.).	14.	Schweizer (2s) a.d. Spagat o. Liegestütz o. Winkel- o. Grätschwinkelstütz Press from split, L-sit strad. or front sup. (2 s.).	15.		16.	Manna (2s) Ausschultern i.d. Hdst. (2s) From Manna (2 s.), turn over (dislocation) to handstand (2 s.).	17.		18.	
											
19.	Handstand (2s) Handstand (2 s.).	20.	Senken o. Schwung o. a.d. Stand i.d. Kopfkreuz (2s) Press or lower or swing to Japanese hdst. (2 s.).	21.	Heben a.d. Spagat i.d. Kopfkreuz (2s) From split press to Japanese handstand (2 s.).	22.		23.		24.	
											

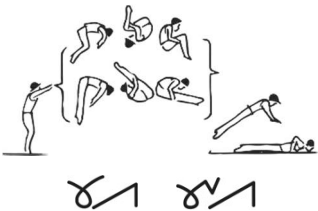
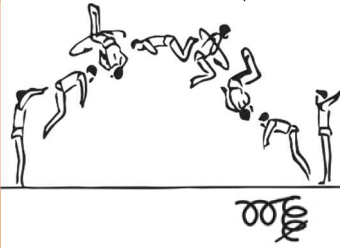
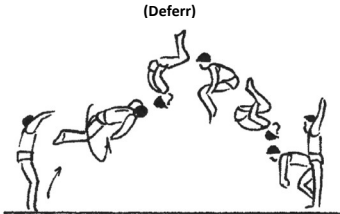
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EG I Nichtakrobatische Elemente											
25. Stützwaage gegr. (2s) Planche, legs straddle (2 s.). 		26.		27. Stützwaage (2s) o. Schwalbe (2s) Planche (2 s.). / Swallow (2 s.). 		28.		29.		30.	
											
31. Handstand m. 1/2 o. 1/1 Dr. ½ or 1/1 turn in handstand or to handstand. 		32. Stützw. gegr. (2s), hebeni.d. Hdst. (2s) From straddled planche (2 s.) press hdst. (2 s.). 		33.		34. Stützwaage (2s), hebeni.d. Hdst. (2s) o. Schwalbe(2s), heben i.d. Kreuzhst.(2s)(Alvarino) From Planche 2 s. press handstand (2 s.). 		35.		36.	
											
37. a.d. Winkelst., Dr. rw. i.d. Stand From L-sit, etc., turn over bwd. to stand. 		38.		39.		40.		41.		42.	
											
43. Sprung vw. m. ½ Dr. i. d. flüchtigen Handstand Jump fwd. with ½ turn to momentary handstand. (NL01) 		44. Endorolle gegr. i.d. Hdst. (2s) Endo roll to handstand (2 s.). 		45. Endorolle geb. i.d. Hdst. (2s) Endo roll piked to handstand legs together (2 s.). 		46.		47.		48.	
		*muss nicht im Hdst beginnen		* muss nicht im Hdst beginnen							
											

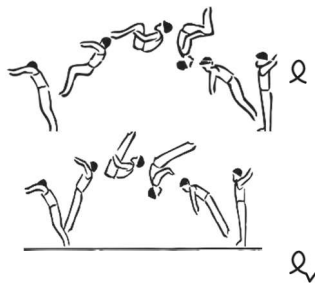
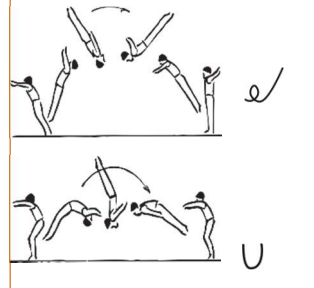
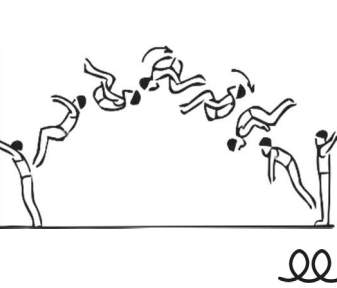
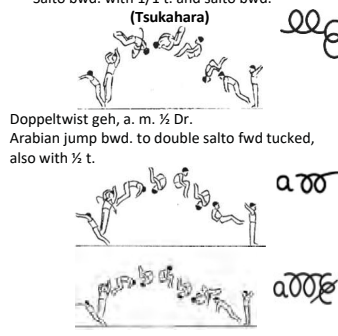
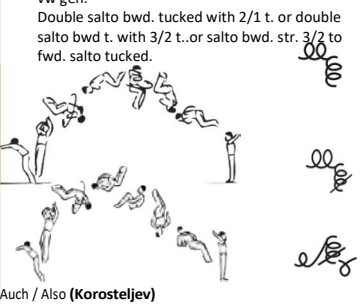
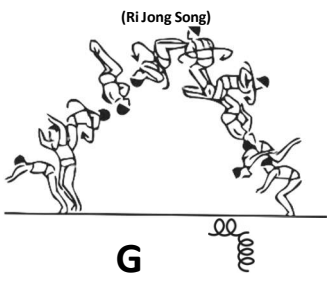
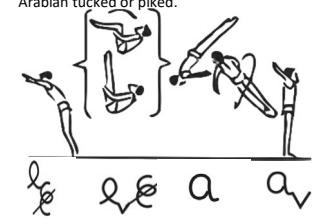
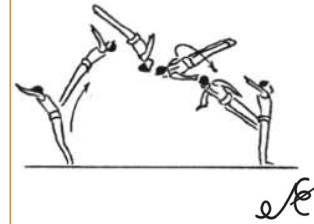
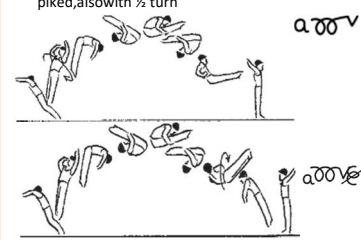
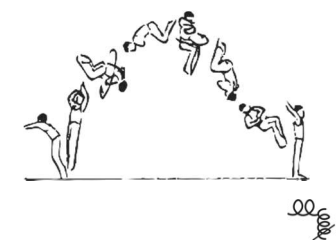
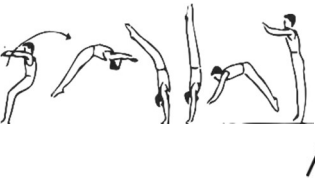
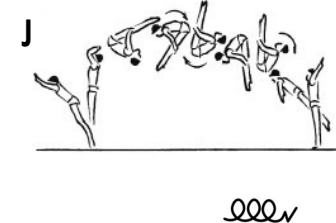
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EG I Nichtakrobatische Elemente											
49. Bogengang vw. Forward walkover.		50.		51.		52.		53.		54.	
 											
55. Quer- o. Seitspagat (2s) Cross or side split (stop required).		56.		57.		58.		59.		60.	
 											
61. Alle Standwaage (2s) Any standing scale (2 s.).		62. Alle Standwaage 180° gegr. ohne Handhalte (2s) Any standing scale with 180° straddle, no hand hold (2 s.).		63.		64.		65.		66.	
 		 									
67. Sprung rw. i.d. Stütz vl. Jump bwd. to front support.		68. Sprung rw. geb. (Endo) o. m. 1/1 Dr. i.d. Stütz vl. Jump bwd. with pike-stretch or with 1/1 turn to front support		69.		70.		71.		72.	
  		(Endo)  									

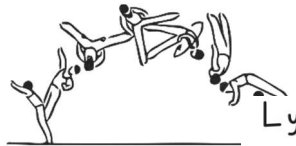
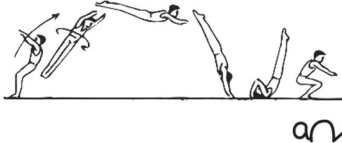
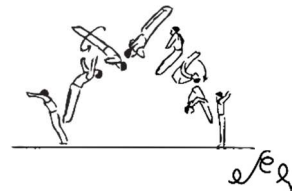
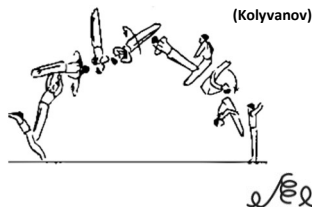
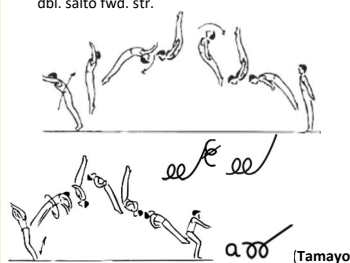
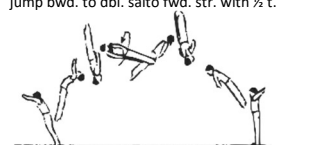
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Nichtakrobatische Elemente											
73. Schmetterling Butterfly.  Rehsprung m. 1/1 Dr. Stag Leap with 1/1 turn. (NL01) 		74. Schmetterling vw. o. rw. m. 1/1 Dr. (Tong Fei) Butterfly with 1/1 twist fwd. or bwd. (Tong Fei)  		75. Schmetterling m. 2/1 Dr. Butterfly with 2/1 twist. 		76. 		77.		78.	
79. Eine Kreis- o. Thomasflanke 1 circle or flair. 		80. Kreis- o. Thomasfl. i.d. Hdst. Circles or flair to handstand. 		81. Gogoladze Flair or circle to hdst. continue to flair or circle. (Gogoladze) 		82. Flanke gespr. (2x) m. 360° Dr. i.d. Hdst. u. Senken zur Flanke Flair hopping with 360° t. bwd. thr. hdst. back to flair (2 hops). 		83.		84.	
85. 		86. Senken a.d. Hdst. i.d. Kreisflanke Lower from hdst. to flair or circle. 		87. 		88. 		89.		90.	
91. Thomasflanken m. 1/2Spindel Flair with 1/2 spindle. 		92. Thomasflanken m. 1/1Spindel (in 2 Flanken) Flair with 1/1 spindle (in 2 circles). 		93. Thomasflanken m. >270° Spindel (in 2 Flanken) i.d. Hdst. Flair with >270° spindle (in 2 circles) directly to handstand. 		94. 		95.		96.	

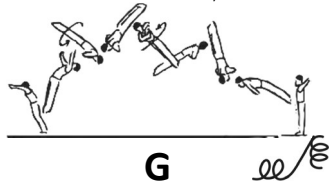
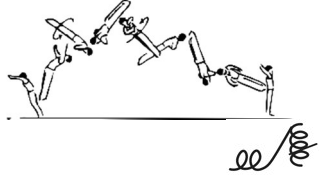
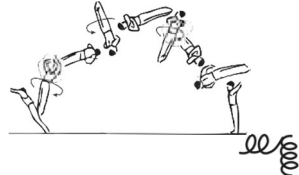
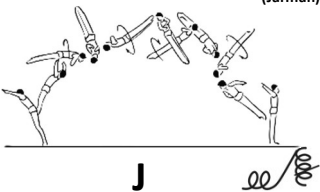
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EG I Nichtakrobatische Elemente											
97.		98. Thomasflanken m. 1/2Spindel i.d. Hdst. Flair with ½ spindle to handstand. 		99.		100. Thomasflanken m. >270° Spindel (in 2 Flanken) i.d. Hdst., senken i.d. Flanke o. Thomasflanke Flair with > 270° spindle (in 2 circles) directly to handstand and continue to circle or flair. 		101.		102.	
103. Russenwendeschwung 360° o. 540° Russian wendeswing with 360° or 540°. 		104. Russenwendeschwung 720° o. 900° Russian wendeswing with 720° or 900°. 		105. Russenwendeschwung 1080° (Fedorchenko) Russian wendeswing with 1080° or more. (Fedorchenko) 		106.		107.		108.	
109. Rolle rw. d.d. Hdst. m. 1/2Dr. Roll bwd. through hdst. with ½ t. 		110. Rolle rw. m. gespr. 1/1 Dr. Roll bwd. with hop 1/1 t. through hdst. 		111.		112.		113.		114.	
115. Sprung vw. m. 1/1 Dr. i. d. Stütz vl. Jump fwd. with 1/1 turn to front support. (NL01) 		116. Sprung rw. 3/2 Dr. i. d. Stütz vl. Jump bwd. with 3/2 twist to front support. (NL01) 		117. Sprung vw m. 2/1 Dr. i. d. Stütz vl. Jump fwd. with 2/1 twist to front support. (NL01) 		118.		119.		120.	

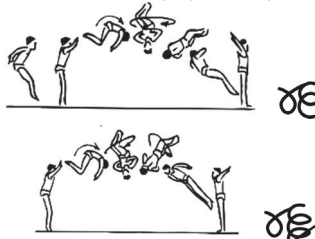
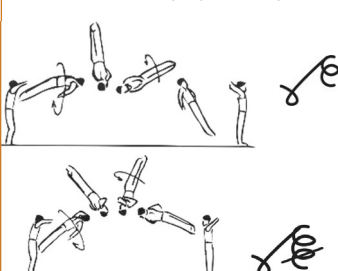
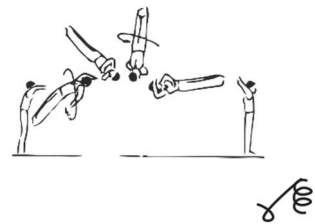
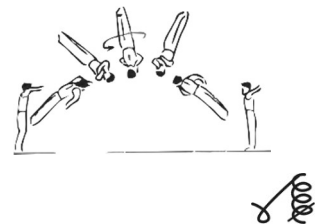
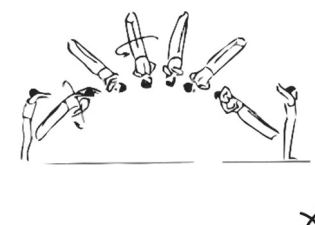
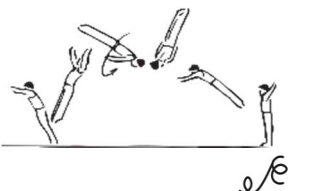
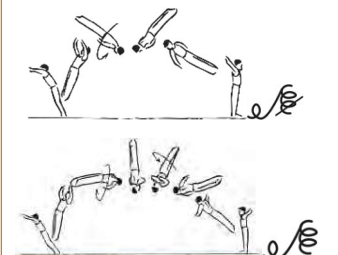
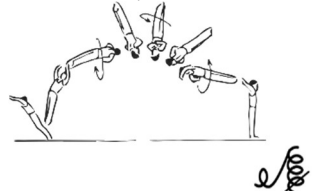
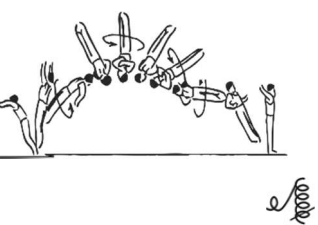
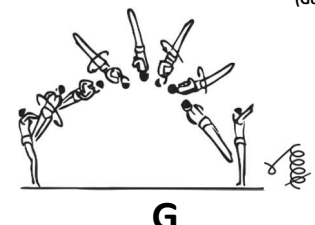
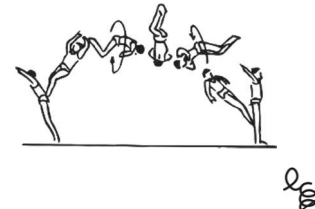
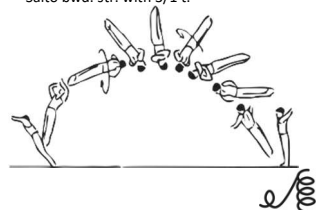
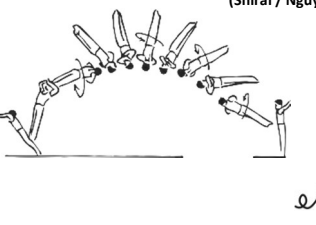
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Akrobatische Elemente vorwärts											
1. Überslag vw. o. Hechtüberslag Forward handspring or flyspring.	2.	3.	4. Überslag u. Salto vw.(Morandi) Handspring salto fwd. tuck. (Morandi)	5.	6.						
											
7. Hechtrolle Dive roll.	8. Hechtrolle m. 1/1 Dr. Dive roll with 1/1 twist (NL01)	9.	10.	11.	12.						
											
13. Salto vw. geh. o. geb. (auch m. 1/2 Dr.) Salto fwd. tucked or piked, also with ½ t.	14. Salto vw. gestr. (auch m. 1/2 Dr.) Salto fwd. straight, also with ½ t.	15.	16. Dosa vw. geh. (auch m. 1/2Dr.) Double salto fwd. tucked, also with ½ t.	17. Dosa vw. geb. (auch m. 1/2Dr.) Double salto fwd. piked, also with ½ t.	18.						
											
19.	20.	21.	22.	23.	24.						

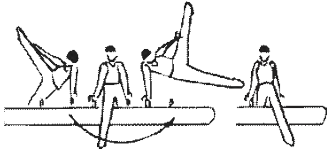
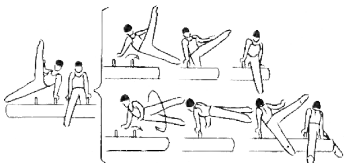
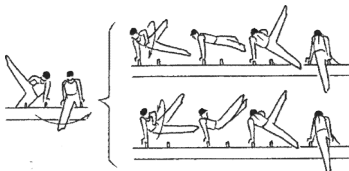
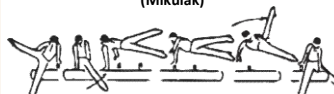
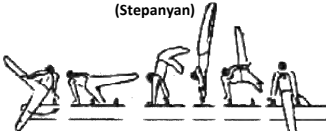
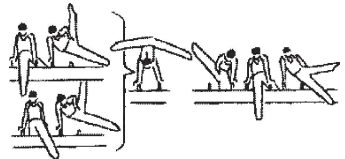
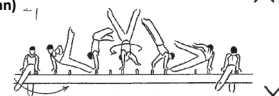
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Akrobatische Elemente vorwärts											
25.		26.		27.		28.		29.		30.	
31.		32.		33.		34.		35.		36.	Doppelsalto vw. geh. m. 1/1 Dr. Double salto fwd. tucked with 1/1 turn.
											
37.		38.	Salto vw. geh. o. geb. i.d. Stütz vl. Salto fwd. t. or p. to front support.	39.		40.		41.		42.	Doppelsalto vw. geh. m. 3/2 Dr. (Zapata) Double salto fwd. tucked with 3/2 turn.
										 (Zapata)	
43.		44.		45.		46.	Sprung vw. m. 1/2 Dr. u. Dosa rw. geh. o. geb. (Deferr) Jump fwd. with 1/2 t. to dbl. salto bwd. Tuck	47.		48.	[G] Doppelsalto vw.gestr. m. 3/2 Dr. (Zapata 2) Double salto fwd. piked or straight with 3/2 turn. (Zapata 2)
										 G	

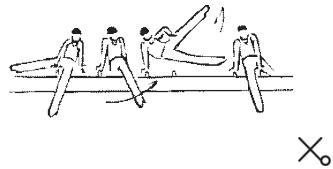
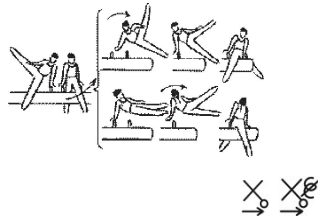
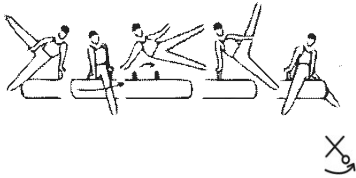
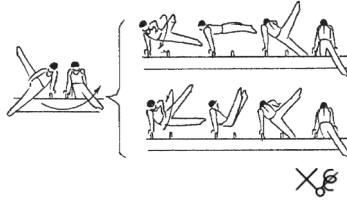
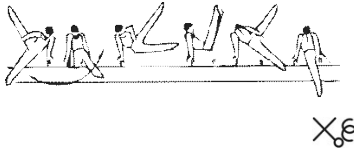
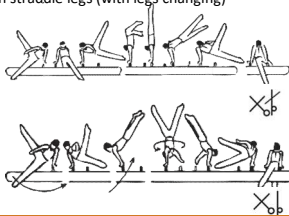
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Akrobatische Elemente rückwärts											
1. Salto rw. geh o. geb. Salto backwards tucked or piked.		2. Salto rw. gestr. o. Temposalto rw. Salto backwards str. or Tempo salto bwd.		3. Dosa rw. geh. Double salto bwd. tucked.		4. Dosa rw. geh. m. 1/1 Dr. (Tsukahara) o. Doppeltwist mit 1/2 Dr. Salto bwd. with 1/1 t. and salto bwd. (Tsukahara)		5. Dosa rw geh. m. 2/1 Dr.- Dosa rw. geh. m. 3/2 Dr. (Korosteljev)- Salto rw. gestr. m. 3/2 Dr. u. Salto vw geh. Double salto bwd. tucked with 2/1 t. or double salto bwd t. with 3/2 t..or salto bwd. str. 3/2 to fwd. salto tucked.		6. [G] Dosa rw geh. m. 3/1Dr. (Ri Jong Song) Double salto bwd. tucked with 3/1 t.	
											
7. Salto rw. geh. o. geb. m. 1/2 Dr. Salto backwards tucked or piked w. ½ t. or Arabian tucked or piked.		8. Salto rw. gestr. m. 1/2 Dr. Salto backwards str. w. ½ t.		9.		10.		11. Doppeltwist geb. (a. m. 1/2Dr.) Arabian jump bwd. to double salto fwd piked,also with ½ turn		12. Dosa rw. geh. m. 5/2 Dr. Double salto bwd. tucked with 5/2 t.	
											
13. Flick-Flack Back handspring.		14.		15.		16. Dosa rw. geb. Double salto bwd. piked.		17.		18. [I] Dreifachsalto rw.geh. (Ljukin) Triple salto bwd. tucked. (Ljukin)	
											
19.		20.		21.		22.		23.		24. [J] Dreifachsalto rw.geb. (Nagorni) Triple salto bwd. piked. (Nagornyy)	
											

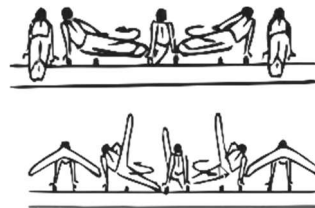
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Akrobatische Elemente rückwärts											
25.		26.		27.		28.		29.	Dosa gegr. m. 1/1 Dr. (LouYun) Double salto bwd. straddled with 1/1 t (Lou Yun)	30.	[H] Dosa rw. geh. m. 7/2 Dr. (Minami) Double salto tucked bwd. tucked with 7/2 t. (Minami)
											H
31.	Sprung rw. m. 1/2 Dr. gehechtet z. Abrollen Jump bwd. with 1/2 t. to roll fwd.	32.		33.		34.		35.	Salto rw. gestr. m. 1/1 Dr. u. Salto rw. geb. Salto bwd. str. with 1/1 t and salto bwd piked.	36.	Salto rw. gestr. m. 2/1Dr. u. Salto rw. geb. (Kolyvanov) Salto bwd. str. with 2/1 t and salto bwd piked. (Kolyvanov)
											
37.		38.		39.		40.		41.	Dosa rw. gestr.- Dosa rw. gestr. m. 1/2 Dr.- Doppeltwist gestr. (Tamayo) Double salto bwd. straight or Double salto bwd. straight and with 1/2 t., or Arabian Jump bwd. to dbl. salto fwd. str.	42.	Dosa rw. gestr. m. 3/2Dr.- [G] Doppeltwist gestr. m. 1/1 Dr. (Hypolito) Double salto bwd. str. with 3/2 t. or Arabian Jump bwd. to dbl. salto fwd. str. with 1/1 t.
											G
										Also Hypolito	
43.		44.		45.		46.		47.		48.	Dosa rw. gestr. m. 1/1Dr.- Doppeltwist gestr. m. 1/2Dr. (Penev) Doublesaltobwd.straight with 1/1t. or Arabian jump bwd. to dbl. salto fwd. str. with 1/2 t.
											Also Penev

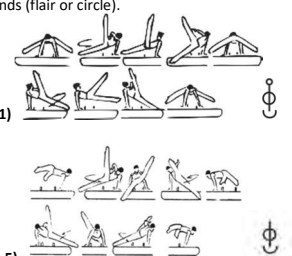
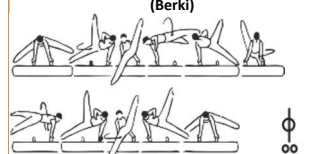
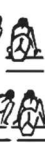
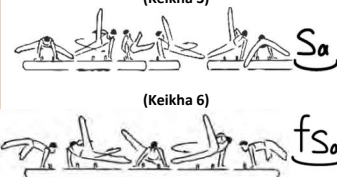
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Akrobatische Elemente rückwärts											
49.		50.		51.		52.		53.		54.	[G] Dosa rw. gestr. m. 2/1 Dr. Double salto bwd. str. with 2/1 t.  G
55.		56.		57.		58.		59.		60.	[H] Dosa rw. gestr. m. 5/2 Dr. Double salto str. bwd. str w 5/2 t.  H
61.		62.		63.		64.		65.		66.	[I] Dosa rw. gestr. m. 3/1 Dr. (Shirai 3) Double salto bwd. str. with 3/1 t. (Shirai 3)  I
67.		68.		69.		70.		71.		72.	[J] Dosa rw. gestr. m. 7/2 Dr. (Jarman) Double salto bwd. str. with 7/2 t. (Jarman)  J

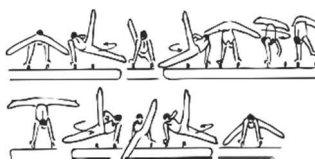
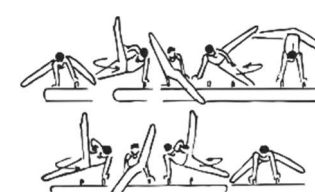
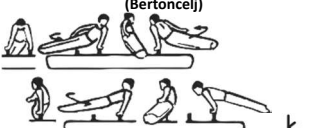
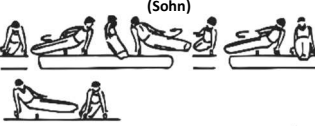
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8						
EG IV Einfache Salto vorwärts und/oder rückwärts mit einer oder mehr Drehungen																
1.		2.	Salto vw. geh. m. 1/1 Dr. o. 3/2 Dr. Salto fwd. tucked with 1/1 t., also with 3/2 t.		3.	Salto vw. gestr. m. 1/1 Dr. o. 3/2 Dr. Salto fwd. str. with 1/1 t., also with 3/2 t.		4.	Salto vw. gestr. m. 2/1 Dr. Salto fwd. str. with 2/1 t.		5.	Salto vw. gestr. m. 5/2 Dr. Salto fwd. str. with 5/2 t.		6.	Salto vw. gestr. m. 3/1Dr. (Shirai 2) Salto fwd. str. with 3/1 t. (Shirai 2)	
7.		8.	Salto rw. gestr. m. 1/1 Dr. Salto backwards str. w. 1/1 t		9.	Salto rw. gestr. m. 3/2 Dr. o. 2/1 Dr. Salto bwd. str. with 3/2 t. or 2/1 t.		10.	Salto rw. gestr. m. 5/2 Dr. Salto bwd. str. with 5/2 t.		11.	Salto rw. gestr. m. 7/2 Dr. (Gonzalez) Salto bwd. str. with 7/2 t (González)		12.	[G] Salto vw. gestr. m. 7/2 Dr. (Goshima) Salto fwd. str. with 7/2 t. (Goshima)	
13.		14.	Salto rw. geh. m. 3/2 Dr. Salto backwards tucked w. 3/2 t.		15.		16.		17.		18.					
19.		20.		21.		22.	Salto rw. gestr. m. 3/1 Dr. Salto bwd. str. with 3/1 t.		23.		24.	Salto rw. gestr. m. 4/1Dr. (Shirai / Nguyen) Salto bwd. str. with 4/1 t. (Shirai / Nguyen)				

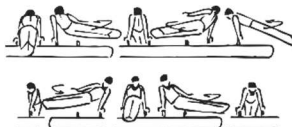
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Einbeinschwünge und Scheren											
1. Schere vw. Scissor forward.		2. Schere vw. sw. gespr. (auch mit 1/2 Dr.) Scissor forward with travel sideways (also with 1/2 t.		3. Schere vw. gespr. v. einem Ende z. anderen (3/3) Scissor fwd. with hop sideways from one end to the other (3/3).		4.		5.		6.	
7. Schere vw. m. 1/2 Dr. Scissor forward with 1/2 t.		8. Doppelschere vw. (1/4 Dr. vw. 1/4Dr. rw.) Double scissor fwd. (1/4 t. fwd. a. 1/4 t. bwd.).		9. Doppelschere vw. m. Wandern sw. Double scissor fwd. (1/4 t. fwd. a. 1/4 t. bwd.) with travel sideways.		10. Doppelschere vw. gespr. v. einem Ende z. anderen (3/3) (Mikulak) Double scissor forward sideways from one end to the other (3/3). (Mikulak)		11.		12.	
13.		14.		15. Doppelschere vw. d.d. Handstand m. Wandern (Stepanyan) Double Scissor fwd. with travel sideways through handstand. (Stepanyan)		16.		17.		18.	
19.		20. Rückspreizen rw. d.d. Hdst. u. gegr. Abspringen d.d. Stütz Leg cut or undercut bwd. through handstand and lower to support with straddle legs.		21.		22. Schere vw. m. 1/4 Dr. i.d. Hdst., (auch m. 1/4 Dr. - Bryan), Abschw.gegr. (Li Ning) Scissor fwd. with 1/4 t. through handstand on 1 pommel, lower to support with straddle legs on the other arm (with legs changing) (Li Ning)		23.		24.	
											

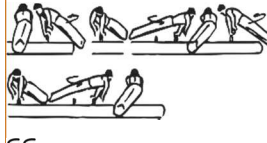
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Einbeinschwünge und Scheren											
25. Schere rw. Scissor backward.		26. Schere rw. sw. gespr. (auch mit 1/2 Dr.) Scissor bwd. with travel sideways (also with ½ t.).		27. Schere rw. sw. gespr. v. einem Ende z. anderen (3/3) Scissor bwd. with hop sideways from one end to the other (1-2 to 4-5).		28.		29.		30.	
											
31. Schere rw. m. 1/2 Dr. Scissor backward with ½ turn.		32. Doppelschere rw. (1/4 Dr. vw. 1/4 Dr. rw.) Double scissor bwd. (¼ t. fwd. a. ¼ t. bwd).		33.		34.		35.		36.	
											
37.		38.		39. Schwung rw. 1/4 Dr. i.d. Hdst. a.einer Pausche, Abschw. gepr. Swing bwd. w. ¼ t. through handstand on 1 pommel (also with ¼ t. after), lower to support with straddle legs (with legs changing)		40.		41.		42.	
											
43.		44.		45.		46.		47.		48.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II .. Kreis- und Thomasflanken mit u./o. ohne Spindeln und Handständen, Kehrschwünge, Russenwendeschwünge, Einpauschenelemente und Einpauschenverbindungen											
1.	Kreisfl. o. Thomas i. Seitst. Any circle or flair in side support.	2.	Kreisfl. m. Stütz a.d. Pf.-Enden o.zw. d. Pauschen i. Seitst. Circle in side support outside pommels or between the pommels.	3.		4.		5.		6.	
 (Thomas) lf		 L									
7.	Kreisfl. i. Querst. vl. Circles in cross support frontways on end.	8.	Kreisfl. i. Querst. a. einer Pausche(auch m. 1/4 Dr.) Circles in cross support on 1 pommel (from or to 1/4 t. fwd.).	9.		10.		11.		12.	
 rl		 l									
13.	Kreisfl. i. Querst. rl. Circles in cross support rearways on end.	14.	Kreisfl. i. Querst. zw. d. Pauschen (auch m. 1/4 Dr.) Circles in cross support between the pommels.	15.		16.		17.		18.	
 7l		 ll									
19.		20.		21.		22.		23.		24.	

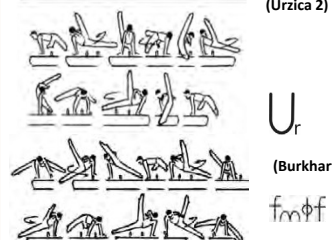
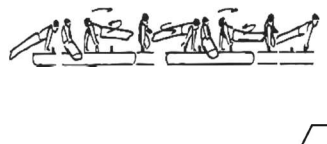
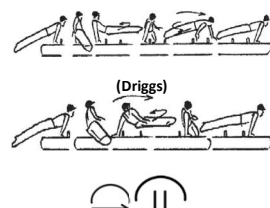
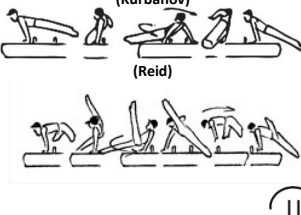
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II .. Kreis- und Thomasflanken mit u./o. ohne Spindeln und Handständen, Kehrschwünge, Russenwendeschwünge, Einpauschelemente und Einpauschenverbindungen											
25. jede 1/4 Spindel any ¼ spindle		26. jede 1/2 Spindel (auch Keikha 2) Any ½ spindle		27.		28. alle 1/1 Spindeln i. Seitst. gegr. innerhalb max. 2 Kreisfl. über eine Pausche. Any side support pommel between hands 1/1 spindle w. legs straddle inside max. 2 circles.		29. Seitst. 1/1 Spindel m. Transport hin und zurück (in max. 2 Flanken) (Eichorn) Any side support 1/1 spindle with hand support to the other side and return (max. 2 flairs or circles) (Eichorn)		30. alle 1/1 Spindel i. Seitst. m. beide Händen innerhalb o. außerhalb den Pauschen (Keikha 1) (Keikha 5) Any 1/1 spindle with both pommels between the hands (flair or circle).	
		 (Keikha 2)								 (Keikha 1) (Keikha 5)	
31.		32.		33.		34. alle 1/1 Spindeln i. Qst. innerhalb max. 2 Kreisfl. a. Pf-Ende (Magyar) Any 1/1 spindle within max. 2 circles on the end. (Magyar)		35. 1/1 Spindel (gesch. / gegr.) a.d. Pauschen innerhalb max. 2 Kreisfl. (Berki) 1/1 spindle w. legs straddle or together on the pommels inside max. 2 circles. (Berki)		36. i. Querst. 1/1 Spindel m. beide Händen innerhalb den Pauschen Cross support, 1/1 spindle with hands between the pommels max. 2 circles. (Mousichidis)	
											
37.		38. Direktes Stöckli A (DSA) Direct Stöckli A (DSA) on the pommels or pommel between hands.		39.		40. Direktes Stöckli A (DSA) m. Stütz außerhalb der Pauschen (Keikha 3 / 6) Direct Stöckli A (DSA) outside pommels.		41.		42.	
		 Sa				 (Keikha 3) (Keikha 6) Sa fsa					
43.		44. Direktes Stöckli B (DSB) Direct Stöckli B (DSB).		45.		46.		47.		48.	
		 S									

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8			
EG II .. Kreis- und Thomasflanken mit u./o. ohne Spindeln und Handständen, Kehrschwünge, Russenwendeschwünge, Einpauschelemente und Einpauschenverbindungen													
49.		50.		51. Kreisfl. o. Thomas d.d. Hdst(auch m. 1/2 Dr.) und Abschw. i.d. Kreisfl. o. Thomas (Tippelt) Flair or circle through handstand (with or without ½ t.) and lower to flair or circle. (Tippelt)		52. Thomas m. gespr. Wandern d.d.Hdst. und Abschw. i.d. Kreisfl. o. Thomas Flair with hop travel bwd. through handstand and lower to circles or flairs		53.		54. Stöckli umgekehrt (rw.) o. DSA d.d. Hdst., 3/3 Wandern (vw. o. rw.) m. 360° Dr. und Abschw. i.d. Thomas (Busnari) Reverse Stöckli, DSA or pommel circle straddle through handstand, 3/3 travel (fwd.- bwd), 360° turn to flairs. (Busnari)			
						f f							f f
55. Kreiskehre Double rear (kehr).		56. Kehre m. 270° (Sohn Technik) a.einer P. v. Querst. i.d. Seitst. Kehr with 270° t. on 1 p. (Sohn technique) from cross to side support.		57. Kehre m. 270° (Sohn Technik) a.einer Pausche v. Seitst. i.d. Querst. o. Seitstütz a. e. P. (NL01) (Bertoncelj) Kehr with 270° t. on 1 pommel (Sohn technique) from side to cross support. (Bertoncelj)		58. Kehre m. 1/1 Dr. a. einer Pausche (Sohn) Kehr with 1/1 turn on 1 pommel. (Sohn)		59.		60. Bertoncelj z. Busnari Bertoncelj to Busnari (NL01) (Moore)			
						k							G
61.		62. Direktes Tramlot Direct Tramlot.		63.		64.		65.		66.			
						k							
67.		68. Stöckli umgekehrt m. 180° o. 270° Dr. (v. einer Pausche) i. einer Flanke Reverse Stöckli 180° (or 270° from one pommel) turn in one circle.		69. Stöckli umgekehrt m. 270° Dr. a.einer Pausche (Davtyan) Reverse Stöckli with 270° t. (Bezugo technique) from 2 pommels to cross support on 1 pommel (Davtyan)		70.		71. Stöckli umgekehrt m. 360° Dr. a.einer Pausche (Bezugo) Reverse Stöckli with 360° t. on 1 pommel. (Bezugo)		72.			
						R							R
													O

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II .. Kreis- und Thomasflanken mit u./o. ohne Spindeln und Handständen, Kehrschwünge, Russenwendeschwünge, Einpauschenelemente und Einpauschenverbindungen											
73. Schwabenflanke Schwabenflank.  S		74. Tschechenkehr a.d. Pauschen. o. m. einer Pausche zw. den Händen Czechkehr on the pommels or pommel between hands.  C		75.		76. Tschechenkehr außerh. der Pauschen (Pinheiro) Czechkehr outside pommels  C		77.		78.	
79. Wendeschw. vw. m. 1/2 Dr. i.d. St. a.d. Pf.- Ende a.d. Seitstütz über 1 o. 2 P. Wendeswing fwd. with 1/2 t. to support fwd. on the end, from side support using 1 or 2 pommels.  W		80.		81.		82.		83.		84.	
85. RWS 180° o. 270° a. beiden Pauschen Russian wendeswing with 180° or 270°.  P		86.		87.		88.		89.		90.	
91. RWS 360° o. 540° a. beiden Pauschen Russian wendeswing with 360° or 540°.  L		92. RWS 720° o. 900° a. beiden Pauschen Russian wendeswing with 720° or 900°.  LL		93. RWS 1080° a. beiden Pauschen Russian wendeswing with 1080° or more.  LLL		94.		95.		96.	

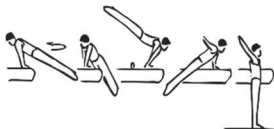
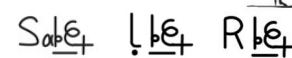
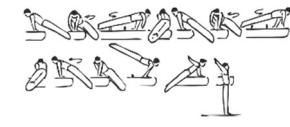
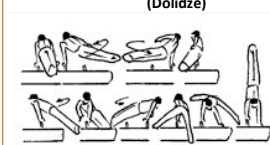
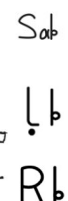
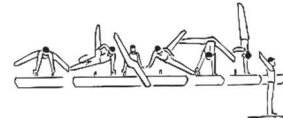
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II .. Kreis- und Thomasflanken mit u./o. ohne Spindeln und Handständen, Kehrschwünge, Russenwendeschwünge, Einpauschenelemente und Einpauschenverbindungen											
97. RWS 180° o. 270° a.d. Pferd (a.m. Wandern) On the leather, Russian wendeswing with 180°, or 270° also with travel.		98.		99.		100. .		101. .		102. .	
											
103. RWS 360° o. 540° a.d. Pferd On the leather, Russian wendeswing with 360° or 540°.		104. RWS 720° o. 900° a.d. Pferd On the leather, Russian wendeswing with 720° or 900°.		105. RWS 1080° a.d. Pferd On the leather, Russian wendeswing with 1080° or more.		106.		107.		108.	
											
109.		110. RWS 180° o. 270° a. einer Pausche (o. zwischen Pauschen) Russian wendeswing with 180° or 270° on 1 pommel or between the pommels.		111. RWS 360° o. 540° a. einer Pausche (o. zwischen Pauschen) Russian wendeswing with 360° or 540° on 1 pommel or between the pommels.		112. RWS 720° o. 900° a. einer Pausche (o. zwischen Pauschen) 720° or 900° Russian wendeswing on 1 pommel or between the pommels.		113. RWS 1080° u. mehr a. einer Pausche (o. zwischen Pauschen) 1080° Russian wendeswing or more on 1 pommel or between the pommels.		114.	
											
115.		116.		117.		118.		119.		120.	

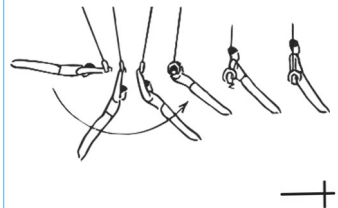
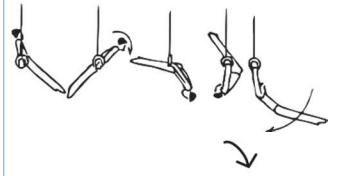
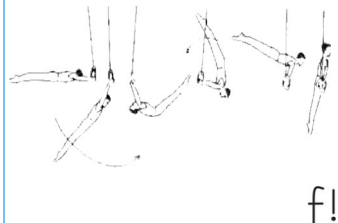
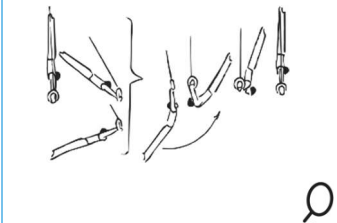
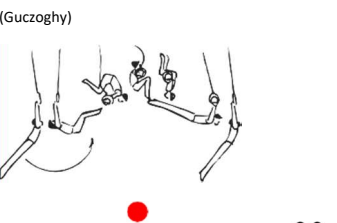
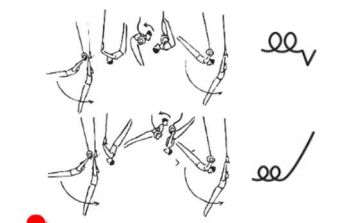
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Wanderelemente inklusive Tong Fei, Wu Guonian, Roth und Spindeln mit Wandern											
1.	Jedes 1/3 Wandern i. Seitst. (auch m. 1/4 Dr.) Circles with any travel in side support (1/3) (also with ¼ t.).	2.	jedes 3/3 Wandern i. Seitst. Circles with any travel in side support (3/3).	3.	jedes 3/3 Wandern i. Seitst. m. Händen z.d. Pauschen Any travel in side support (3/3), hands between pommels.	4.	jedes 3/3 Wandern i. Seitst. über alle Pauschen any travel in side support (3/3) over both pommels (also with hop).	5.		6.	
7.		8.	jedes 1/3 Wandern gespr. i. Seitst. Circles with any hop travel in side support (1/3)	9.	jedes 3/3 Wandern m. 2x gespr. i. Seitst. Circles with any hop travel 2x in side support (3/3).	10.		11.	vom Seitst. a.d. Pf.-EndeSpringen z. andere Pf.-Ende (1-1 zu 5-5) (Yamawaki) From side support beside the pommel, travel hop over 2 pommels to support fwd on other end (1-1 to 5-5). (Yamawaki)	12.	
13.		14.	Wandern vw./rw. m. 1/4 Spindel i.d. Seitst. Travel fwd. or bwd. with ¼ spindle to side support on 2 pommels.	15.	alle Wandern m. 1/2 Spindel i.d. Seitst. All travels with ½ spindle in side support.	16.		17.	v. Pf.-Ende Seitwandern m. 2x1/2 Spindel z. a. Pf.-Ende From an end side travel with 2x ½ spindle to other end.	18.	
19.		20.		21.		22.	jedes 3/3 Wandern m. 1/2 Spindel (Nin Reyes, Titov) Any travel fwd. 3/3 with ½ Spindle from one pommel over the other pommel. (Nin Reyes) (Titov)	23.	3/3 Querverwandern m. ½ Spindelü. beide Pauschen (Nin Reyes 2, Keikha 4) Travel 3/3 over both pommels with ½ Spindle. (Nin Reyes 2) (Keikha 4)	24.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Wanderelemente inklusive Tong Fei, Wu Guonian, Roth und Spindeln mit Wandern											
25.			26.			27.			28.		
									29. jedes 3/3 Wandern m. 1/1Spindel (Urzica 2, Burkhart) Any 3/3 travel in flairs with 1/1 Spindle inside 2circles.  (Urzica 2) U_r (Burkhart) $f m \phi f$		
31.			32. Querwandern vw. (1/2 o. 2/3) Travel fwd. in cross support (1/2 or 2/3). 	33. Querwandern vw. 3/3(1-2-4-5) Travel fwd. in cross support with support on leather, pommel, pommel, leather (3/3) (1-2-4-5). 		34. jedes Querwandern vw. 3/3 (1-2-3-4-5 o. 1-2-5 o. 1-3-5) (Magyar) Any other travel fwd. in cross support to other end (3/3). (Magyar) 			35. 3/3 Querwandern ü. beide Pauschen (1-5) (auch gespr.(Driggs)) Travel forward in cross support over both pommels (also with hop).  (Driggs) 		
37. Querwandern rw. 1/3 Travel bwd. in cross support from one horse part or pommel to another (1/3). 			38. Querwandern rw. (1/2 o. 2/3) Travel bwd. in cross support (1/2 or 2/3). 			39. Querwandern rw. 3/3(5-4-2-1) Travel bwd. in cross sup with support on leather, pommel, pommel, leather (3/3) (5-4-2-1). 			40. jedes Querwandern rw. 3/3 (1-2-3-4-5 o. 1-3-5) Any other travel bwd. in cross support to other end (3/3). (Sivado) 		
									41. Querwandern rw. 3/3 ohne Pauschen (Kurbanov) (auch gespr. (Reid)) Travel backward in cross support over both pommels (also with hop). (Kurbanov) (Reid)  		
43.			44.			45.			46. Seitst. a. Pf.-Ende Kehre, Stöckliw., Kehre a.d. andere Pf.-Ende (Moguilny) Kehre fwd., reverse Stöckli, kehre fwd. (Moguilny)  Mo	47.	48.

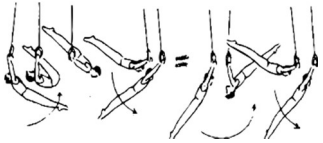
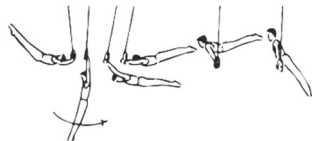
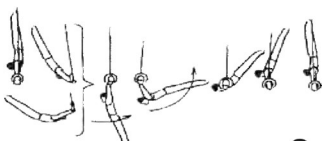
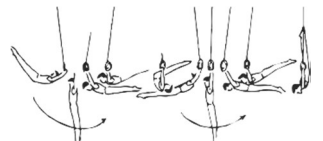
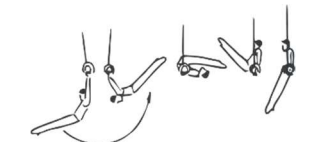
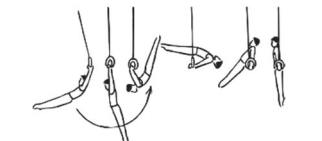
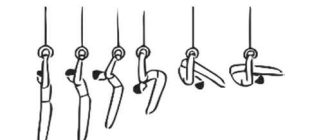
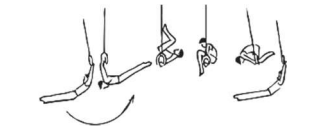
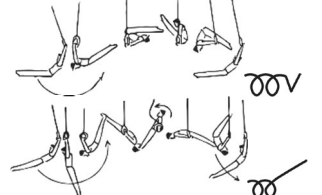
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8		
EG III Wanderelemente inklusive Tong Fei, Wu Guonian, Roth und Spindeln mit Wandern												
49.		50.		51.		52.	Seitstütz a.d. Pf.-Ende Stöckli, Kehre, Stöckli a.d. andere Pf.-Ende(Belenki) Kehre bwd., kehre fwd., kehre bwd. (Belenki)  Be	53.		54.		
55.		56.		57.	Seitst. m. einer Pausche, RWSvw. o. St. a. o. zw. d. Pauschen a.d. andere Pf.-Ende From support on 1 pommel, Russian wendeswing fwd. to other end without support on or between the pommels(side to side support, side to cross support).	 Tf	58.	alle RWS ü. beiden Pauschen z.Pf.-Ende (Tong Fei) From support on end, Russian wendeswing fwd. to other end without support on or between the pommels (side to side, side to cross, cross to side, cross to cross). (Tong Fei)  Tf	59.	a.d. Leder im Querst. RWS m.360° o. 540° ü. beide Pauschen (Vammen) On the leather, from cross support, Russian wendeswing with 360° or more over both pommels. (Vammen)  V	60.	
61.		62.		63.		64.	a. Seitst. 3/3 Wandern m. RWS630° u. mehr From support 1-2, 3/3 travel in Russian type wendeswing with 630° or more turning.  Wu	65.	jeder RWS 720° u. mehr u. 3/3 Wandern u. m. beiden Händen zw. d. Pauschen (Wu Guonian) Any 3/3 travel in Russian type wendeswing with 720° or more turning w. two hands between pommels (Wu Guonian)  Wu	66.		
67.		68.		69.		70.	jeder RWS m. 360° u. 3/3Wandern (Roth) Any Russian wendeswing with 360° t. and 3/3 travel. (Roth)  Ro	71.		72.		

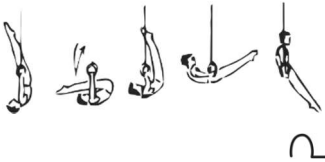
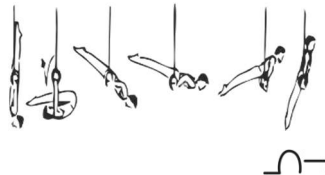
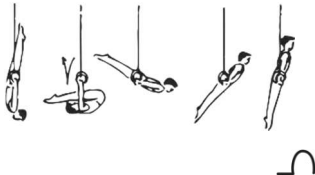
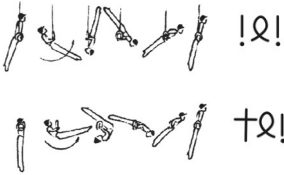
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EG III Wanderelemente inklusive Tong Fei, Wu Guonian, Roth und Spindeln mit Wandern											
73.		74.		75.	Stöckli umgekehrt a.d. Querstütz a.d. Pf.-Ende auf entfernte Pausche(von 5-5 nach 2-2) (Romero) Reverse Stöckli from cross support on end to the far pommel (Romero) Rm	76.	a. Querst. a.d. Pf.-Ende Stöckliumgekehrt a.d. andere Pf.-Ende (AbuAl Saoud) Reverse Stöckli from cross support on one end to the other. (Abu Alsoud) R	77.		78.	
79.		80.		81.		82.		83.		84.	
85.		86.		87.		88.		89.		90.	
91.		92.		93.		94.		95.		96.	

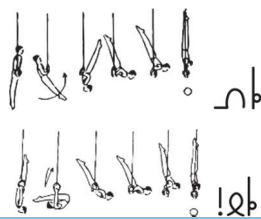
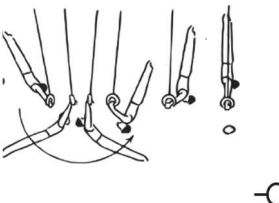
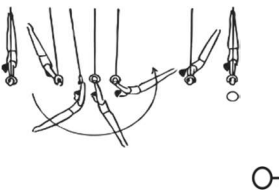
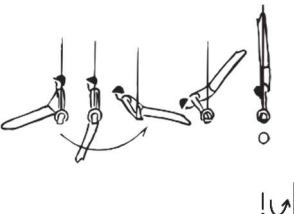
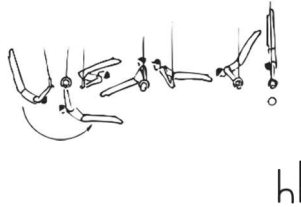
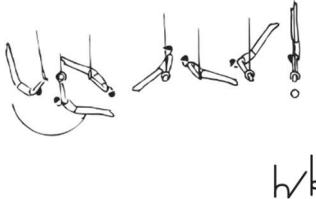
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EG IV Abgänge											
1. Wende a.d. Kreisfl. o. Thomas (auch vom RWS 180° o. 270°) On the end Wende from circle (also Russian 180° or 270° to Wende)  		2. Chaguinian zur Wende Chaguinian to wende.  		3.		4. A. d. Seitst. a. Pf-Ende, Kreisfl. o. Thomas i.d. Hdst und 3 o. 3 Wandern m. 450° o. mehr (Kolyvanov) From side support on end, circle or flair to handstand and travel 3/3 with 450° or more turn. (Kolyvanov)  		5. DSA i.d. Hdst und 3/3 Wandern m. 450° o. mehr DSA to handstand 3/3 with 450° or more turn.  		6.	
7. RWS 360° o. 540° z. Wende On the end, Russian wendeswing with 360° or 540°  		8. RWS 720° o. 900° z. Wende On the end, Russian wendeswing with 720° or 900°.  		9. RWS 1080° z. Wende On the end, Russian wendeswing with 1080° or more.  		10. RWS 270° a. einer Pausche i.d. Hdst (Dolidze). From pommels, circle with 1/4 turn to Russian wendeswing 270° on one pommel to handstand. (Dolidze)  		11.		12.	
13. Wendeschwung a.d. Seitst. vw. m. 1/2 Dr. gefolgt v. Wende From side support wendeswing fwd. with 1/2 t. to support followed by wende.  		14.		15. Stöckli umgekehrt o. DSA d.d. Hdst. DSA, reverse Stöckli or circle on one pommel through handstand.  		16. DSA gespr. d.d. Hdst. a. andere Ende (Jessen) DSA with hop bwd. through handstand on other end. (Jessen) (Loos)  		17.		18.	
19.		20. Kreisfl. o. Thomas d.d. Hdst. (auch m. 3/4 Dr. o. ohne Wandern) Circle or flair through handstand (also with 1/4 t. with or without travel).  		21. Kreisfl. o. Thomas m. gespr. Wandern d.d. Hdst. Circle or flair with hop travel bwd. through handstand.  		22. RWS v.e. Pf.-Ende z.a. Pf.-Ende d.d. Hdst. (Pellerin) 180° Russian from one end of the horse to the other end through handstand to dismount  Bertoncelj i. d. Handstand z. Abgang Bertoncelj through handstand to dismount. (Targhetta)  		23.		24.	

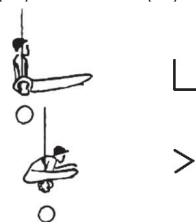
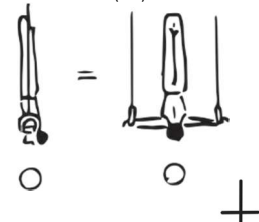
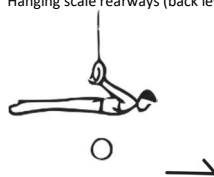
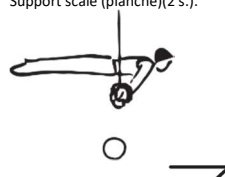
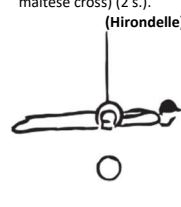
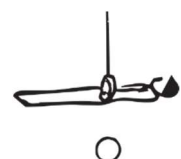
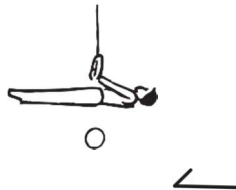
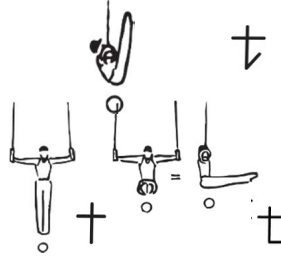
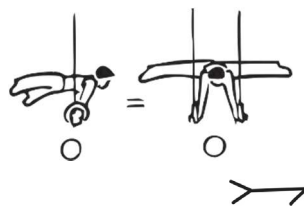
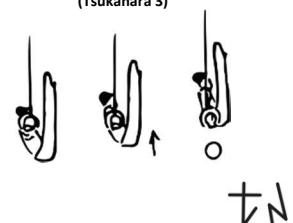
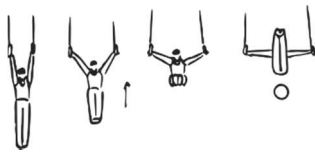
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Kipp- und Schwungelemente & Schwünge durch oder zum Handstand (2 Sekunden)											
1.	Stemme vw. i.d. Stütz Uprise fwd. to support.	2.		3.		4.		5.		6.	
											
7.	a.d. Stütz abrollen z. Rückschwung i. Hang From any support scale, swallow or swing bwd in support, roll forward to bwd swing in hang.	8.	Stemme vw. Kontersalto z. Rückschw. im Hang (Chechi) Uprise fwd and counter salto fwd. to bwd swing in hang. (Chechi)	9.		10.		11.		12.	
											
13.		14.		15.		16.		17.		18.	
19.	Felge i.d. Stütz From hang, felge upward to support.	20.	Felgaufschw. d.d. Hdst. Swing fwd. through hdst.	21.	Doppelsalto rückw. geh. i.d. Hang (Guczoghy) Tucked double salto bwd. to hang (Guczoghy)	22.	Dos rückw. geb. i.d. Hang (O'Neill) Piked or straight double salto bwd. to hang.	23.		24.	
											

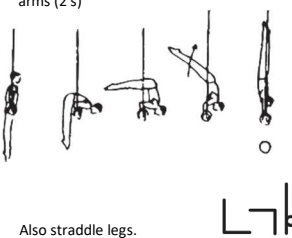
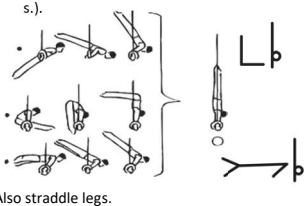
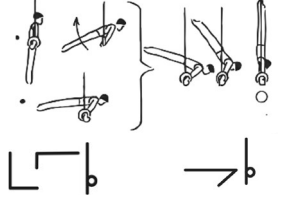
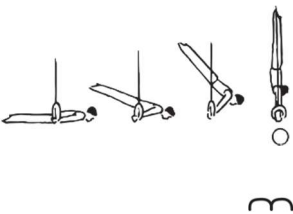
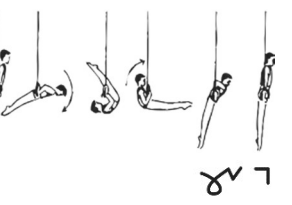
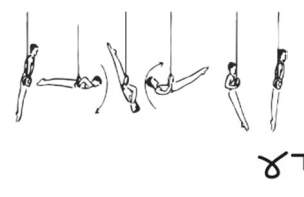
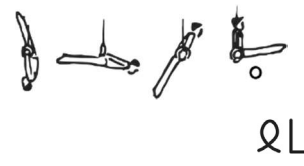
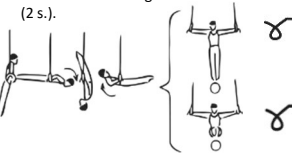
● Prohibited for juniors. / Verboten für Junioren

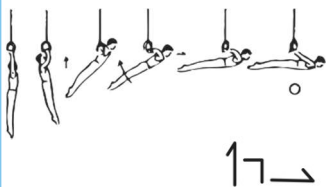
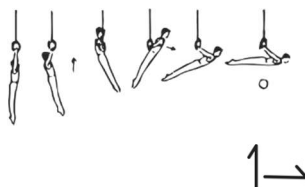
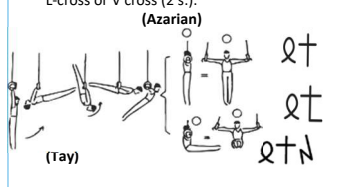
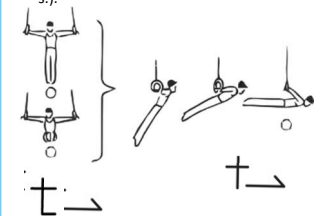
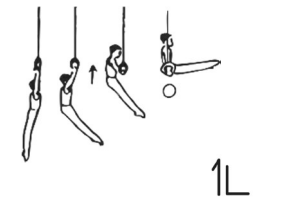
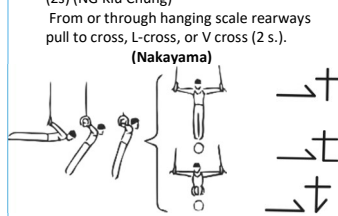
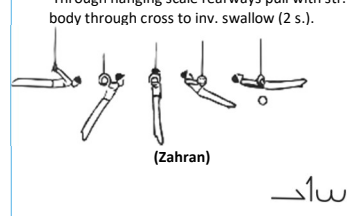
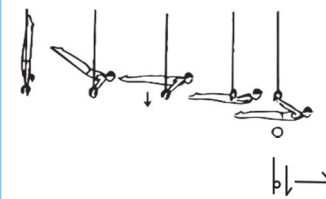
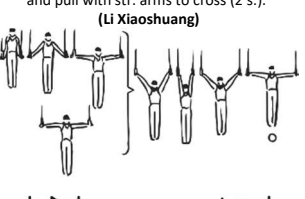
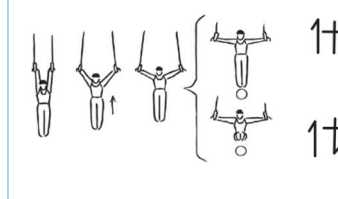
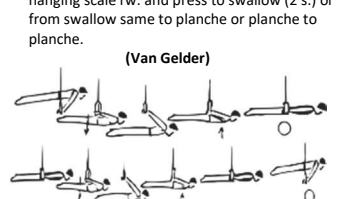
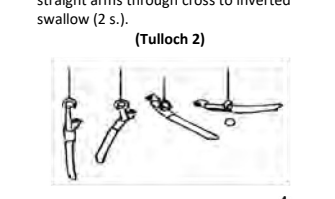
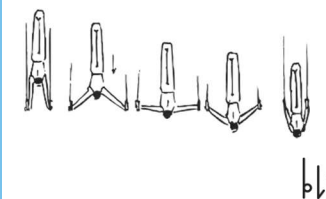
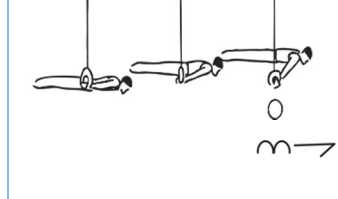
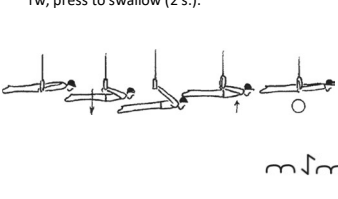
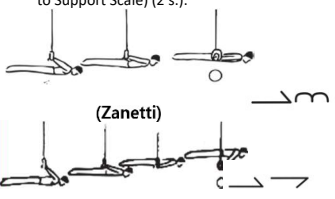
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EG I Kipp- und Schwungelemente & Schwünge durch oder zum Handstand (2 Sekunden)											
25. Schleudern geb. o. gestr. Dislocate bwd. piked or straight.		26.		27.		28.		29.		30.	
											
d											
31. Stemme rw. i.d. Stütz Uprise bwd. to support.		32. Stemme rw. d.d. Hdst. Uprise bwd. str. through handstand.		33.		34.		35.		36.	
											
+		Q									
37. Einkugeln geb. o. gestr. Inlocate piked or straight.		38. Honma i.d. Stütz Backward swing to salto fwd. piked to support (Honma)		39. Honma gestreckt Honma straight.		40.		41.		42.	
											
l		h		h							
43. langsames Einkugeln Slow inlocate from hang.		44. Dosa vw. geh. (Yamawaki) Double salto fwd. tucked to hang. (Yamawaki)		45. Dosa vw. geb. o. gestr.(Jonasson) Double salto fwd. piked or straight to hang. (Jonasson)		46.		47.		48.	
											
il		oo		oo v							

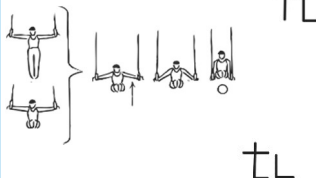
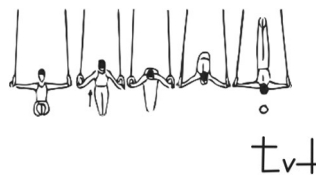
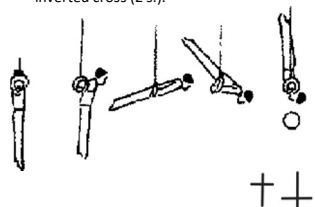
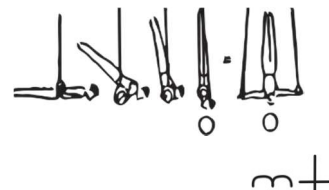
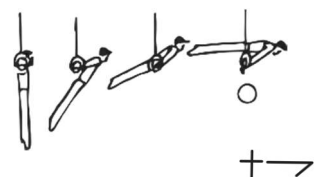
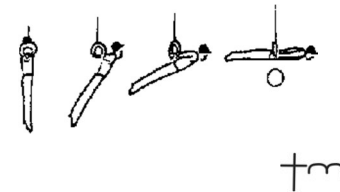
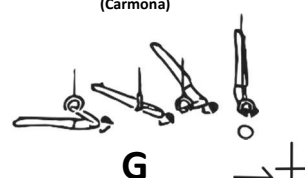
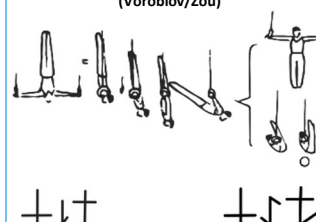
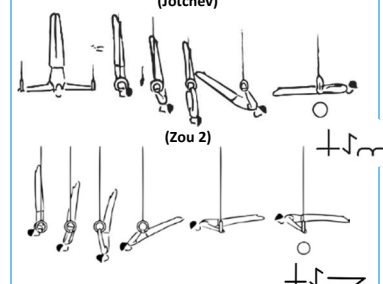
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Kipp- und Schwungelemente & Schwünge durch oder zum Handstand (2 Sekunden)											
49. Kippe i.d. Stütz Kip to support.		50.		51.		52.		53.		54.	
											
55. Kippe rw. m. geb. Armen i.d. Stütz Back kip with bent arms to support.		56. Kippe rw. i.d. Stütz Back kip to support.		57.		58.		59.		60.	
											
61. Vorschwung i. Stütz ablegen i.d. Hang Fwd. swing to swing bwd. in hang.		62.		63. a.d. Stütz Salto vw. geb. i.d. Stütz Bwd. swing, salto piked to support.		64.		65.		66.	
											
67. a.d. Stütz o. Kreuzhang, Felge rw. geb. o. gestr. m. geb. Armen i.d. Stütz From support or cross, felge bwd. piked or straight with bent arms to support.		68.		69.		70.		71.		72.	
											

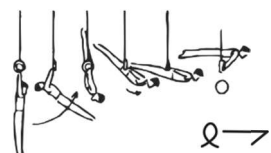
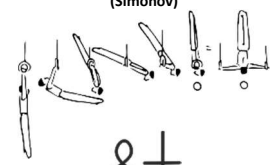
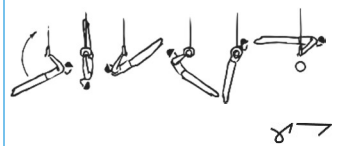
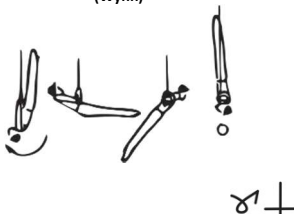
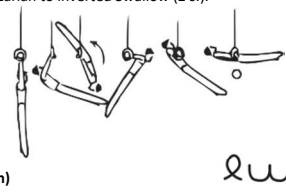
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Kipp- und Schwungelemente & Schwünge durch oder zum Handstand (2 Sekunden)											
73.	74. Kippe rw. o. Rolle rw. m. geb.Armen i.d. Hdst. (2s) Back kip or roll bwd str. with bent arms to handstand (2 s.).		75. Felge i.d. Hdst. (2s) Swing fwd. to handstand or giant swing bwd to handstand (2 s.).		76.	77.	78.				
											
79.	80.		81. Stemme rw. i.d. Hdst. (2s) Uprise bwd. to handstand or giant swing fwd to handstand (2 s.).		82.	83.	84.				
											
85.	86. Rückschwung i.d. Hdst. (2s) From support swing bwd. to handstand (2 s.).		87. Honma m. Rückschw. i.d. dst.(2s) Honma and swing bwd. to handstand (2 s.).		88. Honma gestr. m. Rückschw. i.d.Hdst. (2s) Honma str. and swing bwd. to handstand (2 s.).	89.	90.				
											
91.	92.		93.		94.	95.	96.				

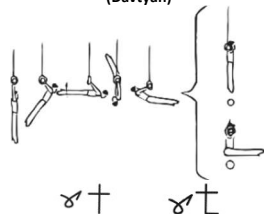
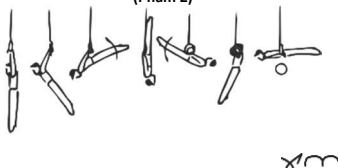
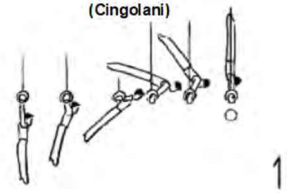
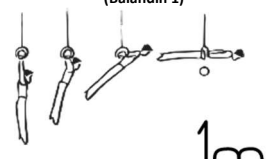
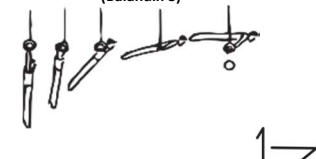
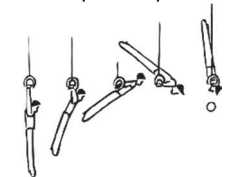
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Kraft- und Halteelemente (2 Sekunden)											
1. Winkel- o. Grätschwinkelstütz (2s) L-sit (2 s.) or straddled L-sit (2 s.).	2. V-Stütz (2s) V-sit (2 s.).	3.	4. Kopfkreuz (2s) Inverted cross (2 s.)	5.	6.	7. Hangwaage rl. (2s) Hanging scale rearways (back lever) (2 s.).	8.	9. Stützwaage (2s) Support scale (planche)(2 s.).	10. Schwalbe (2s) Support scale at ring height (swallow or maltese cross) (2 s.). (Hirondelle)	11. Schwalbe umgekehrt (2s) Inverted swallow (2 s.).	12.
											
13. Hangwaage vl. (2s) Hanging scale frontways (front lever) (2 s.).	14.	15. jeder Kreuzhang o. V-Kreuzhang(2s) Any cross (2 s.) or V cross (2 s.).	16.	17.	18.	19. Stützwaage gegrr. (2s) Support scale straddled (2 s.).	20.	21.	22. a.d. V-Kreuzhang heben i.d. V-Stütz (2s) (Tsukahara 3) V Cross, press to V-sit (2 sec.). (Tsukahara 3)	23. a.d. Hang, Zugstemme m. gestr.Armen i.d. V-Kreuzhang (2s) (Colak) Vertical pull up with str. arms to V-cross (2 s.). (Colak)	24.
											

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Kraft- und Halteelemente (2 Sekunden)											
25. Heben i.d. Hdst. m. geb. Körperu. Armen (auch m. gepr. Beine) (2s) Press to hdst. with bent body and bent arms (2 s)		26. Heben i.d. Hdst. (2s) m.- geb. Hüfte gestr. Armen- geb. Arme gestr. Körper- a.d. Stützwaage gepr. Press to hdst. with str. body a. bent arms or b. body. a. str. arms, or fr. strad. sup. lever (2 s.).		27. Heben i.d. Hdst. m.- gestr. Körper u. Armen- a.d Stützwaage (2s) Press to hdst. with str. body and str. arms from support or support scale (2 s.).		28. Heben m. gestr. Körper u. Armen a.d. Schwalbe i.d. Hdst. (2s) . Press to hdst. with str. body and str. arms from swallow (2 s.).		29.		30.	
											
31. langs. Rolle vw. geb. m. geb.Armen i.d. Stütz Slow roll fwd. piked with bent arms, to support.		32. langs. Rolle vw. gestr. m. geb.Armen i.d. Stütz Slow roll fwd. straight with bent arms, to support.		33.		34.		35.		36.	
											
37.		38. langs. Rolle rw. m. gestr. Körper u. gestr. Armen i.d. Winkelstütz (2s) Slow roll bwd. w. str. body and str. arms and straight. body to L sit (2 s.).		39. langs. Rolle vw. m. gestr. Körper i.d. Kreuzhang (2s) Slow roll fwd. straight to cross or L-cross (2 s.).		40.		41.		42.	
											
43.		44.		45.		46.		47.		48.	

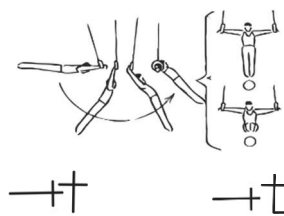
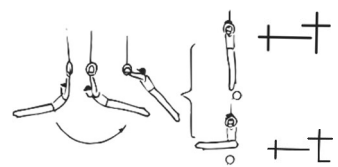
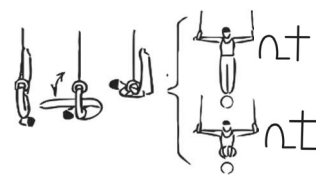
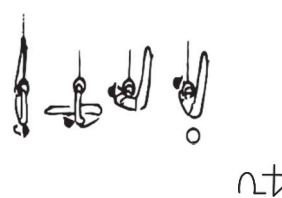
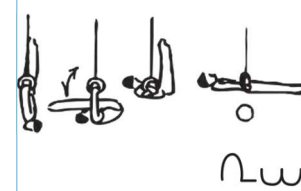
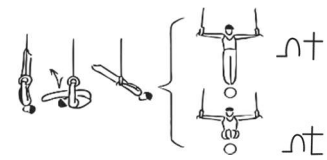
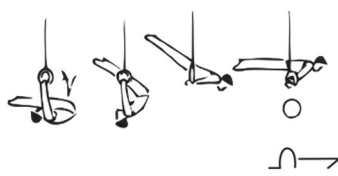
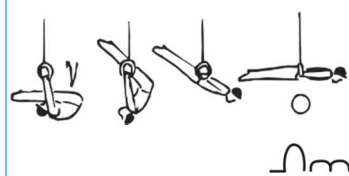
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Kraft- und Halteelemente (2 Sekunden)											
49.	50. a.d. Hang, Zugstemme m. geb.Armen i.d. Hangwaage rl. (2s) Vertical pull up with bent arms to hanging scale rearways (2 s.). 		51. a.d. Hang, Zugstemme m. gestr.Armen i.d. Hangwaage rl. (2s) Vertical pull up with straight arms to hanging scale rearways (2 s.). 		52. langs. Rolle rw. m. gestr. Körper i.d. Kreuzhang (2s) (Azarian) o. V-Kreuzhang (2s) (Tay) Slow Roll bwd. with straight body to cross, L-cross or V cross (2 s.). (Azarian)  (Tay)		53.		54.		
55.	56. a.d. Kreuzhang i.d. Hangwaage rl.(2s) Fr. cross or L-cr., move fwd. to back lever (2 s.). 		57. a.d. Hang, Zugstemme i.d. Stütz Vertical pull up to L-sit (2 s.). 		58. a.o.d. Hangwaage rl. Zugstemmegestr. i.d. Kreuzhang (2s)(Nakayama) o. V-Kreuzhang (2s) (NG Kiu Chung) From or through hanging scale rearways pull to cross, L-cross, or V cross (2 s.). (Nakayama)  (NG Kiu Chung)		59.		60. d.d. Hangwaage rl. heben m.gestr. Körper i.d. Schwalbeumgekehrt (2s) (Zahran) Through hanging scale rearways pull with str. body through cross to inv. swallow (2 s.).  (Zahran)		
61.	62. a.d. Hdst., senken d. d. Schwalbe i.d. Hangwaage rl. (2s) From hdst., lower horiz. through swallow to back lever (2 s.). 		63. a.d. Stütz o. Kreuzhang, senken i.d. Hang u. Zugstemme i.d. Kreuzhang (2s) (Li Xiaoshuang) From sup. or cross, lower slowly to hang, and pull with str. arms to cross (2 s.). (Li Xiaoshuang) 		64. a.d. Hang, Zugstemme i.d. Kreuzhang Vertical pull up to cross or L-cross (2 s.). 		65. Stützwage, senken d.d. Hangwaage rl. u. heben i.d. Schwalbe o.a.d. Schwalbe i.d. Stützwage (2s) (van Gelder) From planche, lower horiz. and slowly to hanging scale rw. and press to swallow (2 s.) or from swallow same to planche or planche to planche. (Van Gelder) 		66. [G] a.d. Hang, langsames Hebenm. gestr. Armen d.d. Kreuzhang zur Schwalbeumgekehrt (2s) (Tulloch 2) From hang vertical pull up, slowly with straight arms through cross to inverted swallow (2 s.). (Tulloch 2) 		
67.	68. a.d. Hdst., senken i.d. Sturzhang From handstand, lower slowly through inverted cross to inverted hang. 		69.		70. a.d. Schwalbe, heben i.d. Stützwage (2s) From swallow, press to support scale (2 s.). 		71. a.d. Schwalbe, senken i.d. Hangwaage rl. u. heben i.d. Schwalbe (2s) From swallow, lower slowly to hanging scale rw, press to swallow (2 s.). 		72. a.d. Hangwaage rl. , heben zur Schwalbe o. Stützwage (2s)(Zanetti) From hanging scale rw. press to swallow (also to Support Scale) (2 s.).  (Zanetti)		

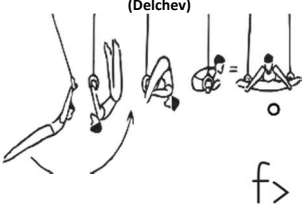
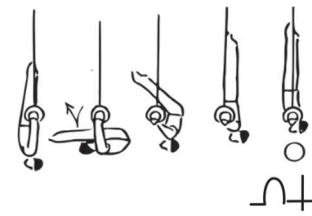
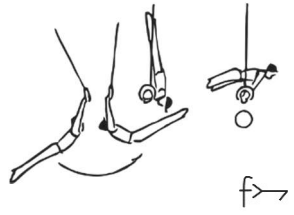
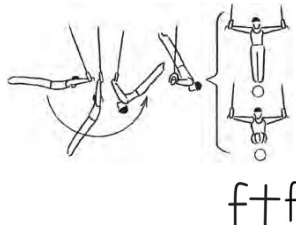
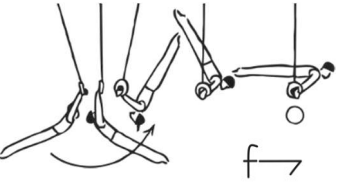
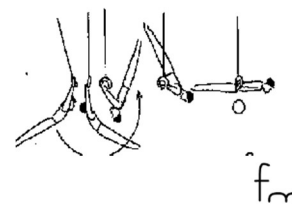
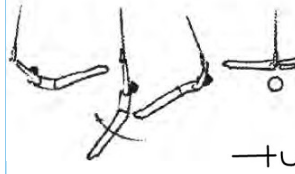
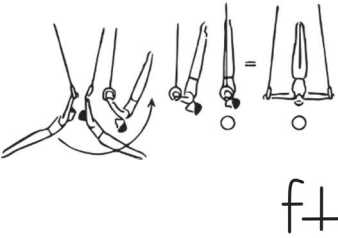
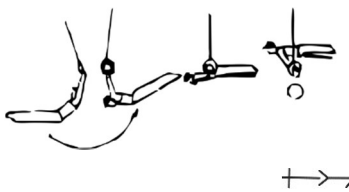
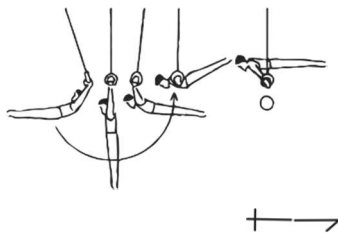
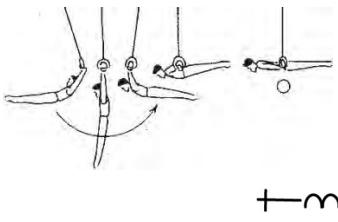
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EG II Kraft- und Halteelemente (2 Sekunden)											
73.	74.	75. a.d. Kreuzhang, Zugstemme i.d. Winkelstütz From cross or L-cross, press to L-sit (2 s.). 		76.	77. a.d. Kreuzhang, heben mit gebeugten Körper i.d. Kopfkreuz (2s) From L-cross, press with bent body to inverted cross (2 s.). 		78. a.d. Kreuzhang, heben m. gestr. Körper i.d. Kopfkreuz (2s) From cross, press with straight body to inverted cross (2 s.). 				
79.	80.	81.		82.	83.		84. a.d. Schwalbe, heben mit gestrecktem Körper i.d. Kopfkreuz (2s) From swallow, press w. str. body to inverted cross (2 s.). 				
85.	86.	87.		88. a.d. Kreuzhang, heben i.d. Stützwaage (2s) From cross, press to planche without first going to support (2 s.). 		89. a.d. Kreuzhang, heben i.d. Schwalbe (2s) From cross, press to swallow (2 s.). 		90. [G] d.d. Hangwaage rl., hebenm. gestr. Körper i.d. Kopfkreuz (2s)(Carmona) Through hang rearways press and straight body to inverted cross (2 s.) (Carmona) 			
91.	92.	93.		94. a.d. Kopfkreuz, langsames Senken i.d. Sturzhang u. langs. Rolle rw. i.d. Kreuzhang (2s) (Vorobiov) o. V-Kreuzhang (Zou) From inverted cross lower slowly to inverted hang and felge bwd. slowly to cross or V-cross (2 s.) (Vorobiov/Zou) 		95. a.d. Kopfkreuz, langsames Senken i.d. Sturzhang u. Felge rw.i.d. Schwalbe o. Stützwaage (2s)(Jovtchev)(Zou2) From inverted cross lower slowly to inverted hang and felge bwd. slowly to swallow (2 s.) or to support scale (2 s.) (Jotchev) (Zou 2) 		96.			

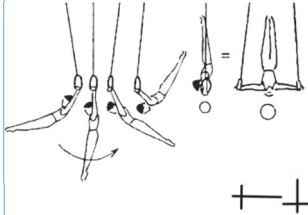
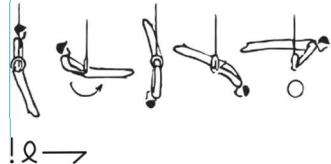
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EG II Kraft- und Halteelemente (2 Sekunden)											
97.	98.	99.	100.	101. langs. Rolle rw. m. gestr.Körper i.d. Stützwaage (2s) (YanMijayoung) Roll bwd. slowly with str. arms and body to free sup. scale (2 s.). (Yan Mijayoung)	102.						
											
103.	104.	105.	106.	107. langs. Rolle rw. m. gestr.Körper i.d. Schwalbe (2s) Slow Roll bwd. with str. body to swallow (2 s.).	108. langs. Rolle rw. m. gestr.Körper i.d. Kopfkreuz (2s) (Simonov) Roll backward slowly with straight arms and body to inverted cross through swallow. (Simonov)						
											
109.	110.	111.	112.	113.	114.						
115.	116.	117.	118. langs. Rolle vw. d.d. Kreuzhangu. heben i.d. Stützwaage (2s) (NG Kiu Chung 2) Slow roll fwd. with straight body through cross and press to support scale without first going to support (2 s.). (Ng Kiu Chung 2)	119. langs. Rolle vw. m. gestr.Körper d.d. Kreuzhang i.d.Kopfkreuz (2s) (Wynn) Slow roll fwd. with straight body through cross to inverted cross (2 s.). (Wynn)	120. Azarian i.d. Schwalbeumgekehrt (2s) (Tulloch) Azarian to inverted Swallow (2 s.). (Tulloch)						
											

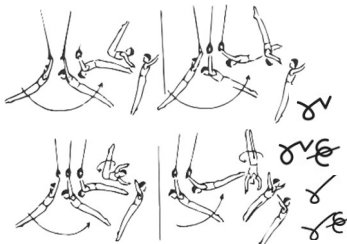
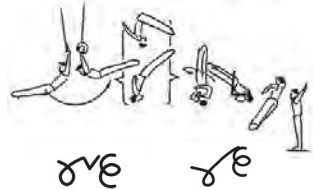
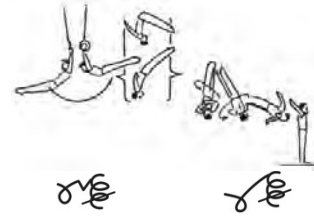
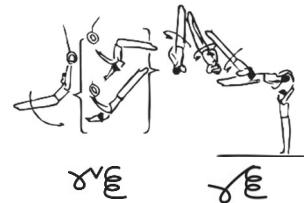
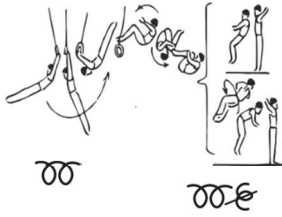
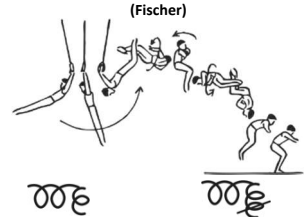
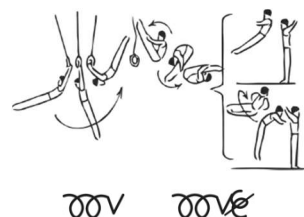
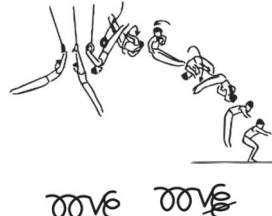
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Kraft- und Halteelemente (2 Sekunden)											
121.	122.	123.	124.	langs. Rolle vw. i.d. Kreuzhang(2s), auch a.d. Hang rl. (Davtyan) Slow roll fwd. with str. body to Cross or L-Cross (2 s.), also from inverted hang. (Davtyan) 		125.	langs. Rolle vw. m. gestr. Körper d.d. Kreuzhang i.d. Schwalbe (2s)(Pham 2) Slow roll forward with straight body through cross to swallow (2 sec). (Pham 2) 		126.		
127.	128.	129.	130.	a.d. Hang, heben m. gestr. Körper i.d. Hdst. (2s) (Cingolani) From hang vertical pull up support and press to hdst. with straight body and straight arms. (Cingolani) 		131.			132.	a.d. Hang heben m. gestr. Körper i.d. Schwalbe (2s) (Baladin 1) From hang vertical pull up to swallow (2 s.). (Baladin 1) 	
133.	134.	135.	136.			137.	a.d. Hang heben m. gestr. Körper i.d. Stützwaage (2s) (Baladin 3) From hang vertical pull up thr. swallow to sup. scale (2 s.). (Baladin 3) 		138.	[G] a.d. Hang, heben m. gestr. Körper i.d. Kopfkreuz (2s) (Baladin 2) From hang vertical pull up to inv. cross (2s.). (Baladin 2) 	
139.	140.	141.	142.			143.			144.		

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwung- zu Kraftthalteelementen (2 Sekunden)											
1.		2. Stemme vw. i.d. Winkelstütz (2s) Uprise fwd. to L-sit (2 s.). +L		3. Stemme vw. i.d. V-Stütz (2s) Uprise fwd. to V-sit (2 s.). +N		4. Stemme vw. i. d. V-Kreuzhang Front uprise fwd. to V cross (2 s.). +†		5.		6.	
7.		8. Kippe i.d. Winkelstütz (2s) Kip to L-sit (2 s.). L		9. Kippe i.d. V-Stütz (2s) Kip to V-sit (2 s.). N		10.		11.		12.	
13.		14. Honma i.d. Winkelstütz (2s) Honma to L-sit (2 s.). hL		15. Honma i.d. V-Stütz (2s) (Gracia) Honma to V-sit (2 s.). (Gracia) hN		16. Honma i.d. Kreuzhang (2s) Honma to cross / L-cross (2 s.). h†		17. Honma i.d. V-Kreuzhang (2s)(Tanaka) Honma to V cross (2 s.). (Tanaka) h†		18.	
19.		20.		21.		22. a.d. Stütz Salto vw. geb. i.d. Kreuzhang (2s) Bwd. swing, salto fwd p. to cross or L-cross (2 s.). x†		23.		24.	

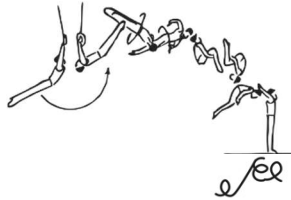
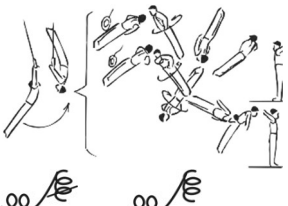
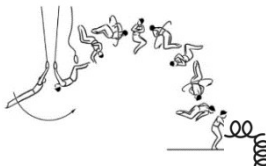
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EG III Schwung- zu Kraftthalteelementen (2 Sekunden)											
25.	26.	27. Stemme vv. i.d. Kreuzhang (2s)o. Kreuzhang mit Winkelhalte Uprise fwd. to cross or L-cross (2 s.). 		28.	29.	30.					
31.	32.	33. Stemme rw. i.d. Kreuzhang (2s) Uprise bwd. to cross or L-cross (2 s.). 		34.	35.	36.					
37.	38.	39. Kippe i.d. Kreuzhang (2s) Kip to cross, or L-cross (2 s.). 		40. Kippe i.d. V-Kreuzhang (2s)(Molinari) Kip to V cross (2 s.). (Molinari) 	41.	42. Kippe i.d. Schwalbe umgekehrtohne Stützphase (2s) Kip to inverted swallow (2 s.). 					
43.	44.	45. Kippe rw. i.d. Kreuzhang (2s) Back kip to cross or L-cross (2 s.). 		46. Kippe rw. i.d. Stützwaage (2s) Back kip to support scale (2 s.). 	47. Kippe rw. i.d. Schwalbe (2s) Back kip to swallow (2 s.). 	48.					

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwung- zu Krafthalteelementen (2 Sekunden)											
49.	50. Felge i.d. Stütz m. Beine auf d.Ringen (2s) (Deltchev) Felge upward to support with straddled legs supported above the rings (2 s.). (Deltchev)  f>		51.	52.		53. Kippe rw. i.d. Kopfkreuz (2s) Back kip to inverted cross (2 s.).  f+		54.			
55.	56. Felgaufschw. i.d. Stützwaagegegr. (2s) Felge upward to support scale straddled (2 s.)  f>		57. Felgaufschw. i.d. Kreuzhang (2s) Felge upward to cross or L-cross (2 s.).  f+ft	58. Felgaufschw. i.d. Stützwaage (2s) Felge upward to support scale (2 s.).  f>	59. Felgaufschw. i.d. Schwalbe (2s) Felge upward to Swallow (2 s.).  f _m	60. Stemme vw. zur Schwalbeumgekehrt (2s) (Rodrigues) Uprise forward to inverted swallow (2 s.). (Rodrigues)  +u					
61.	62.		63.	64.		65. Felgaufschw. i.d. Kopfkreuz (2s) Felge upward to invert. cross (2 s.).  f+		66.			
67.	68. Stemme rw. i.d. Stützwaagegegr. (2s) Uprise bwd. to support scale straddled (2 s.).  +>		69.	70. Stemme rw. i.d. Stützwaage (2s) Uprise bwd. to support scale (2 s.).  +>		71. Stemme rw. i.d. Schwalbe (2s) Uprise bwd. to Swallow (2 s.).  + _m		72.			

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwung- zu Kraftthalteelementen (2 Sekunden)											
73.		74.		75.		76.		77. Stemme rw. i.d. Kopfkreuz (2s) Uprise bwd. to inverted cross (2 s.). 		78.	
79.		80.		81.		82. Felge rw. gestr. i.d. Stützwaage(2s) Felge bwd. straight to free sup. scale. (2 s.) 		83.		84.	
85.		86.		87.		88.		89.		90.	
91.		92.		93.		94.		95.		96.	

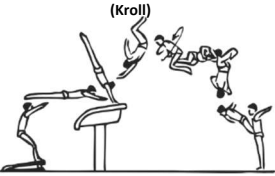
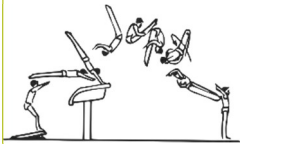
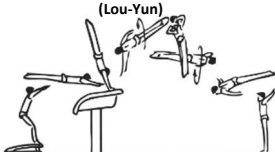
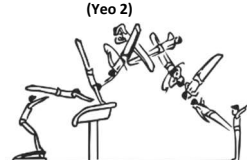
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EG IV Abgänge											
1.	Salto vw. geb. o. gestr. (auch m.1/2 Dr.) Salto fwd. piked or straight, also with ½ t.	2.	Salto vw. geb. o. gestr. m. 1/1 Dr. Salto fwd. piked or straight with 1/1 t.	3.	Salto vw. geb. o. gestr. m. 3/2 Dr. Salto fwd. piked or straight with 3/2 t.	4.	Salto vw. geb. o. gestr. m. 2/1 Dr. Salto fwd. piked or straight with 2/1 t.	5.		6.	
											
7.		8.		9.	Dosa vw. geh. (auch m. 1/2 Dr.) Double salto fwd. tucked or tucked with ½ t.	10.	Dosa vw. geh. m. 3/2 Dr. (auch m.1/1 Dr.) (Fischer) Double salto fwd. tucked with 3/2 t (also 1/1 t.)	11.		12.	
											
13.		14.		15.		16.	Dosa vw. geb. (auch m. 1/2 Dr.)(Balabanov) Double salto fwd. piked or piked with ½ t.	17.	Dosa vw. geb. m. 3/2 Dr. (auch m.1/1 Dr.) Double salto fwd. piked with 3/2 t. (also 1/1 t.).	18.	
											
19.		20.		21.		22.		23.		24.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG IV Abgänge											
25. Salto rw. geb. o. gestr. (auch m. 1/2 Dr.) Salto bwd. piked or straight also with ½.		26. Salto rw. gestr. m. 1/1 Dr. Salto bwd. straight with 1/1 t.		27. Salto rw. gestr. m. 3/2 Dr. o. 2/1 Dr. Salto bwd. straight with 2/1 t. or 3/2 t.		28.		29. Salto rw. m. 3/1 Dr. Salto bwd. straight with 3/1 t.		30.	
31.		32. Dosa rw. geh. o. geb. Double salto bwd. tucked or piked.		33. Dosa rw. gestr. Double salto bwd. straight.		34.		35.		36. [G] Dreifachsalto geh. Triple salto bwd. tucked.	
37.		38.		39.		40.		41.		42. [I] Dreifachsalto geb. (Whittenburg) Triple salto bwd. piked. (Whittenburg)	
43.		44.		45. Dosa rw. geh. m. 1/2 o. 1/1 o. 3/2 Dr. Double salto bwd. t. with ½ or 1/1 t.		46.		47. Dosa rw. geh. m. 2/1 Dr. Double salto bwd. t. with 2/1 t.		48. Dosa rw. geh. m. 5/2 Dr. (Tuuha) Double salto bwd. t. with 5/2 t. (Tuuha)	

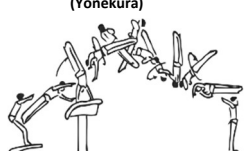
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EG IV Abgänge											
49.		50.		51. Salto rw. gestr. m. 1/1 Dr. u. Salto rw. geh. Salto bwd. str. with 1/1 t. and salto t. 		52. Dosa rw. gestr. m. 1/2 o. 1/1 Dr. Double salto bwd. straight with ½ or 1/1 t. 		53.		54. Dosa rw. gestr. m. 3/2 o. 2/1 Dr. Double salto bwd. straight with 3/2 or 2/1 t. 	
55.		56.		57.		58.		59.		60. [G] Dosa rw. geh. m. 3/1 Dr. Double salto backward with 3/1 turn G 	
61.		62.		63.		64.		65.		66.	
67.		68.		69.		70.		71.		72.	

#	Wert	EG I	#	Wert	EG II	#	Wert	EG III	#	Wert	EG IV	#	Wert	EG V
101	2.4	Überschl. vw. u. Salto vw. geh. mit 1/2 Dr. Hdspr. tucked. 1/2t.(Cuervo t.)	201	1.2	Überschl. vw. Handsprong	301	1.2	Überschl. sw. mit 1/4 Dr. Hdspr. sw. 1/4t.	401	2.4	Yurchenko geh. mit 1/1 Dr. Yur. tucked 1/1t.	501	1.2	Rondat und Überschl. rw. Rou. off, hdspr. bwd.
102	2.8	Überschl. vw. u. Salto vw. geh. mit 1/1 Dr. Hdspr. tucked 1/1t.(Cuervo t.w.1/2t.)	202	1.4	Überschl. vw. mit 1/2 Drehung Hdspr. 1/2t.	302	1.4	Überschl. sw. mit 3/4 Dr. Hdspr. 3/4t.	402	2.8	Yurchenko geh. mit 3/2 Dr. Yur. tucked 3/2t.	502	1.4	Rondat und Überschl. rw. mit 1/2 Dr. Rou. off, hdspr. bwd. 1/2t.
103	3.2	Überschl. vw. u. Salto vw. geh. mit 3/2 Dr. (Kroll) Hdspr. tucked 3/2t.(Kroll)	203	1.6	Überschl. vw. mit 1/1 Drehung Hdspr. 1/1t.	303	1.6	Überschl. sw. mit 5/4 Dr. Hdspr. sw. 5/4t.	403	3.2	Yurchenko geh. mit 2/1 Dr. Yur. tucked 2/1t.	503	1.6	Rondat und Überschl. rw. mit 1/1 Dr. Rou. off, hdspr. bwd. 1/1t.
104	3.6	Überschl. vw. u. Salto vw. geh. mit 2/1 Dr. (Canbas) Hdspr. tucked 2/1t.(Canbas)	204	1.8	Überschl. vw. mit 3/2 Drehungen Hdspr. 3/2t.	307	1.8	Tsukahara geh. Tsuk. Tucked.(Tsukahara)	404	3.6	Yurchenko geh. mit 5/2 Dr. Yur. tucked 5/2t.	507	1.8	Rondat und Überschl. rw. u. Salto rw. geh. (Yurchenko) Rou. off, tucked salto.(Yurchenko)
107	2.8	Überschl. vw. u. Salto vw. geb. mit 1/2 Dr. Hdspr. Piked ½t. (Cuervo p.)	205	2.0	Überschl. vw. mit 2/1 Drehungen Hdspr. 2/1t.	308	2.0	Tsukahara geb. Tsuk. piked.	405	3.6	Yurchenko gestr. mit 1/1 Dr. Yur. str. 1/1t.	508	2.0	Yurchenko geh. mit 1/2 Dr. Yur. tucked 1/2t.
108	3.2	Überschl. vw. u. Salto vw. geb. mit 1/1 Dr. Hdspr. piked 1/1t.	206	2.2	Überschl. vw. mit 5/2 Drehungen (Tsygankov) Hdspr. 5/2t.(Tsygankov)	309	2.0	Tsukahara geh. mit 1/2 Dr. Tsuk. tucked 1/2t.	406	4.0	Yurchenko gestr. mit 3/2 Dr. Yur. str. 3/2t.	509	2.0	Yurchenko geb. Yur. piked.
109	3.6	Überschl. vw. u. Salto vw. geb. mit 3/2 Dr. Hdspr. piked 3/2t.	207	2.0	Überschl. vw. u. Salto vw. geh. Hdspr. tucked.	313	2.8	Tsukahara gestr. Tsuk. str.	407	4.4	Yurchenko gestr. mit 2/1 Dr. Yur. str. 2/1t.	510	2.8	Yurchenko gestr. Yur. str.
113	3.6	Überschl. vw. u. Salto vw. gestr. mit 1/2 Dr. Hdspr. str. 1/2t.(Cuervo str.)	213	2.4	Überschl. vw. u. Salto vw. geb. Hdspr. piked.	314	3.2	Tsukahara gestr. mit 1/2 Dr. Tsuk. str. 1/2t.	408	4.8	Yurchenko gestr. mit 5/2 Dr. (Shewfelt) Yur. str. 5/2t.(Shewfelt)	511	3.2	Yurchenko gestr. mit 1/2 Dr. Yur. str. 1/2t.
114	4.0	Überschl. vw. u. Salto vw. gestr. mit 1/1 Dr. Hdspr. str. 1/1t.(Cuervo str.1/2t.)	219	3.2	Überschl. vw. u. Salto vw. gestr. Hdspr. str.	319	4.8	Tsukahara geh. mit Salto rw. geh. (Yeo) Tsuk. dbl. tucked.(Yeo)	409	5.2	Yurchenko gestr. mit 3/1 Dr. (Shirai / KIM Hee Hoon) Yur. str. 3/1t.(Shirai, KIM Hee Hoon)	513	1.4	Rondat, 1/2 Drehung u. Überschl. vw. Rou. off, 1/2t. hdspr.
115	4.4	Überschl. vw. u. Salto vw. gestr. mit 3/2 Dr. (Lou-Yun) Hdspr. str. 3/2t.(Lou Yun)	225	4.8	Überschl. vw. u. Doppelsalto vw. geh. (Roche) Hdspr. dbl. salto (Roche)	320	5.2	Tsukahara geb. mit Salto rw. geb. (Lu Yu Fu) Tsuk. dbl. piked.(Lu Yu Fu)	410	5.6	Yurchenko gestr. mit 7/2 Dr. (Shirai 2) Yur. str. 7/2t.(Shirai 2)	514	1.6	Rondat, 1/2 Drehung u. Überschl. vw. mit 1/2 Dr. Rou. off, 1/2t. hdspr. 1/2t.
116	4.8	Überschl. vw. u. Salto vw. gestr. mit 2/1 Dr. Hdspr. str. 2/1t.(Cuervo str.3/2t.)	226	5.2	Roche mit 1/2 Dr. (Dragulescu) Roche 1/2t.(Dragulescu)	321	5.6	Tsukahara geh. mit Salto rw. geh. mit 1/1 Dr. (Ri Se Gwang) Tsuk. dbl. 1/1t.(Ri Se Gwang)	413	2.6	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geh. mit 1/2 Dr. Rou. off, 1/2t. tucked. 1/2t.	515	1.8	Rondat, 1/2 Drehung u. Überschl. vw. mit 1/1 Dr. Rou. off, 1/2t. hdspr. 1/1t.
117	5.2	Überschl. vw. u. Salto vw. gestr. mit 5/2 Dr. (Yeo 2) Hdspr. str. 5/2t.(Yeo 2)	228	5.2	Überschl. vw. u. Salto vw. geh. m. 1/2 Dr. u. Salto rw. (Zimmermann) Hdspr. 1/2t. bwd.(Zimmerman)				414	3.0	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geb. m. 1/2 Dr. (Nemov) Rou. off, 1/2t. piked. 1/2t.(Nemov)	516	2.2	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geh. Rou. off, 1/2t. tucked.
118	5.6	Überschl. vw. u. Salto vw. gestr. mit 3/1 Dr. (Yang Hak Seon) Hdspr. str. 3/1t.(Yang Hak Seon)	231	5.2	Überschl. vw. u. Doppelsalto vw. geb. (Blanik) Hdspr. dbl. piked.(Blanik)				415	3.8	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 1/2 Dr. (Hutcheon) Rou. off, 1/2t. str. 1/2t.(Hutcheon)	517	2.6	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geb. Rou. off, 1/2t. piked.
119	2.4	Tsukahara geh. mit 1/1 Dr. (Kasamatsu) Tsuk. tucked 1/1t.(Kasamatsu)	232	5.6	Dragulescu geb. (Ri Se Gwang 2) Dragulescu piked.(Ri Se Gwang2)				416	4.2	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 1/1 Dr. Rou. off, 1/2t. str. 1/1t.	518	3.4	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. Rou. off, 1/2t. str.
120	2.8	Tsukahara geh. mit 3/2 Dr. Tsuk. tucked 3/2t.							417	4.6	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 3/2 Dr. Rou. off, 1/2t. str. 3/2t.	519	4.8	Yurchenko und Salto rw. geh. (Melissanidis) Yur. dbl. tucked.(Melissanidis)
121	3.2	Tsukahara geh. mit 2/1 Dr. (Barbieri) Tsuk. tucked 2/1 t.(Barbieri)							419	5.0	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 2/1 Dr. Rou. off, 1/2t. str. 2/1t.	520	5.2	Melissanidis geb. (Wei) Yur. dbl. piked.(Yang Wei)
122	3.6	Tsukahara geh. mit 5/2 Dr. Tsuk. tucked 5/2 t.							420	5.4	Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 5/2 Dr. (Li Xiao Peng) Rou. off, 1/2t. str. 5/2t.(Li Xiao Peng)	521	5.0	Rondat, 1/2 Dr. u. Überschl. vw. u. Doppels. vw. geh. Rou. off, 1/2t. dbl. salto.
125	3.6	Tsukahara gestr. mit 1/1 Dr. Tsuk. str. 1/1 t.										522	5.6	Yurchenko und Salto rw. geh. m. 1/1 Dr. (Olfati) (NL01) Yurchenko and salto backward tucked with 1/1 turn. (Olfati)
126	4.0	Tsukahara gestr. mit 3/2 Dr. Tsuk. str. 3/2 t.												
127	4.4	Tsukahara gestr. mit 2/1 Dr. (Akopian) Tsuk. str. 2/1 t.(Akopian)												
131	4.8	Tsukahara gestr. mit 5/2 Dr. (Driggs) Tsuk. str. 5/2 t.(Driggs)												
132	5.2	Tsukahara gestr. mit 3/1 Dr. (López) Tsuk. str. 3/1 t.(Lopez)												
133	5.6	Tsukahara gestr. mit 7/2 Dr. (Yonekura) Tsuk. str. 7/2 t.(Yonekura)												

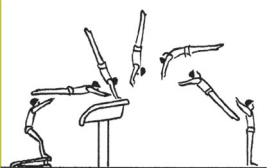
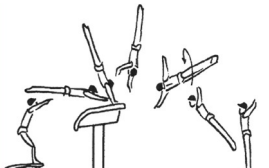
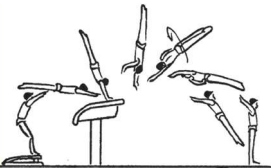
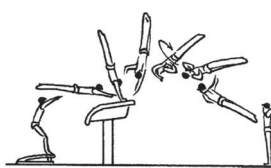
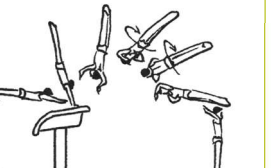
EG I Überschlagsprünge vw. oder sw. mit einem Salto und komplizierten Schrauben

101. Überschl. vw. u. Salto vw. geh. mit 1/2 Dr. Hdspr. fwd. and salto fwd. t. w. ½ t. (or Cuervo t.)  2.4	102. Überschl. vw. u. Salto vw. geh. mit 1/1 Dr. Hdspr. fwd. and salto fwd. t. w. 1/1 t. (Cuervo t. w. ½ t.).  2.8	103. Überschl. vw. u. Salto vw. geh. mit 3/2 Dr. (Kroll) Hdspr. fwd. and salto fwd. t. w. 3/2 t. (Cuervo t. w. 1/1 t.).  3.2	104. Überschl. vw. u. Salto vw. geh. mit 2/1 Dr. (Canbas) Hdspr. fwd. and salto fwd. t. w. 2/1 t. (or Cuervo t. w. 3/2 t.).  3.6	105.	106.
107. Überschl. vw. u. Salto vw. geb. mit 1/2 Dr. Hdspr. fwd. and salto fwd. p. w. ½ t. (Cuervo p.).  2.8	108. Überschl. vw. u. Salto vw. geb. mit 1/1 Dr. Hdspr. fwd. and salto fwd. p. w. 1/1 t. (Cuervo p. w. ½ t.).  3.2	109. Überschl. vw. u. Salto vw. geb. mit 3/2 Dr. Hdspr. fwd. and salto fwd. p. w. 3/2 t. (Cuervo p. w. 1/1 t.).  3.6	110.	111.	112.
113. Überschl. vw. u. Salto vw. gestr. mit 1/2 Dr. Hdspr. fwd. and salto fwd. str. w. ½ t. (Cuervo str.).  3.6	114. Überschl. vw. u. Salto vw. gestr. mit 1/1 Dr. Hdspr. fwd. and salto fwd. str. w. 1/1 t. (Cuervo str. ½ t.).  4.0	115. Überschl. vw. u. Salto vw. gestr. mit 3/2 Dr. (Lou-Yun) Hdspr. fwd. and salto fwd. str. w. 3/2 t. (Cuervo str. w. 1/1 t.).  4.4	116. Überschl. vw. u. Salto vw. gestr. mit 2/1 Dr. Hdspr. fwd. and salto fwd. str. w. 2/1 t. (Cuervo str. 3/2 t.).  4.8	117. Überschl. vw. u. Salto vw. gestr. mit 5/2 Dr. (Yeo 2) Handsprng fwd. and salto fwd. str. w. 5/2 t.  5.2	118. Überschl. vw. u. Salto vw. gestr. mit 3/1 Dr. (Yang Hak Seon) Handsprng fwd. and salto fwd. str. w. 3/1 t. (Yang Hak Seon)  5.6
119. Tsukahara geh. mit 1/1 Dr. (Kasamatsu) Hdspr. sw. w. ¼ t. a. salto fwd. t. w. ½ t. or Tsuk. t. w. 1/1 t.  2.4	120. Tsukahara geh. mit 3/2 Dr. Tsukahara t. w. 3/2 t. or Kasamatsu t. ½ t  2.8	121. Tsukahara geh. mit 2/1 Dr. (Barbieri) Tsukahara t. with 2/1 t.  3.2	122. Tsukahara geh. mit 5/2 Dr. Tsukahara t. with 5/2 t.  3.6	123.	124.

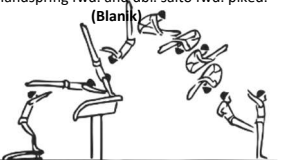
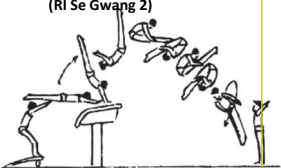
EG I Überschlagsprünge vw. oder sw. mit einem Salto und komplizierten Schrauben

125. Tsukahara gestr. mit 1/1 Dr. Tsukahara str. w. 1/1 t. or Kasamatsu str.  3.6 	126. Tsukahara gestr. mit 3/2 Dr. Kasamatsu str. with 3/2 t. or Tsukahara str. w. 3/2 t.  4.0 	127. Tsukahara gestr. mit 2/1 Dr. (Akopian) Kasamatsu str. w. 1/1 t. or Tsukahara str. w. 2/1 t. (Akopian)  4.4 	128.	129.	130.
127. Tsukahara gestr. mit 2/1 Dr. (Akopian) Kasamatsu str. with 3/2 t. (Driggs)  4.8 	131. Tsukahara gestr. mit 5/2 Dr. (Driggs) Kasamatsu str. with 2/1 t. (López)  5.2 	132. Tsukahara gestr. mit 3/1 Dr. (López) Kasamatsu str. with 5/2 t. or Tsukahara str. with 7/2 t. (Yonekura)  5.6 	134.	135.	136.
137.	138.	139.	140.	141.	142.
143.	144.	145.	146.	147.	148.

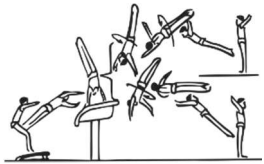
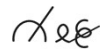
EG II Überschlagsprünge vw. ohne oder mit LAD, mit einem Salto und alle Doppelsalto vw.

201. Überschl. vw. Forward handspring.  1.2 ✓	202. Überschl. vw. mit 1/2 Drehung Forward handspring with ½ t.  1.4 ✓	203. Überschl. vw. mit 1/1 Drehung Forward handspring with 1/1 t.  1.6 ✓	204. Überschl. vw. mit 3/2 Drehungen Forward handspring with 3/2 t.  1.8 ✓	205. Überschl. vw. mit 2/1 Drehungen Forward handspring with 2/1 t.  2.0 ✓	206. Überschl. vw. mit 5/2 Drehungen (Tsygankov) Forward handspring with 5/2 t. (Tsygankov)  2.2 ✓
207. Überschl. vw. u. Salto vw. geh. Handspring fwd. and salto fwd. tucked.  2.0 ✓	208.	209.	210.	211.	212.
213. Überschl. vw. u. Salto vw. geb. Handspring fwd. and salto fwd. piked.  2.4 ✓	214.	215.	216.	217.	218.
219. Überschl. vw. u. Salto vw. gestr. Handspring fwd. and salto fwd. str.  3.2 ✓	220.	221.	222.	223.	224.

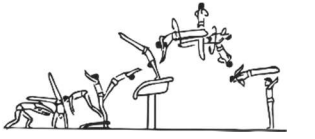
EG II Überschlagsprünge vw. ohne oder mit LAD, mit einem Salto und alle Doppelsalto vw.

225. Überschl. vw. u. Doppelsalto vw. geh. (Roche) Handspring fwd. and dbl. salto fwd. t. (Roche)  4.8	226. Roche mit 1/2 Dr. (Dragulescu) Roche with 1/2 turn. (Dragulescu)  5.2	227.	301. Überschl. sw. mit 1/4 Dr. Handspring fwd. and salto fwd. t. w. 1/4 t. and salto bwd. t. (Zimmerman)  5.2	229.	230.
231. Überschl. vw. u. Doppelsalto vw. geb. (Blanik) Handspring fwd. and dbl. salto fwd. piked. (Blanik)  5.2	232. Dragulescu geb. (Ri Se Gwang 2) Dragulescu piked. (Ri Se Gwang 2)  5.6	233.	234.	235.	236.
237.	238.	239.	240.	241.	242.
243.	244.	245.	246.	247.	248.

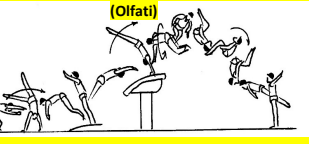
EG III Überschlagsprünge sw. und Tsukahara-Sprünge ohne Salto und ohne oder mit LAD, mit einem Salto und < 1/1 und alle Doppelsalto rw.

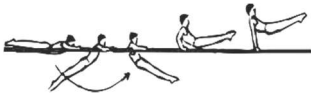
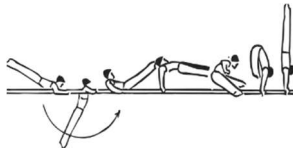
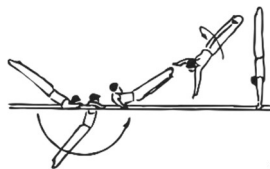
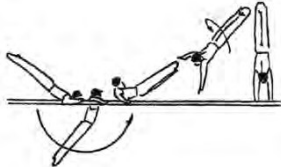
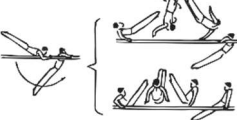
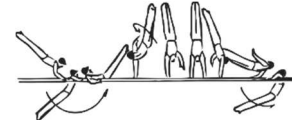
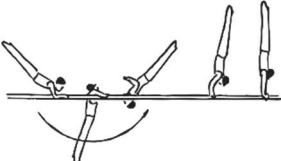
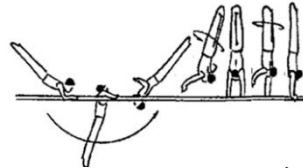
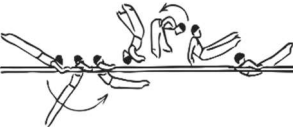
301. Überschl. sw. mit 1/4 Dr. Handspring sw. with ¼ t.  1.2 	302. Überschl. sw. mit 3/4 Dr. Handspring sw. with 3/4 t.  1.4 	303. Überschl. sw. mit 5/4 Dr. Handspring sw. with 5/4 t.  1.6 	304.	305.	306.
307. Tsukahara geh. Handspring sw. w. ¼ t. a. salto bwd. t. (Tsukahara)  1.8 	308. Tsukahara geb. Tsukahara piked.  2.0 	309. Tsukahara geh. mit 1/2 Dr. Tsukahara t. with ½ t.  2.0 	310.	311.	312.
313. Tsukahara gestr. Tsukahara straight.  2.8 	314. Tsukahara gestr. mit 1/2 Dr. Tsukahara str. with ½ t.  3.2 	315.	316.	317.	318.
319. Tsukahara geh. mit Salto rw. geh. (Yeo) Tsukahara with salto bwd. t. (Yeo)  4.8 	320. Tsukahara geb. mit Salto rw. geb. (Lu Yu Fu) Tsukahara with salto bwd. piked. (Lu Yu Fu)  5.2 	321. Tsukahara geh. mit Salto rw. geh. mit 1/1 Dr. (Ri Se Gwang) Double Tsukahara with 1/1 twist. (Ri Se Gwang)  5.6 	322.	323.	324.

EG IV Rondatsprünge mit einem Salto und komplizierten Schrauben

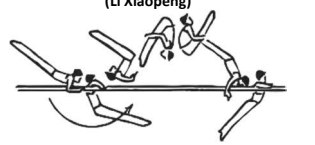
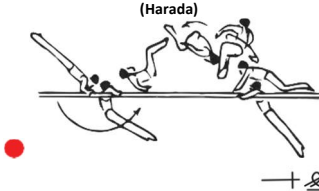
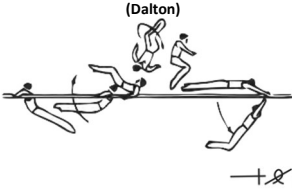
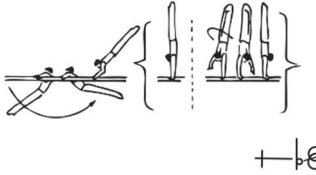
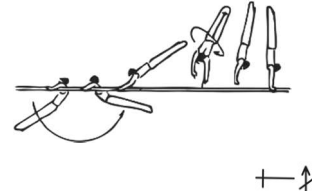
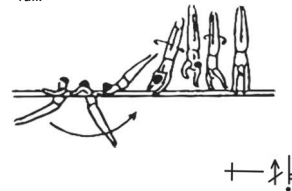
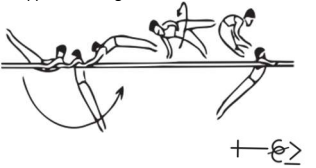
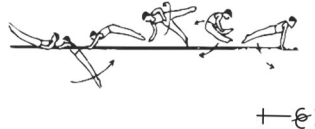
401. Yurchenko geh. mit 1/1 Dr. Yurchenko t. with 1/1 t.  2.4 $\lambda n e \epsilon$	402. Yurchenko geh. mit 3/2 Dr. Yurchenko t. with 3/2 t.  2.8 $\lambda n e \epsilon$	403. Yurchenko geh. mit 2/1 Dr. Yurchenko t. with 2/1 t.  3.2 $\lambda n e \epsilon$	405. Yurchenko geh. mit 5/2 Dr. Yurchenko t. with 5/2 t.  3.6 $\lambda n e \epsilon$	405. Yurchenko gestr. mit 1/1 Dr. Yurchenko straight with 1/1 t.  3.6 $\lambda n e / \epsilon$	406. Yurchenko gestr. mit 3/2 Dr. Yurchenko straight with 3/2 t.  4.0 $\lambda n e / \epsilon$
407. Yurchenko gestr. mit 2/1 Dr. Yurchenko straight with 2/1 t.  4.4 $\lambda n e / \epsilon$	408. Yurchenko gestr. mit 5/2 Dr. (Shewfelt) Yurchenko straight with 5/2 t. (Shewfelt)  4.8 $\lambda n e / \epsilon$	409. Yurchenko gestr. mit 3/1 Dr. (Shirai / KIM Hee Hoon) Yurchenko Straight 3/1 t. (Shirai - KIM Hee Hoon)  5.2 $\lambda n e / \epsilon$	410. Yurchenko gestr. mit 7/2 Dr. (Shirai 2) Yurchenko Straight 7/2 t. (Shirai 2)  5.6 $\lambda n e / \epsilon$		412.
413. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geh. mit 1/2 Dr. Round off, 1/2 t. and hdspr. fwd. and salto fwd. tucked with 1/2 t.  2.6 $\lambda e n o \epsilon$	414. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geb. m. 1/2 Dr. (Nemov) Round off, 1/2 t. and hdspr. fwd. and salto fwd. p. with 1/2 t. (Nemov)  3.0 $\lambda e n o \epsilon$	415. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 1/2 Dr. (Hutcheon) Round off, 1/2 t. and hdspr. fwd. and salto fwd. str. with 1/2 t. (Hutcheon)  3.8 $\lambda e n o \epsilon$	416. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 1/1 Dr. Round off, 1/2 t. and hdspr. fwd. and salto fwd. str. with 1/1 t.  4.2 $\lambda e n o \epsilon$	417. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 3/2 Dr. Round off, 1/2 t. and hdspr. fwd. and salto fwd. straight with 3/2 t.  4.6 $\lambda e n o \epsilon$	418.
419. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 2/1 Dr. Round off, 1/2 t. and hdspr. fwd. and salto fwd. straight with 2/1 t.  5.0 $\lambda e n o \epsilon$	420. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. m. 5/2 Dr. (Li Xiao Peng) Round off, 1/2 t. and hdspr. fwd. and salto fwd. str. with 5/2 t. (Li Xiao Peng)  5.4 $\lambda e n o \epsilon$	421.	422.	423.	424.

EG V Rondatsprünge mit o. ohne LAD, mit einem Salto und < 1/1 LAD und Doppelsaltos

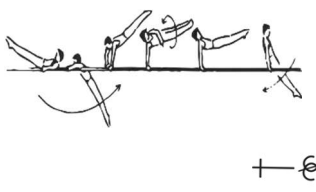
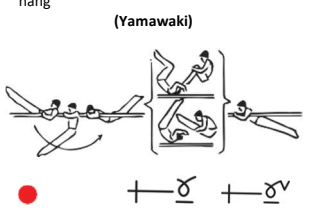
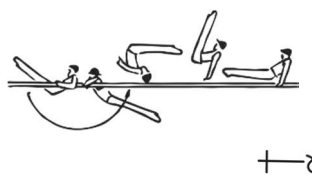
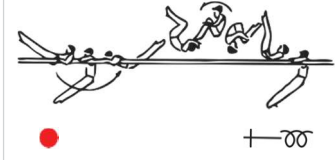
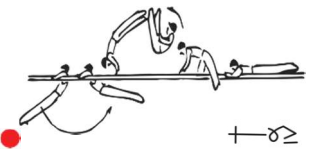
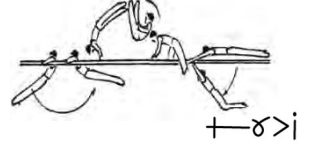
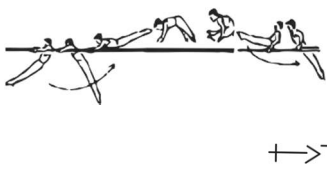
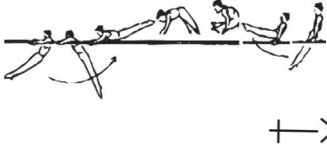
501. Rondat und Überschl. rw. Round off, handspring bwd.  1.2 λn	502. Rondat und Überschl. rw. mit 1/2 Dr. Round off, handspring bwd. with 1/2 turn.  1.4 $\lambda n e$	503. Rondat und Überschl. rw. mit 1/1 Dr. Round off, handspring bwd. with 1/1 turn.  1.6 $\lambda n e$	504.	505.	506.
507. Rondat und Überschl. rw. u. Salto rw. geh. (Yurchenko) Round off, hdspr. bwd. and salto bwd. t. (Yurchenko)  1.8 $\lambda n e$	508. Yurchenko geh. mit 1/2 Dr. Yurchenko t. with 1/2 t.  2.0 $\lambda n e e$	509. Yurchenko geb. Yurchenko piked.  2.0 $\lambda n e v$	510. Yurchenko gestr. Yurchenko straight.  2.8 $\lambda n e /$	511. Yurchenko gestr. mit 1/2 Dr. Yurchenko straight with 1/2 t.  3.2 $\lambda n e / e$	512.
513. Rondat, 1/2 Drehung u. Überschl. vw. Round off, 1/2 t. and handspring fwd.  1.4 $\lambda e n$	514. Rondat, 1/2 Drehung u. Überschl. vw. mit 1/2 Dr. Round off, 1/2 t. and hdspr. fwd. with 1/2 t.  1.6 $\lambda e n e$	515. Rondat, 1/2 Drehung u. Überschl. vw. mit 1/1 Dr. Round off, 1/2 t. and hdspr. fwd. with 1/1 t.  1.8 $\lambda e n e$	516. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geh. Round off, 1/2 t. and hdspr. fwd. and salto fwd. tucked.  2.2 $\lambda e n o$	517. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. geb. Round off, 1/2 t. a. hdspr. fwd. and salto fwd. p.  2.6 $\lambda e n o v$	518. Rondat, 1/2 Dr. u. Überschl. vw. u. Salto vw. gestr. Round off, 1/2 t. and hdspr. fwd. and salto fwd. str.  3.4 $\lambda e n o$
519. Yurchenko und Salto rw. geh. (Melissanidis) Yurchenko and salto bwd. tucked. (Melissanidis)  4.8 $\lambda n e e$	520. Melissanidis geb. (Wei) Melissanidis piked. (Yang Wei)  5.2 $\lambda n e v$	521. Rondat, 1/2 Dr. u. Überschl. vw. u. Doppels. vw. geh. Round off, 1/2 t. a. hdspr. fwd. and double salto fwd. tucked.  5.0 $\lambda e n o o$	522. Yurchenko und Salto rw. geh. m. 1/1 Dr. (Olfati) (NL01) Yurchenko and salto backward tucked with 1/1 turn.  5.6	523.	524.

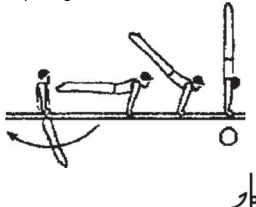
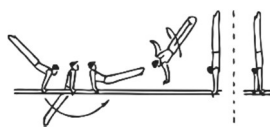
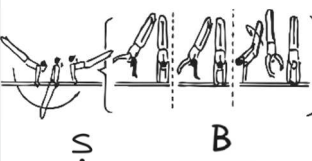
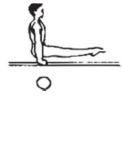
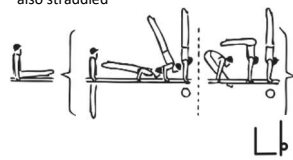
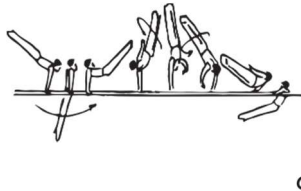
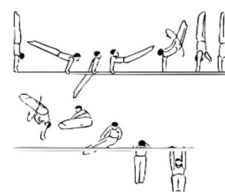
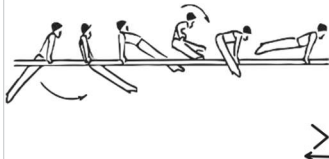
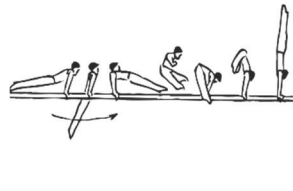
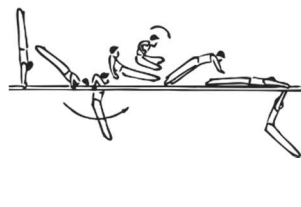
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Elemente die im Oberarmstütz beginnen											
1. Stemme vw. i.d. Stütz Forward uprise to support.											
	+										
2. Stemme vw. u. Rückgr. i.d. Hdst. Fwd. uprise and straddle cut bwd to handstand.											
		→>									
3. Stemme vw. u. Rückgr. i.d. Langhang (Muntean) Fwd. uprise and straddle cut bwd to hang.											
		→>									
4.											
5. Stemme vw. m. Stützkehre i.d. Hdst. Fwd. uprise with 1/2 t. to handstand.											
								→S			
6. Stemme vw. m. Stützkehre m. 1/4 Dr i.d. Hdst. u. Kippe sw. Fwd. uprise with Stützkehr 3/4 t. or 1/4 t. to handstand followed by a kip on one rail											
									→B		
7. Stemme vw. m. 1/4 Dr. i.d. Hang a. 1Holm Fwd. uprise with 1/4 t. to hang on 1 rail.											
	→↑										
8. Rolle rw. m. 1/2 Dr. o. Stemme vw. mitKato Sprung i.d. Stütz (Watanabe) Roll bwd. with 1/2 t. from upper arm hang or Fwd. uprise to Kato hop to support.											
		→Ka									
		→E									
9.											
10.											
11. Stemme vw. m. Makuts i.d. Oberarmhang Fwd. uprise to Makuts to upper arm.											
		→Mk									
12. [G] Stemme vw. m. Makuts i.d. Stütz (Tsolakidis 1) Fwd. uprise to Makuts to support.											
									G	→Mk	
13.											
14. Rolle rw. m. gestr. Armen i.d. Hdst. Roll bwd. to handstand with straight arms.											
		→p									
15. Rolle rw. m. 1/4 Dr. i.d. Hdst a. 1Holm (Kovtun) Back toss from upper arm with 1/4 turn to one rail											
		→p									
16.											
17. Stemme vw. m. Diamidov. i.d. Hdst.(Richards) Fwd. uprise with 1/1 t. to handstand.											
		→d									
18. Stemme vw. m. Diamidov m. 1/2 Dr.i.d. Hdst. (Tsolakidis 2) Fwd. uprise with 3/2 t. to handstand.											
		→d									
19.											
20. Rolle rw. m. Vorgrätschen i.d. Oberarmhang Salto bwd. with straddled. cut to upper arm hang.											
		→Q									
21. Rolle rw. m. Vorgrätschen i.d. Stütz Roll bwd. with straddled cut to support.											
		→Q									
22.											
23.											
24. Stemme vw. u. Dosa rw.(Dimitrenko) Roll bwd. with salto bwd. tuck to upper arm hang.											
										→Q	

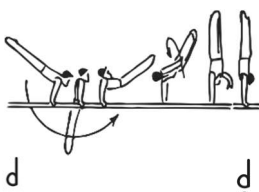
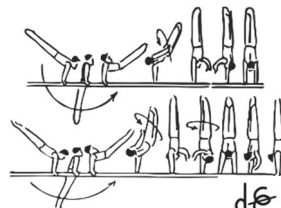
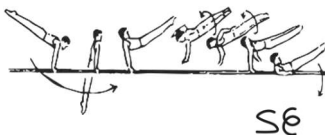
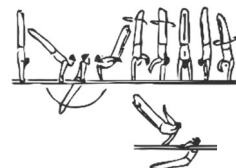
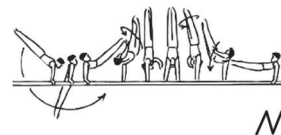
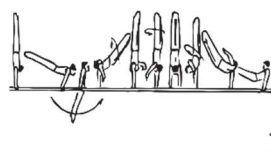
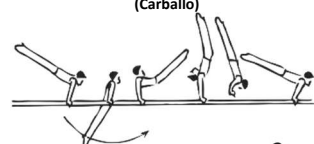
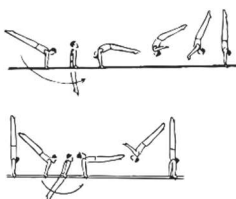
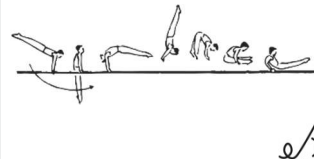
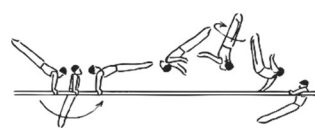
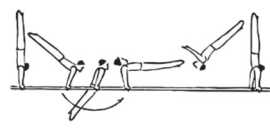
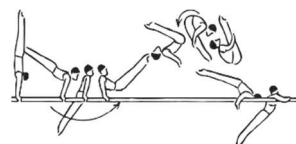
● Prohibited for juniors. / Verboten für Junioren

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Elemente die im Oberarmstütz beginnen											
25.			26.			27.			28.		
										30. [G] Dimitrenko geb. (Li Xiaopeng) Roll bwd. with salto bwd.pike to upper arm hang  G	
31.			32.			33.			34. Stemme vw. Salto rw. geh. m. 1/2Dr. i.d. Oberarmhang (Harada) Roll bwd. with ½ t. tuck to upper arm hang.  +	35. Stemme vw. Salto rw. geh. m. 1/2 Dr.i.d. Hang (Dalton) Roll bwd. with ½ t. tuck to hang.  +	
37.			38. Stemme rw. i.d. Hdst. - auch m. 1/2Dr. Bwd. uprise to handstand (or with ½ t).  +	39.		40. Stemme rw. m. gespr. 1/2 Dr. i.d.Hdst. Bwd. uprise with ½ t. hop to handstand.  +		41. Stemme rw. m. gespr. 3/4 Dr. i.d.Hdst. a. 1 Holm Bwd. uprise with ¾ t. hop to handstand on 1 rail.  +		42.	
43.			44. Stemme rw. 1/2 Dr. m. Rückgrätschen i.d. Oberarmhang Bwd. uprise with ½ t. and straddle cut bwd. to upper arm hang.  +	45. Stemme rw. 1/2 Dr. m. Rückgrätschen i.d. Stütz Bwd. uprise with ½ t. a. straddled cut bwd. to support.  +		46.		47.		48.	

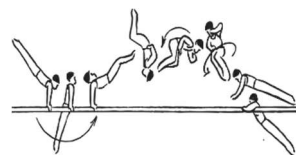
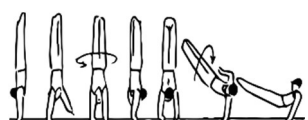
● Prohibited for juniors. / Verboten für Junioren

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8						
EG I Elemente die im Oberarmstütz beginnen																
49.			50. Stemme rw. m. 1/2 Dr. i.d. Stütz Fwd. uprise with ½ t. to support.			51. Stemme rw. m. 5/4 Salto i.d.Oberarmhang (Yamawaki) Fwd. uprise and 5/4 salto fwd. t. to upper arm hang	52. Stemme rw. m. Salto vw. geb. o.gestr. i.d. Stütz Bwd. uprise and salto fwd. pike or straight to support.	53.								
																
55.			56.			57.	58.	59. Stemme rw. m. 5/4 Salto vw. m. Rückgr. i.d. Oberarmhang (Pakhniuk 1) Bwd. uprise and 5/4 salto fwd. straddled to upper arm hang. (Pakhniuk 1)	60. Stemme rw. m. 5/4 Salto vw. m. Rückgr. i.d. Langhang (Pakhniuk 2) Bwd. uprise and 5/4 salto fwd. straddled to hang. (Pakhniuk 2)							
																
61. Stemme rw. Vorgrätschen o.Vorflanken i.d. Beugestütz Bwd. uprise and straddled cut or flank over to support. bent arm.			62. Stemme rw. Vorgrätschen o.Vorflanken zum Stütz Bwd. uprise and straddled cut or flank over to support straight. arm.			63.	64.	65.								
																
67.			68.			69.	70.	71.								
								</								

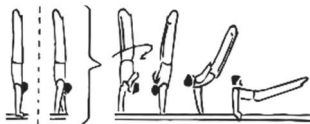
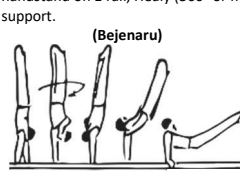
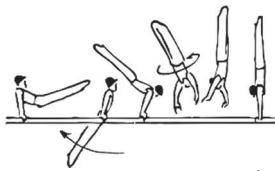
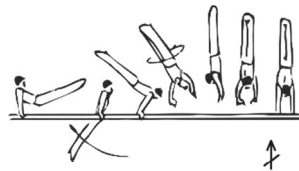
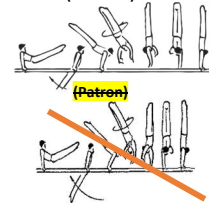
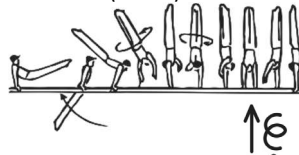
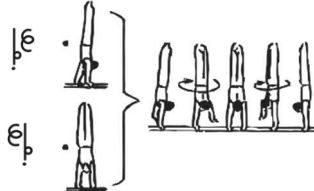
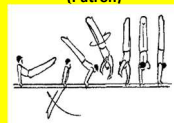
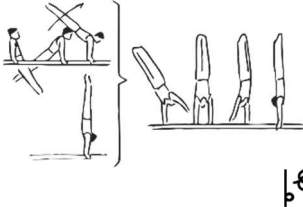
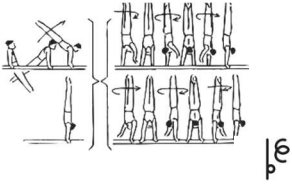
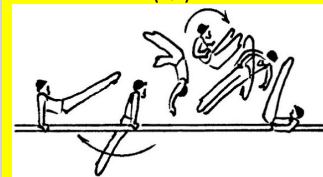
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Elemente im Stütz oder durch den Stütz auf beiden Holmen											
1. Alle Handstände a. 1 o. 2 Holmen (2s) Any swing to handstand		2. Kehrschwung gespr. (Kato) Bent arm swing fwd. to hop ½ t. to support. (Kato)		3. Stützkehre (auch a. 1 Holm) Stützkehr fwd. to handstand (to 1 or 2 bars).		4. Stützkehre i.d. Seitstütz a. 1 Holm, auch m. 1/4 o. 3/4 Dr. (Biloserchev-Peters)- Salto rw. i.d. Seitstütz a. 1 Holm, auch m. 1/4 o. 3/4 Dr. (Dimic) Stützkehr fwd. to handstand (1 rail (also with additional ¼ or ¾ turn to handstand) (Biloserchev - Peters) (Dimic)		5.		6.	
7. Alle Winkelstütze a. 1. o. 2 Holmen (2s) Any L-sit on 1 or 2 rails (2 s.)		8. Alle Schweizer Handstände a. 1 o. 2 Holmen auch gegr. (2s) Any press with bent arm straight. body, or str. arm bent body to handstand., on 1 or 2 rails (2 s.) also straddled		9. 3/4 Diamidov u. 1/2 Dr. i. d. Oberarm (Salazar) ¾ Diamidov and ½ turn to upper arms.. (Salazar)		10. 3/4 Diamidov u. Kehre gespr. i.d. Seithang (De Freitas) ¾ Diamidov and rear vault to side hang on 1 bar. (De Freitas)		11.		12.	
13. Rückgrätschen i.d. Stütz Straddle cut bwd. to support.		14. Rückgrätschen i.d. Hdst. Straddle cut bwd. to handstand.		15. a.d. Beugestütz Rückgrätschen direkt i.d. Hang (Babos) Straddle cut bwd. directly to hang (Babos)		16.		17.		18.	
19. Vorgrätschen i.d. Stütz o. Winkelstütz (2s) Straddle cut fwd. to support or L-sit (2 s.).		20.		21.		22.		23.		24.	

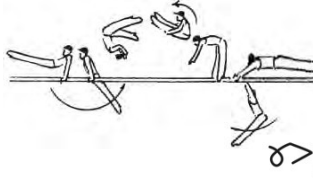
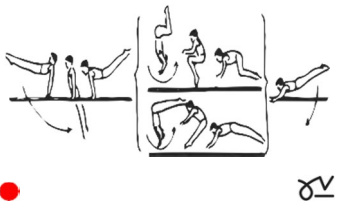
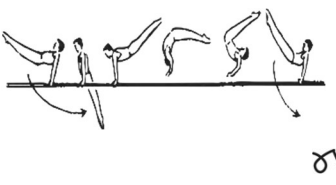
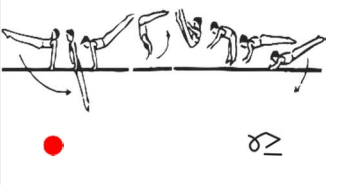
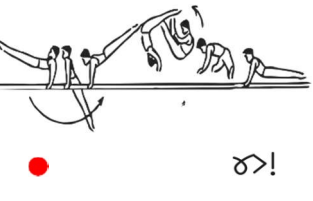
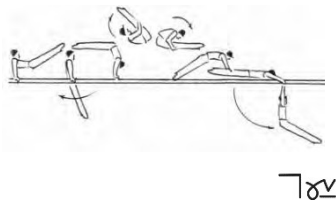
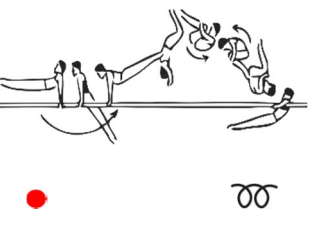
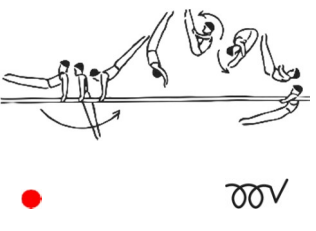
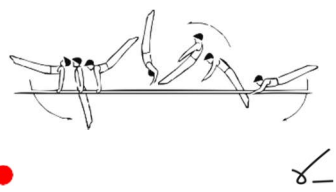
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EG II Elemente im Stütz oder durch den Stütz auf beiden Holmen											
25.		26.		27. Vorschwung m. 1/1 o. 5/4 Dr. a. 1 Arm i.d. Hdst. Swing fwd. with 1/1 t. on 1 arm to handstand. (Diamidov)		28. Diamidov m. ¼ o. ½ Dr. i.d. Hdst. Diamidov with ¼ or ½ t. to handstand.		29.		30.	
31.		32. Vorschwung vw. m. 1/1 Dr. i.d. Oberarmhang Swing fwd. with 1/1 t. to upper arm hang. (Carminucci)		33.		34. Vorschwung m. 5/4 Dr. a. 1 Arm i.d. Hdst. und Healy i.d. Oberarmhang Swing forward with 5/4 t. on one arm through handstand. and Healy to upper arm.		35. ¼ Diamidov & ¾ Healy on the other hand to support (Makuts)		36. Vorschwung m. 5/4 Dr. a. 1 Arm i.d. Healy i.d. Stütz Swing forward with 5/4 t. on one arm through handstand. and Healy to support. (Zonderland)	
37.		38. Vorschwung zum Hdst. m. Umspr. i.d. Stütz (Carballo 1) Swing fwd. to handstand, hop to support. (Carballo)		39. Salto rw. i.d. Hdst. - auch a. 1 Holm (Rumbutis) Salto bwd to handstand. Also to one rail.		40. Salto rw. m. Übergrätschen ohne Zwischenstütz i.d. Stütz Salto backward with straddle cut to support.		41.		42.	
43.		44.		45. Salto. rw. m. 1/2 Dr. i.d. Oberarmhang (Toumilovitch) Salto bwd. with ½ t. to upper arm hang. (Toumilovitch)		46. Salto rw. i.d. Hdst a. 1 Holm u. Healy Salto bwd to handstand 1 rail (connected to Healy type element).		47. Dosa rw. i.d. Oberarmhang (Morisue) Double salto tuck to upper arm hang. (Morisue)		48. Morisue geb. (Huang Liping) Double salto pike to up. arm hang. (Huang Liping)	

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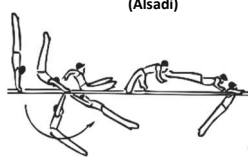
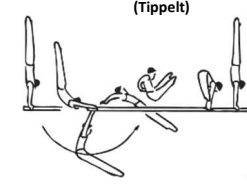
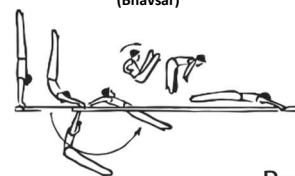
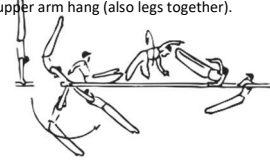
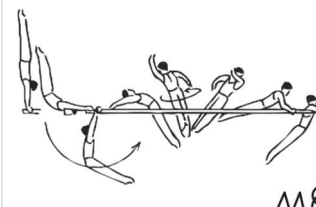
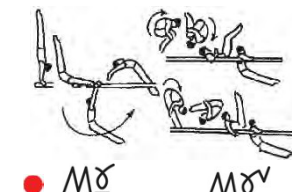
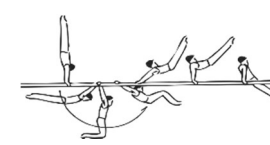
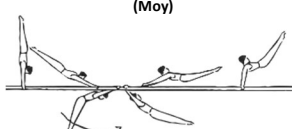
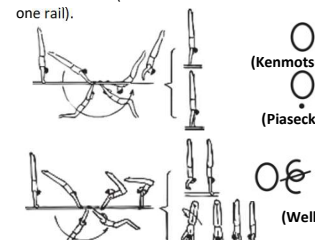
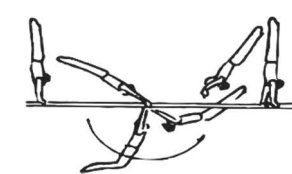
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EG II Elemente im Stütz oder durch den Stütz auf beiden Holmen											
49.				50.				51.			
								52.	3/2 Salto rw. m. 1/2 Dr. i.d. Oberarmhang (Suarez) 3/2 salto bwd. with ½ t. to upper arm hang. (Suarez)		53.
											
								● Su		● G	
55.				56.	Hdst. 1/4 Dr. u. Abschwngen m. 1/4 Dr. i.d. Stütz o. 3/4 Healy a.d. Hdst seitwärts Handstand. with ¼ t. and fall back to support with ¼ t.			57.	Hdst. m. 3/4 Dr. u. Abschwngen m. 1/4 Dr. (Brandström) Handstand. with ¼ t. and fall back to support with ¼ t. (Brändström)		
											
				b			c p.b				
61.				62.	Stützkehre rw. i.d. St. Stützkehr bwd. to support.			63.	Stützkehre rw. d.d. Hdst. (Novikov) Stützkehr bwd. through handstand. to support. (Novikov)		
											
				b			b p				
67.				68.				69.	Stützkehre rw. m. Rückgr. Stützkehr bwd. with straddle cut bwd. to support		70.
											
							b>				

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A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II Elemente im Stütz oder durch den Stütz auf beiden Holmen											
73. Healy i.d. Oberarmhang Healy to upper arm hang (also from handstand on 1 rail).		74. a.d. Hdst. a. 1 Holm Healy i.d. Oberarmhang Following a swing element (min. B) to handstand on 1 rail, Healy to upper arm hang.		75. Healy (auch v. 1 Holm) Healy to support (also from handstand on 1 rail). (Healy)		76. v. 1 Holm Healy (zuvor Schwungelement mind. B-Teil) (Bejenaru) Following a swing element (min. B) to handstand on 1 rail, Healy (360° or more) to support. (Bejenaru)		77.		78.	
											
b		Min. B		b		b					
79.		80.		81. Rückschw. gespr. m. 1/2 Dr. i.d. Hdst. Swing bwd. with ½ t. hop to handstand.		82. Rückschw. gespr. m. 3/4 Dr. i.d. Hdst. Swing bwd. with ¾ t. hop to handstand on one rail (NL02).		83. Rückschw. gespr. m. 1/1 Dr. (a.-rw) i.d. Hdst. (Gatson 1) (Patron) Swing bwd. with 1/1 t. hop to handstand (or reverse 1/1 t. to handstand)-(NL02)		84. Rückschw. gespr. m. 1/1 Dr u. m. 1/2 Dr. i.d. Hdst. (Gatson 2) Gatson 1 with ¼ t to handstand on 1 rail and ¼ t. handstand on 2 rails.	
											
85.		86. v. 1 Holm, 1/2 o. 3/4 Dr. im Hdst. From handstand on 1 rail, ½ or ¾ t. fwd. or bwd. In handstand.		87. Rückschwung m. ¼ Dr. z. Handstand a. e. Holm mit weniger als ¼ Dr. gesprungen Swing backward with ¼ turn to one rail with hop less than ¼ turn (NL02)		88. Rückschw gespr. m. 1/1 Dr. z. Handstand mit weniger als ¼ Dr. gesprungen Swing backward with 1/1 turn with hop less than ¼ turn. (NL02) Rückschw. gespr. m. ¼ Dr. rw a. e. Holm und ¼ Drehung a. e. Holm z. Handstand (Patron) Hop with rev. ¼ turn to one rail and ¼ turn on one rail to handstand. (NL02)		89. Rückschw. gespr. m. 5/4 Dr. a. e. Holm mit weniger als ¼ Drehung gesprungen Swing backward with 5/4 turn to one rail with hop less than ¼ turn. (NL02)		90.	
											
91. jeder Hdst. m. 1/2 Dr. (auch m. 2s) Any handstand . with ½ turn. (also with 2 s.)		92. jede 1/1 Dr. i. Hdst. a. 2 Holmen Any 1/1 pirouette in handstand on 2 rails.		93.		94.		95. 5/4 Grätschsalto vw. m. ¼ Dr. i.d. Oberarmhang (Hall) 5/4 salto fwd straddled with ½ turn to upper arm (NL01) (Hall)		96.	
											
b		b									

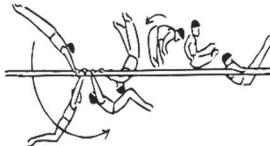
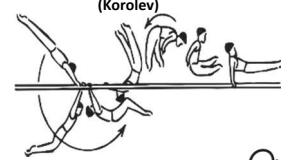
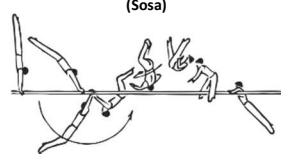
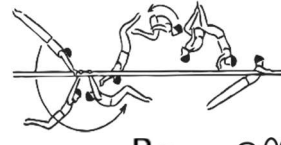
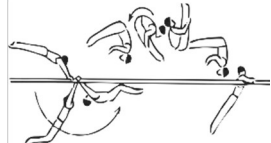
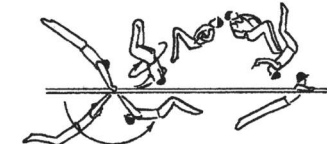
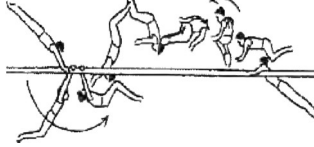
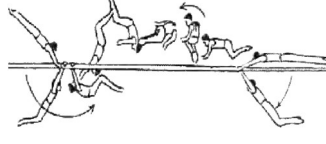
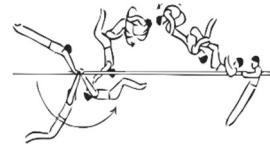
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EG II Elemente im Stütz oder durch den Stütz auf beiden Holmen											
97.		98.		99.	a.d. Hdst. Überfallen i.d. Stütz (Carballo 2) From handstand, salto fwd to support or from handstand with rotated grip, inlocate to support. (Carballo 2)	100.		101.	Salto vw. gegr. i.d. Hang (Lee Chul Hon / Sasaki) 5/4 salto fwd. straddle directly to hang. (Lee Chul Hon/Sasaki)	102.	
											
103.		104.	5/4 Salto vw. geh. o. geb. i.d. Oberarmhang 5/4 salto fwd. tuck or pike to upper arm hang.	105.	Salto vw. geb. i.d. Stütz Salto fwd to support.	106.	Salto vw. gegr. i.d. Oberarmhang 5/4 salto fwd. straddled to upper arm hang	107.	Salto vw. gegr. i.d. Beugestütz 5/4 salto fwd. straddled to bent arm support.	108.	
											
109.		110.		111.	5/4 Salto vw. geb. i.d. Langhang (Juarez 2) Salto fwd. piked to hang. (Juarez 2)	112.		113.	Dosa vw. geh. i.d. Oberarmhang Double salto fwd. tuck to upper arm hang.	114.	Dosa vw. geb. i.d. Oberarmhang Double salto fwd. pike to upper arm hang.
											
115.		116.		117.	Salto vw. gestr. i.d. Oberarmhang 5/4 salto fwd. straight to upper arm hang	118.		119.	Salto vw. m. 1/1 Dr. i.d. Oberarmhang (Urzica) Salto fwd. with 1/1 t. to upper arm hang. (Urzica)	120.	
											

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A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge											
1.		2.		3.	Vorschw. i. Langh. m. Rückgrätschen u. Wiederfassen m. gestr. Körper i.d. horizontal i.d. Oberarmhang (Alsadi) Swing forward, straddle cut backward, and regrasp with straight body at horizontal to bent and upper arm. (Alsadi)  T	4.	Moy m. Rückgrätschen i.d. Hdst. (Tippelt) Moy piked with straddle bwd to handstand (Tippelt)  T	5.	Vorschw. i. Langh. m. Rückgrätschen u. Wiederfassen m. gestr. Körper horizontal i.d. Langhang (Bhavsar) Swing forward, straddle cut backward, and regrasp with straight body at horizontal. (Bhavsar)  Bv	6.	
7.		8.	Moy geb. m. Rückgrätschen u. 1/2 Dr. i.d. Oberarmhang Moy piked with straddled. cut bwd. and 1/2 t. to upper arm hang (also legs together).  Me	9.	Moy m. 1/1 Dr. i.d. Oberarmhang (Nolet) Moy piked with 1/1 t. to upper arm hang. (Nolet)  Me	10.	Moy m. Salto vw. geh. o. geb. i.d. Oberarmhang (Giraldo) Moy and salto fwd. tuck, pike, or straddled. To upper arm hang. (Giraldo)  Mσ Mσv	11.		12.	
13.		14.	Moy m. geh. Beinen i.d. Stütz (a. ohne Griff lösen) Moy to support bent legs (also without grip release).  Mz	15.	Moy m. gestr. Beinen i.d. Stütz (auch ohne Griff lösen) Moy to support straight legs (also without grip release). (Moy)  M	16.		17.		18.	
19.		20.		21.	Riesenfelge rw. i.d. Hdst. (auch a. 1 Holm oder m. 1/4 o. 1/2 Dr.) (Kenmotsu) oder mit Ausschußtern (Wels) Giant swing bwd. to handstand or with inlocation fwd. (also with 1/4 or 1/2 turn and to one rail).  (Kenmotsu) (Piasecky) (Wells)	22.	Riesenfelge rw. i.d. Hdst. a. 1 Holm , gefolgt v. Healy (Piasecky) Giant swing bwd. to handstand on one rail (connected to Healy type element). 	23.		24.	

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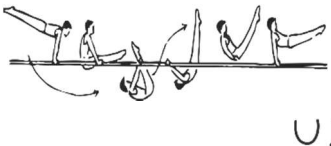
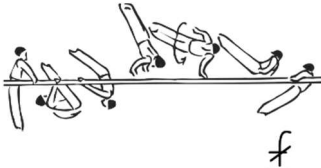
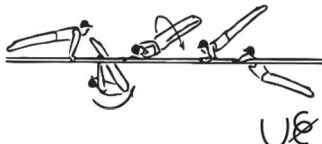
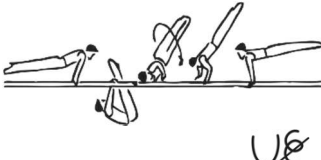
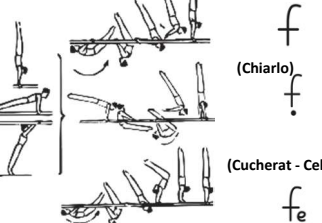
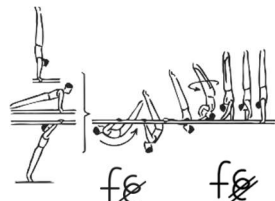
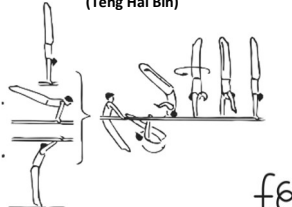
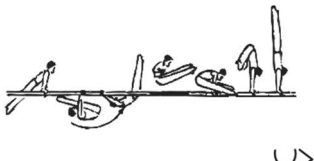
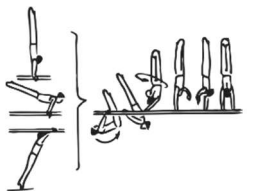
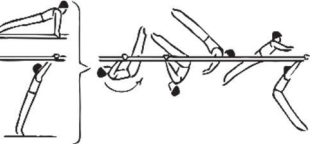
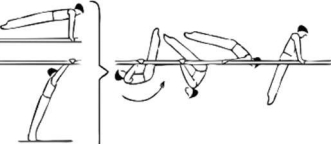
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EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge											
25.			26.			27.			28.		

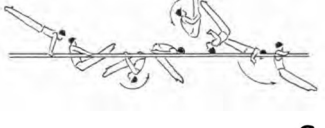
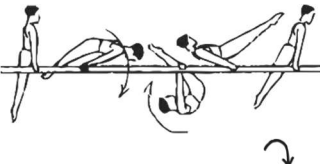
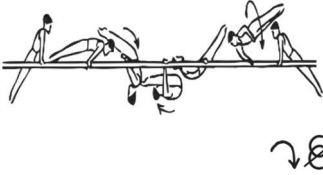
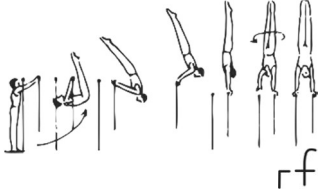
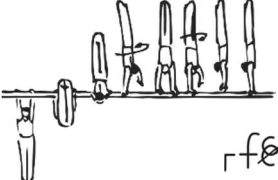
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EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge											
49.		50. Riesenumschw. m. Vorgr. i.d. Oberarmhang Giant swing bwd. w. strad. cut to up. arm hang.			51.		52. Riesenfelge rw. m. vorgr. i.d. Stütz o. Beugestütz (Korolev) Giant swing bwd. with straddle cut to support or bent arms support.			53. Riesenfelge rw. u. Salto m. 1/2 Dr. u. Rückgrätschen i.d. Oberarmhang (Sosa) Giant swing bwd. with 1/2 t. and straddled cut bwd. to upper arms.	
		●	Oz			●	O>		●	So	
55.		56.		57.		58.		59. Riesenfelge rw. u. Dosa rw. geh. (Belle) From giant. sw. bwd., double salto tuck to upper arm hang.		60. Belle geb. Belle pike.	
								●	Be	ooo	●
										Bev	ooov
61.		62.		63.		64.		65.		66. [H] Belle m. 1/1 Dr. (Quintero) Belle with 1/1 turn.	
										●	H Q
67.		68.		69. Riesenfelge rw. u. Salto m. 1/2 Dr. i.d. Hang a. Holmenende (Chartrand) Giant swing bwd. and salto with 1/2 t. to hang on the end.		70. Riesenfelge rw. u. Salto geh. m. 1/2 Dr. i.d. Oberarmhang (Matsunaga) Giant swing bwd. and salto with 1/2 t. to upper arm hang.		71. Riesenfelge rw. u. Salto geh. m. 1/2 Dr. i.d. Hang (Solis) Giant swing bwd. and salto with 1/2 t. to hang.		72. [G] Riesenfelge 1/2 Dr. u. 3/2 Salto vw. (Tanaka) Giant swing bwd. with 1/2 t. and 3/2 salto fwd to upp arm hang.	
					ch	●	Oz		Oxi	●	G Ta

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A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge											
73. Schwebekippe a. 1 o. 2 Holmen Glide kip.		74. Schwebekippe 1/2 Dr. i.d. Stütz Glide kip with 1/2 t. to support.		75. Schwebekippe rw. i.d. Hdst. Glide kip bwd. to handstand.		76.		77. Riesenfelge rw. u. Salto m. 1/2 Dr geh. i.d. Stütz (Torres) Giant swing bwd. and salto with 1/2 t. to support. (Torres)		78. [H] Riesenfelge rw. m. 1/2 Dr. u. 3/2 Salto vw. geb. i.d. Oberarmhang (Esparza) Giant swing backward with 1/2 t. and 3/2 salto forward piked to upper arm hang. (Esparza)	
79.		80. Schwebekippe m. Rückgrätschen i.d. Hdst. (auch a. 1 Holm) Glide kip to straddled cut bwd. handstand on 1 or 2 rail.		81. Schwebekippe m. Rückgrätschen i.d. Langhang (Okubo) Glide kip to straddled cut bwd. to hand.		82.		83. Riesenfelge rw. u. Salto gestr. m. 1/2 Dr. i.d. Hang (Fokin) Giant swing bwd. and salto with 1/2 str to upper arm hang (Fokin)		84.	
85.		86. Schwebekippe seitl. gegr. a. 1 Holm i.d. Hdst. Glide kip one rail through L-sit straddled to handstand.		87. Schwebekippe seitl. geb. a. 1 Holm i.d. Hdst. Glide kip through L-sit piked to handstand.		88. Schwebekippe seitl. geb. a. 1 Holm i.d. Hdst. u. 3/4 Dr. gespr. Glide kip through L-sit piked to handstand and hop with 3/4 t. or more.		89.		90.	
91.		92. Schwebekippe seitl. geb. m. Sprung z. a. Holm i.d. Hang (Li Donghua) Glide kip through V-sit and hop 1/2 turn to hang on other rail. (Li Donghua)		93.		94.		95.		96.	

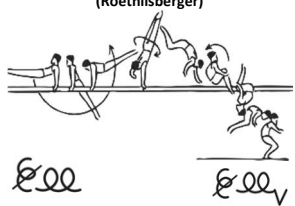
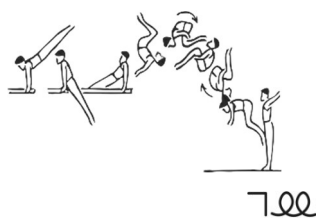
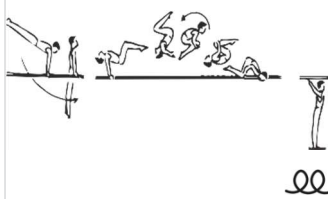
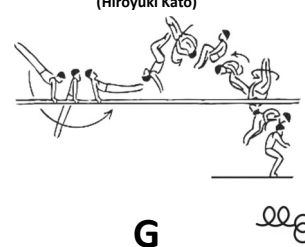
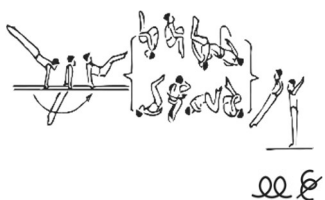
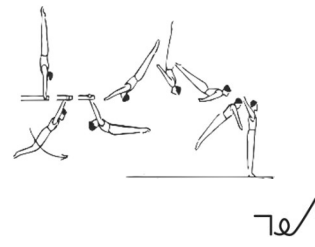
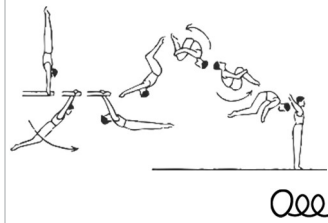
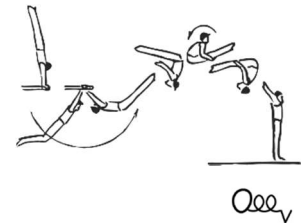
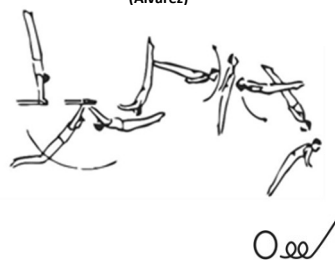
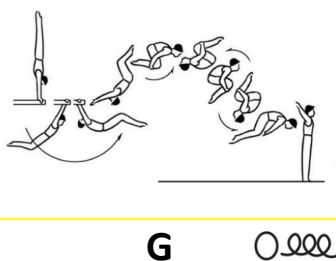
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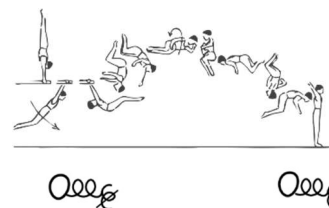
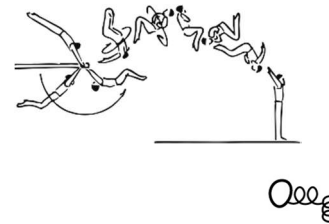
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge											
97. Unterschwingung Cast to upper arm hang.		98. Unterschwingung i.d. Stütz Cast to support.		99. Felge 1/2 Dr. i.d. Oberarmhang Felge with ½ t. to upper arm hang.		100. Felge 1/2 Dr. i.d. Stütz rl. Felge with ½ t. to rear support.		101.		102.	
											
U		U!		f		f!					
103.		104. Unterschwingung m. 1/2 Dr. i.d. Oberarmhang Cast with ½ t. to up. arm hang.		105. Unterschwingung m. 1/2 Dr. i.d. Stütz Cast with ½ t. to support.		106. Felge i.d. Hdst. - Felge a. 1 Holm - Felge i.d. Hdst m. 1/4 Dr. Felge to handstand. Also to one rail or ¼ t.		107. Felge i.d. Hdst. m. 1/2 o. 3/4 Dr. Felge with ½ or ¾ t. to handstand.		108. Felge m. 1/1 Dr. i.d. Hdst. (Teng Hai Bin) Felge with 1/1 t. to handstand. (Teng Hai Bin)	
											
		Ue		Ue		f (Chiario) f (Cucherat - Celen) fe		fe fe		fe	
109.		110.		111. Unterschwingung m. Rückgr. i.d. Hdst. (Arican) Cast to straddle cut backward to handstand. (Arican)		112.		113.		114. [G] Felge m. 5/4 Dr. (Zhou Shixioug) Felge with 5/4 t. to handstand. (Zhou Shixiong)	
											
				U>b						G fe	
115. Felge i.d. Hang Felge with travel to hang		116. Felge i.d. Stütz Felge to support		117. Felge m. Vorgrätschen i.d. Stütz Felge with immediate straddle cut to support.		118.		119. Felge i.d. Hdst. a. 1 Holm, und Healy (Chiario) Felge to one rail handstand (connected to Healy type element).		120. [G] Felge mit Makuts i.d. Stütz (Yamamuro) Felge through handstand to Makuts. (Yamamuro)	
											
fi		fi		f>				f		G f Mk	

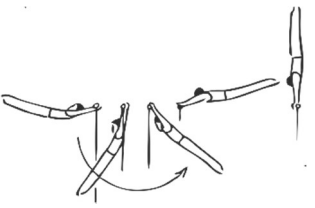
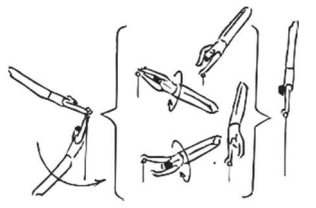
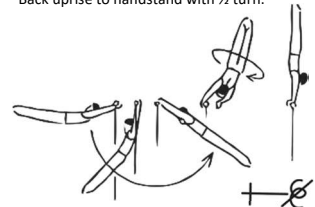
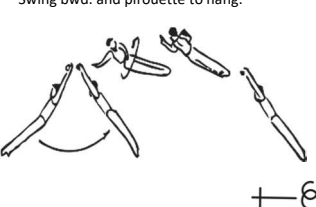
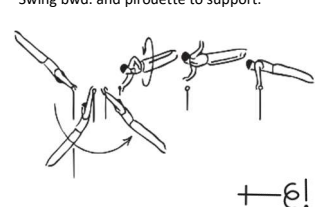
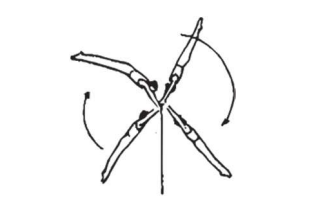
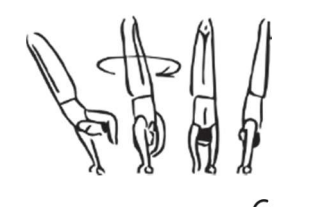
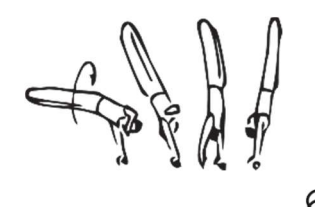
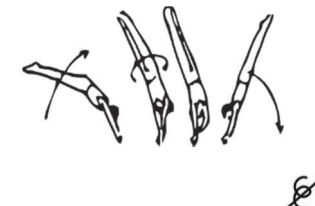
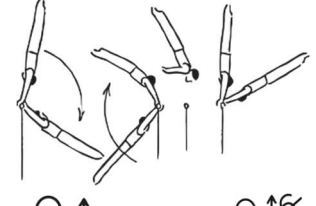
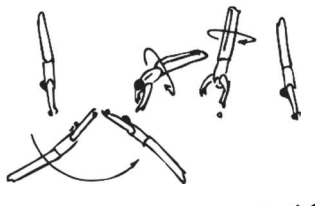
A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
EG III Schwungelemente durch den Hang an 1 od. 2 Holmen und Unterschwünge					
121.	122. Felge Salto rw. geh. m. 1/2 Dr. i.d. Oberarmhang (Gagnon 1) Felge roll backward with tuck salto ½ to upper arm hang. (Gagnon)  ● Ga	123. Felge Salto rw. gestr. m. 1/2 Dr. i.d. Oberarmhang (Gagnon 2) Felge roll backward with straight salto ½ to upper arm hang. (Gagnon 2)  ● Ga ₂	124.	125. Felge Salto rw. geh. i.d. Oberarmhang (Tajeda) Felge with salto bwd tuck to upper arm hang. (Tajeda)  ● f _l	126. Felge Salto rw. geb. i.d. Oberarmhang (Juarez) Felge with salto bwd p. to up. arm hang. (Juarez 1)  ● f _{ev}
127. Felge vw. i.d. Stütz Felge forward to support. 	128. Felge vw. m. 1/2 Dr. i.d. Stütz Felge forward with ½ t. to support. 	129.	130. Felge an 1 Holm m. 1/4 Dr. i.d. Hdst. Shoot up with ¼ t. to handstand.  rf	131. Felge an 1 Holm m. 1/2 o. 3/4 Dr. i.d. Hdst. (Nguyen) Shoot up with ½ or ¾ t. to handstand. (Nguyen)  rf _e	132.
133.	134.	135.	136.	137. Felge a. 1 Holm i.d. Hdst. mit Healy (Malone) Shoot up to handstand and fall back to support with ¼ turn. (Malone)  rfh	138.
139.	140.	141.	142.	143.	144.

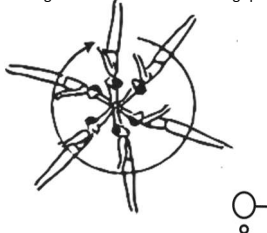
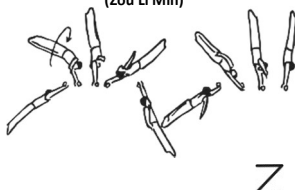
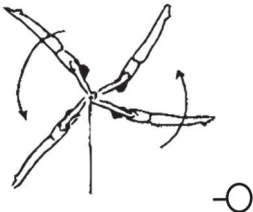
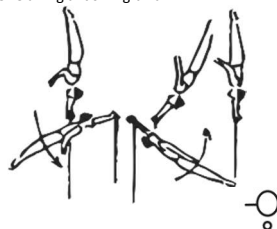
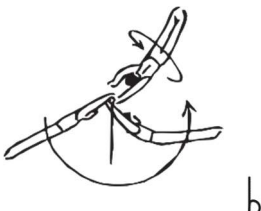
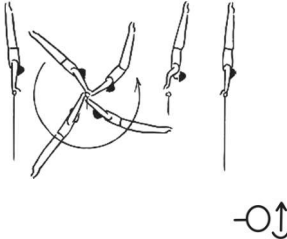
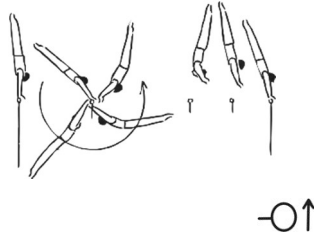
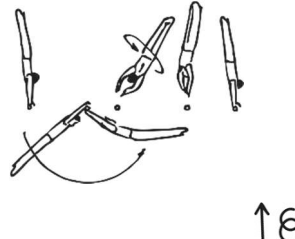
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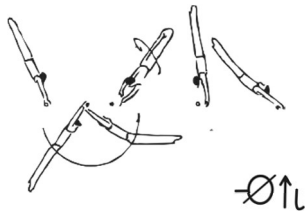
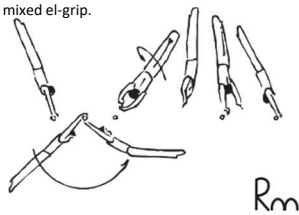
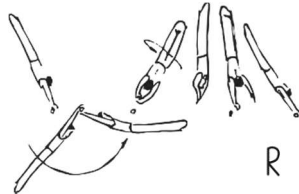
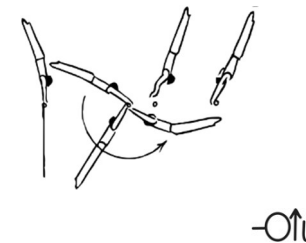
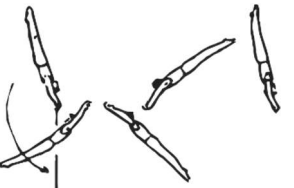
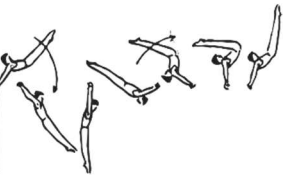
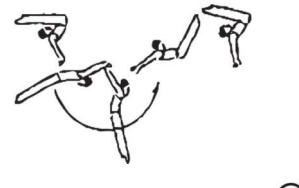
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EG IV Abgänge											
1.	Salto vw. geb. o. gestr. (auch m. 1/2 Dr.) Salto fwd. piked or straight also with ½ t.	2.		3.		4.		5.	Dosa vw. geh. Double salto fwd. tuck.	6.	Dosa vw geb. (Belyavskiy) Double salto fwd. p. (Belyavskiy)
7.		8.	Salto vw. geb. o. gestr. m. 1/1 Dr. Salto fwd. piked or straight with 1/1	9.	Salto vw. geb. o. gestr. m. 3/2 Dr. Salto fwd. piked or straight. 3/2 t.	10.	Salto vw. geb. o. gestr. m. 2/1 o. 5/2 Dr. Salto fwd. piked or straight with 2/1 or 5/2 t.	11.	Dosa vw. geh. m. 1/2 Dr. o. 1/2 Dr. m. Dosa rw. geh. Double salto fwd. tuck with ½ t. or ½ t. double salto bwd.	12.	[G] Dosa vw geh. m. 1/1 Dr. (Larduet) Double salto fwd. tucked with 1/1 t. (Larduet)
13.		14.		15.	Dosa vw. v. Holmenende Double salto fwd. tuck from end.	16.		17.		18.	Doppelsalto vw. geb. m. 1/2 Dr. (Dalaloyan) Double salto fwd. piked with ½ t. (Dalaloyan)
19.	Salto rw. geb. o. gestr. (auch m. 1/2 Dr.) Salto bwd. piked or straight, also with ½ t.	20.		21.	Salto rw. geb. o. gestr. m. 1/1 o. 3/2 Dr. Salto bwd. piked or straight with 1/1 or 3/2 t.	22.	Salto rw. gestr. m. 2/1 Dr. (Kan) Salto bwd. straight with 2/1 t. (Kan)	23.		24.	

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EG IV Abgänge											
25.		26.		27.		28.	Hohe Wende u. Salto rw. geh. (Roethlisberger) High wende and salto bwd tuck or pike. (Roethlisberger)	29.		30.	
											
31.		32.	Dosa rw. geh. a. Holmenende Double salto bwd. tuck from end.	33.	Dosa rw. geh. Double salto bwd. tuck.	34.	Dosa rw. geb. Double salto bwd. pike.	35.		36.	[G] Dosa rw. geh. m. 1/1 Dr. (Kato) Double salto bwd. t. with 1/1 t. (Hiroyuki Kato)
											
37.		38.		39.		40.	Dosa rw. geh. m. 1/2 Dr. o. Salto rw. m. 1/2 Dr. u. Salto vw. Double salto bwd. tucked with 1/2 t. or salto bwd. 1/2 tucked to salto fwd. tucked.	41.		42.	
											
43.	aus dem Hang am Holmende Salto rw. gestr. From hang on end, salto bwd. straight.	44.		45.	aus dem Hang am Holmende Dosa rw. geh. From hang on end, double salto bwd. Tuck.	46.	aus dem Hang am Holmende Dosa rw. geb. From hang on end, double salto bwd. pike.	47.	aus dem Hang am Holmende Dosa gestr. (Alvarez) From hang on end, double salto bwd straight (Alvarez)	48.	[G] aus dem Hang am Holmende Dreifachsalto From hang on end, triple salto bwd. tuck
											

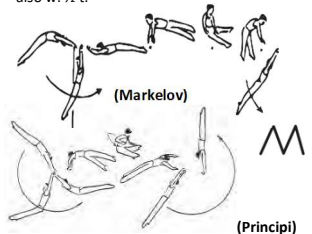
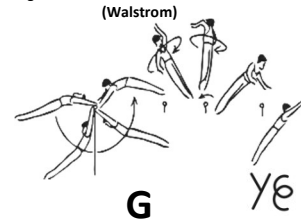
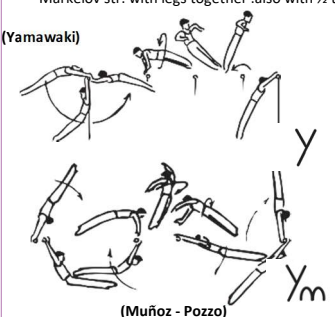
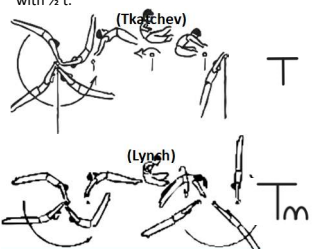
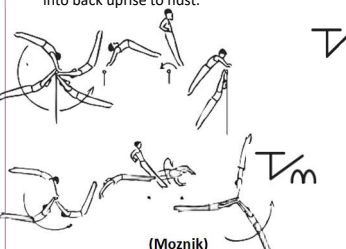
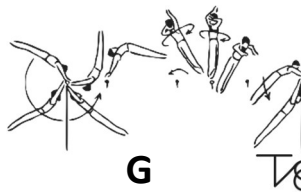
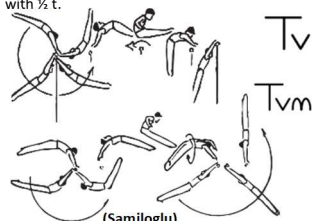
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EG IV Abgänge											
49.		50.		51.		52.		53.	aus dem Hang am Holmende Dosa geh. m. 1/2 o. 1/1 Dr. From hang on end, double salto bwd. tuck with 1/1 or ½ t.	54.	aus dem Hang am Holmende Dosa m. 2/1 Dr. From hang on end, double salto bwd. tuck with 2/1 t.
											
55.		56.		57.		58.		59.		60.	
61.		62.		63.		64.		65.		66.	
67.		68.		69.		70.		71.		72.	

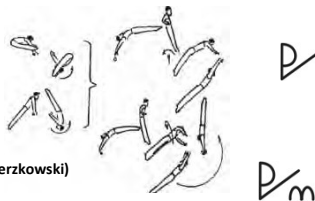
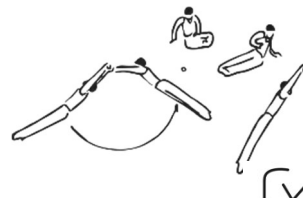
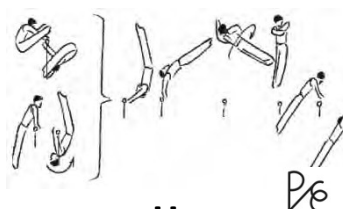
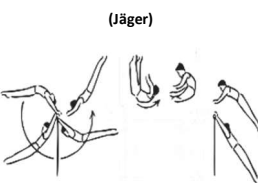
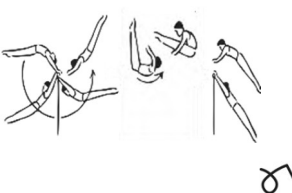
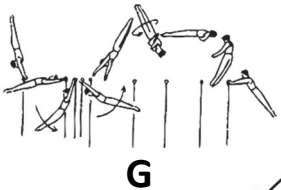
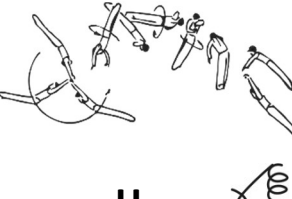
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Langhangschwünge und Drehungen											
1. Stemme rw. i.d. Hdst. Back uprise to handstand.		2. Stemme rw. m. 1/1 Dr. i.d. Hdst. Back uprise to hdst. with 1/1 turn also to mixt.		3.		4.		5.		6.	
7. Stemme rw. i.d. Hdst. m. 1/2 Dr. Back uprise to handstand with 1/2 turn.		8. Rückschw. u. Pirouette i.d. Hang Swing bwd. and pirouette to hang.		9. Rückschw. u. Pirouette i.d. Stütz Swing bwd. and pirouette to support.		10.		11.		12.	
13. Riesenumschwung vw. Giant swing fwd.		14. 1/1 Dr. d. d. Handstand i.d. Mix-Elgriff 1/1 turn thr. hdst. in mixt grip.		15. 1/1 Dr. d. d. Handstand i.d. Elgriff 1/1 turn thr. hdst. in double el-grip.		16.		17.		18.	
19. 1/2 Dr. d. d. Handstand 1/2 t. thr. hdst.		20. Riesen vw. gespr. (auch mit 1/2 Dr.) Flying giant swing fwd. or with 1/2 turn.		21. Riesen vw. gespr. m. 1/1 Dr. Flying giant swing fwd. with 1/1 t.		22.		23.		24.	

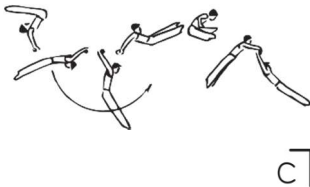
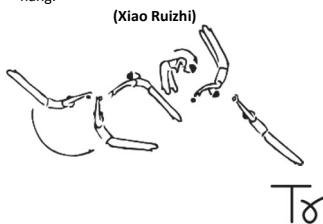
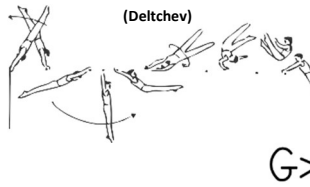
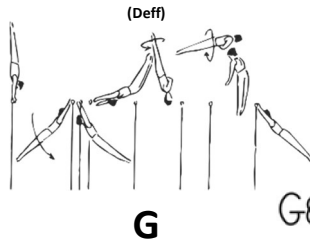
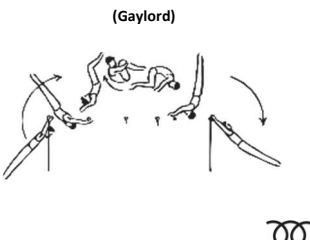
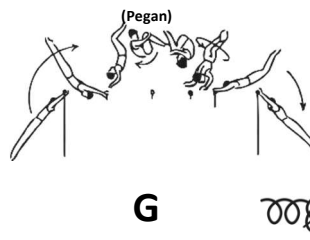
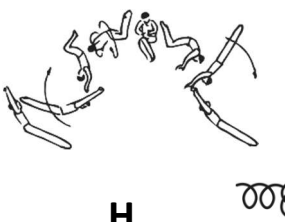
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Langhangschwünge und Drehungen											
25.	26. einarmiger Riesen vw. (360°) i. Kammgriff Giant swing fwd. with one arm in undergrip.		27. einarm. Riesen vw. m. 1/1 Dr. i.d. Ellgriff u. 1/1 Dr. i.d. Kammgriff (Zou Li Min) On one arm, giant swing fwd. w. 1/1 t. thr. el-grip and 1/1 t. to undergrip. (Zou Li Min)		28.	29.		30.			
											
31. Riesenumschwung rw. Giant swing bwd.	32. einarmiger Riesen rw. (360°) One arm giant swing bwd.		33.		34.	35.		36.			
											
37. 1/2 Dr. rw. d. d. Handstand ½ t.bwd. thr. hdst.	38.		39.		40.	41.		42.			
											
43. Riesen rw. umspr. i.d. Kammgriff Giant swing bwd. with hop toundergr.	44. Riesen rw. gespr. Flying giant swing bwd.		45. Riesen rw. gespr. m. 1/1 Dr. (Quast) Flying giant swing bwd. with 1/1 t. (Quast)		46.	47.		48.			
											

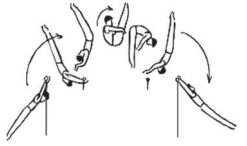
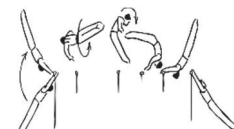
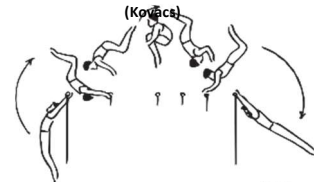
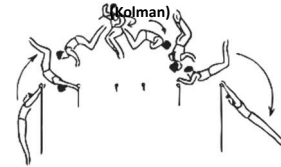
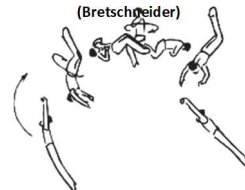
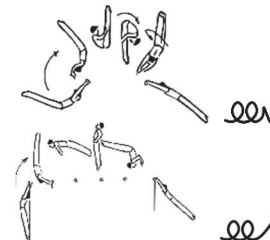
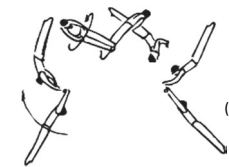
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8			
EG I Langhangschwünge und Drehungen													
49.	50. Riesen rw. gespr. m. 1/2 Dr. i.d. Ellgriff Giant swing bwd. with hop ½ t. to el-grip.			51. Riesen rw. m. 3/2 Dr. gespr. i.d. Kammgriff- Mix-Ell- oder einarm. Riesen Giant swing bwd. with hop 3/2 t. to undergrip, mixed el-grip.			52. Riesen rw. gespr. 3/2 Dr. i.d. Ellgriff (Rybalko) Giant swing bwd. with hop 3/2 t. to double el- grip (Rybalko)			53.	54.		
													
55.	56. 1/2 Dr.rw. d. d. Handstand i.d. Ellgriff 1/2t t. bwd. thr. hdst. to el-grip.			57.			58.			59.	60.		
													
61.	62. Riesen rw. umspr. i.d. Ellgriff Long swing fwd. with hop to el-grip.			63.			64.			65.	66.		
													
67.	68. Ellgriff-Riesenumschwung El-grip giant swing.			69. Russen-Riesenumschwung Giant swing rearways fwd. (Russian giant).			70. Tschechen-Riesenumschwung Giant swing rw. bwd. (Czech giant swing).			71.	72.		
													

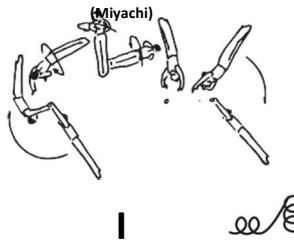
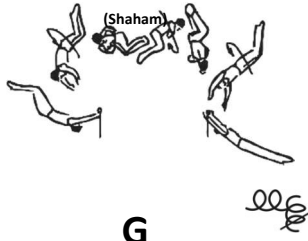
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I Langhangschwünge und Drehungen											
73.	74. Steinemann-Stemme m. 1/2 Dr. i.d. Stütz (Ono) Steineman uprise w. ½ t. to support. (Ono)			75. Ellgriff-Riesen m. 1/1 Dr. d.d. Hdst. i.d. Zwiegriff El-grip giant swg. with 1/1 t. thr. hdst. in mx. gr.			76. Tschechen-Riesen m. 1/2 Dr. i.d. Riesen vw. Giant swing rw. bwd. (Czech giant swing) with ½ turn to fwd giant swing.			77.	78.
 CE!			 Lem			 CE					
79.	80.			81.			82.			83.	84.
85.	86.			87.			88.			89.	90.
91.	92.			93.			94.			95.	96.

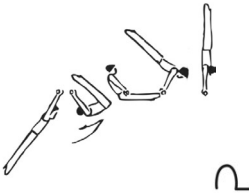
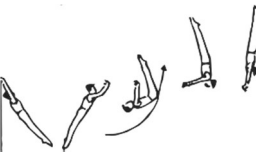
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II		Flugelemente									
1.		2.	Stemme rw. u. Vorgrätschen i.d. Hang rl. Back uprise and straddle over to hang rw.	3.	Stemme rw. u. Hecht gegr. m. 1/2 Dr. i.d. Hang (Markelov) - auch m. 1/2 Dr. (Principi) Back uprise and strad. hecht with ½ t. to hang. also w. ½ t.	4.		5.		6.	[G] Yamawaki m. 1/1 Dr. (Walstrom) Back uprise and hecht straight with 3/2 t. to hang. (Walstrom)
											
7.		8.		9.	Markelov m. geschl. Beinen (Yamawaki) - auch m. 1/2 Dr. (Munoz, Pozzo) Markelov str. with legs together .also with ½ t.	10.		11.		12.	
											
13.		14.		15.	Tkatchev gegr. - auch m. 1/2 Dr. (Lynch) Swing fwd. and vault bwd. strad. to hang, also with ½ t.	16.	Tkatchev gestr. - auch m. 1/2 Dr. (Moznik) Tkatchev straight, also with ½ t. to mix el-grip into back uprise to hdst.	17.		18.	[G] Tkatchev gestr. m. 1/1 Dr. (Ljukin) Tkatchev straight with 1/1 t.
											
19.		20.		21.	Tkatchev geb. - auch m. 1/2 Dr. (Samiloglu) Swing fwd. and vault bwd. piked to hang, also with ½ t.	22.		23.	Tkatchev gegr. m. 1/2 Dr. i.d. Ellgriff (Kulesza) Tkatchev straddled ½ t. to double el-grip. (Kulesza)	24.	
											

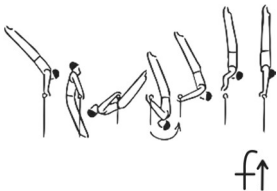
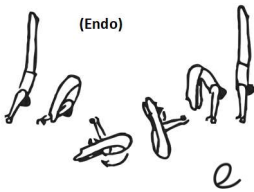
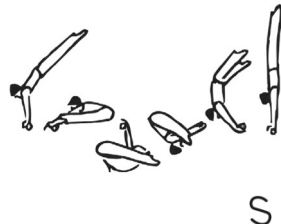
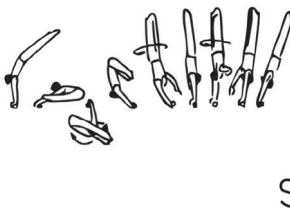
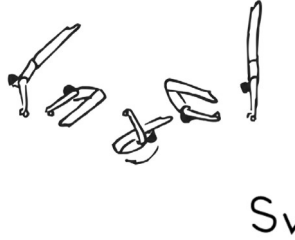
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II		Flugelemente									
25.		26.	Stemme rw. u. Bücke gespr. m. 1/2 Dr. i.d. Hang (Voronin) Back uprise and piked vault with ½ t. to hang. (Voronin)	27.		28.	aus Grätsch- o. Bückumschwung rw., freie Felge m. Tkatchev gepr. (Piatti) - auch m. 1/2 Dr. Stalder or free hip circle bwd to Tkatchev straddle, also with ½ t. (Piatti)	29.	Piatti gestr. - auch m. 1/2 Dr. (Kierzkowski) Piatti straight. also with ½ t. to mix el-grip into back uprise to hdst.	30.	
											
31.		32.	Stemme rw. u. Kehre gespr. m. 1/4 Dr. i.d. Hang Back uprise and rear vault with ¼ t. to hang.	33.		34.	Piatti geb. - auch m. 1/2 Dr. Piatti piked. also with ½ t.	35.		36.	[H] Piatti gestr. m. 1/1 Dr. (Suarez) Piatti straight with 1/1 turn. (Suarez)
											
37.		38.		39.	Salto geh. o. gepr. i.d. Hang (Jäger), a. a. d. Ellgriff "Swing bwd. and salto fwd t. or strad. to hang, also from el-grip"	40.	Jägersalto geb. Swing bwd. and salto fwd. p. to hg. also from el-grip.	41.	Jägersalto gestr. (Balabanov) Salto fwd. straight, also from el-grip. (Balabanov)	42.	[G] Jägersalto gestr. m. 1/1 Dr. (Winkler, Pogorelev) Salto fwd. straight with 1/1 t. also from el grip (Winkler - Pogorelev)
											
43.		44.		45.		46.		47.		48.	[H] Jägersalto gestr. m. 2/1 Dr. Salto fwd. straight with 2/1 t. also from el grip.
											

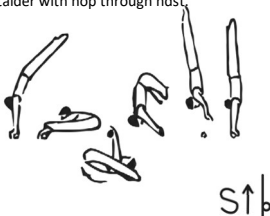
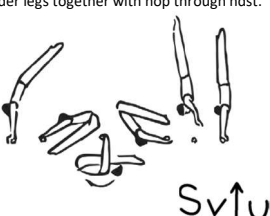
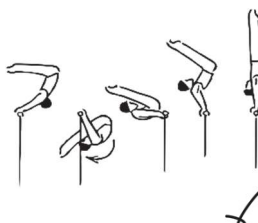
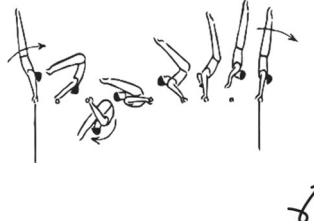
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II		Flugelemente									
49.		50.		51.	a.d. Tschechen-Riesen, Rückgrätschen i.d. Hang Czech giant and vault bwd. strad. to hang.  cT	52.	Vorschw. u. Konter- salto vw. gegr. i.d. Hang m. Stemme i.d. Hdst (Xiao Ruizhi) Swing fwd. and counter salto fwd. straddled to hang. (Xiao Ruizhi)  Tδ	53.		54.	
55.		56.		57.	Vorschw. u. Salto rw. gegr. m. 1/2 Dr. i.d. Hang (Deltchev) Swing fwd. ½ t. to salto fwd. strad. to hang. (Deltchev)  G>	58.	a.d. Vorschw. (Gienger) o. Tschechenriesen (Sapronenko) Salto rw. geb. m. 1/2 Dr. i.d. Hang Swing fwd. and salto bwd. piked w. ½ t. to hang, also from Czech giant. (Gienger)  G (Sapronenko) cG	59.		60.	[G] Gienger gestr. m. 1/1 Dr. i.d. Hang (Deff) Swing fwd. and salto bwd. w. 3/2 t. to hang. (Deff)  G Gε
61.		62.		63.		64.		65.	Salto vw. ü.d. Stange geh. (Gaylord) Salto fwd, tuck over the bar, also from el-grip. (Gaylord)  ∞	66.	[G] Gaylord m. 1/2 Dr. (Pegan) Gaylord with ½ t. (Pegan)  G ∞ε
67.		68.		69.		70.		71.		72.	[H] Gaylord m. 1/1 Dr. (Koudinov) Gaylord with 1/1 t. (Koudinov)  H ∞ε

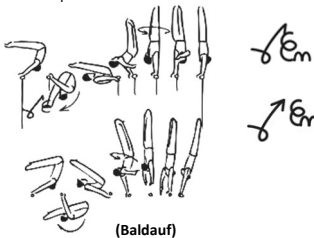
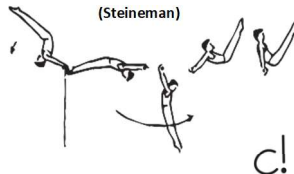
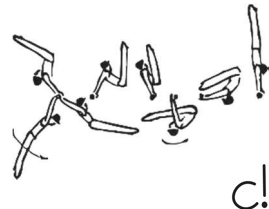
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II		Flugelemente									
73.		74.		75.		76.	).	77.		78.	Gaylord geb. Gaylord piked.  ✓
79.		80.		81.		82.	Salto rw. geh. m. 1/2 Dr. ü.d. Stange Salto bwd. ½ t. tucked over the bar. 	83.	Salto rw. geb. m. 1/2 Dr. ü.d. Stange (Gaylord 2) Salto bwd. ½ t. piked over the bar. (Gaylord 2)  ✓	84.	[H] Pegan geb. (Maras) Pegan piked. (Maras)  H ✓
85.		86.		87.		88.	Dosa rw. geh. ü.d. Stange (Kovacs) Double salto bwd. t. over the bar. (Kovacs)  ✓	89.	Kovacs m. 1/1 Dr. (Kolman) Kovacs with 1/1 t. (Kolman)  ✓	90.	[H] Kovacs m. 2/1 Dr. (Bretschneider) Kovacs with 2/1 t. (Bretschneider)  H ✓
91.		92.		93.		94.		95.	Kovacs geb. o. gestr. Kovacs piked or straight.  ✓	96.	[G] Kovacs m. 1/1 Dr. - geb. (Pineda) - gestr. (Cassina) Kovacs straight or piked with 1/1 turn. (Cassina)  (Pineda - piked) G ✓

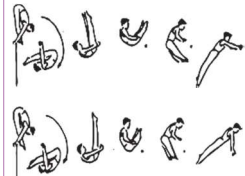
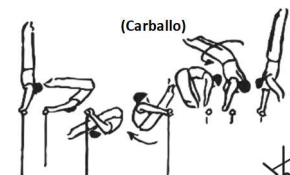
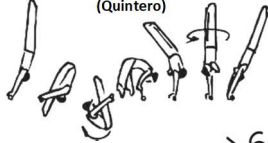
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II	Flugelemente										
97.		98.		99.		100.		101.		102.	[I] Kovacs gestr. m. 2/1 Dr. (Miyachi) Kovacs straight with 2/1 turn. 
103.		104.		105.		106.		107.		108.	[G] Kovacs m. 3/2 Dr. (Shaham) Kovacs with 3/2 t. to mix grip. 
109.		110.		111.		112.		113.		114.	
115.		116.		117.		118.		119.		120.	

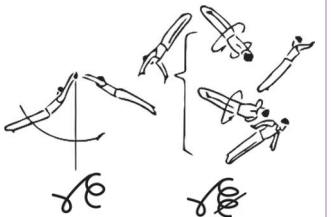
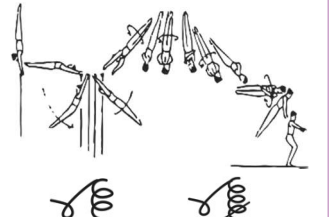
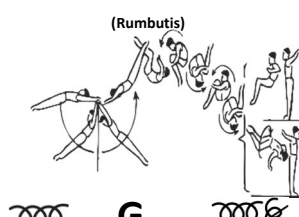
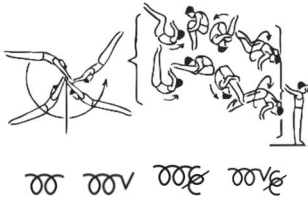
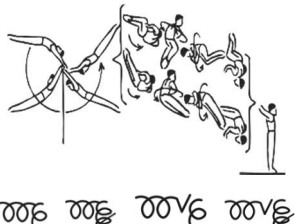
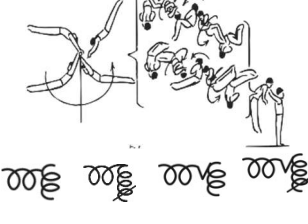
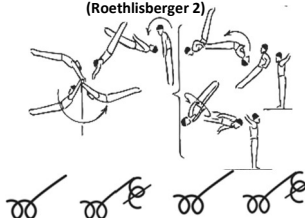
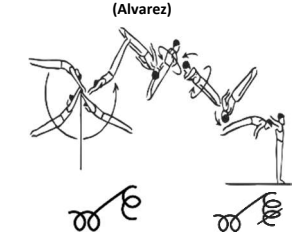
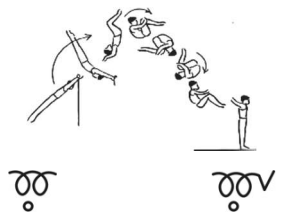
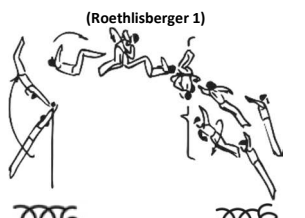
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Stangennahe und Adler-Elemente											
1.	Jede Kippe i.d. Hdst. Kip to hdst. or from mixed grip to hdst	2.		3.		4.		5.		6.	
											
7.		8.	A.d. Hdst., Felge vw. i.d. Hdst. (Weiler) From hdst., free hip circle fwd. thr. hdst. (Weiler)	9.		10.		11.		12.	
											
13.	Freie Felge o. Felgunterschwung d.d. Hdst. From hang or from support, free hip circle through handstand.	14.		15.		16.		17.		18.	
											
19.		20.		21.		22.		23.		24.	

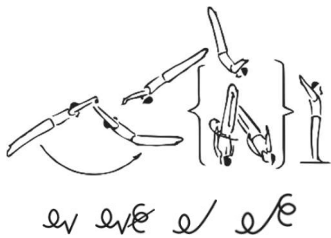
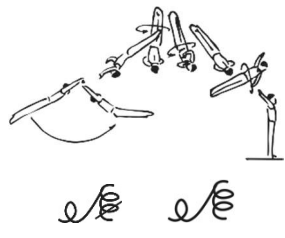
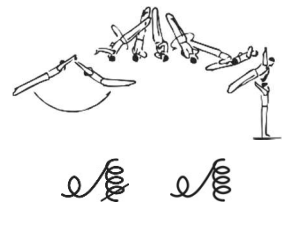
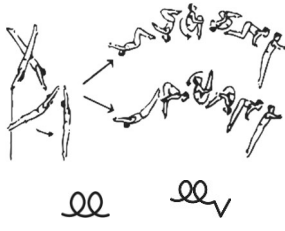
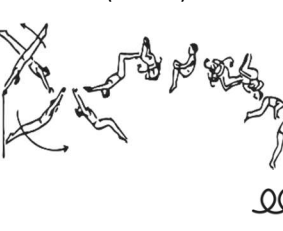
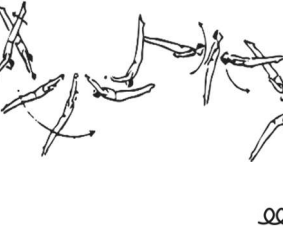
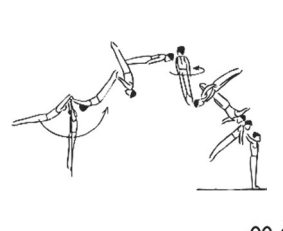
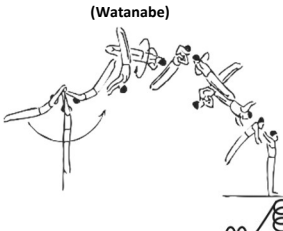
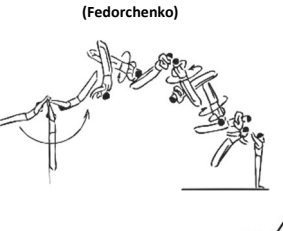
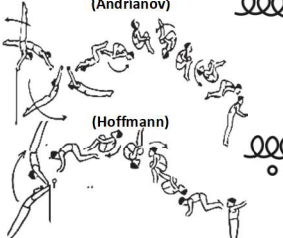
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Stangennahe und Adler-Elemente											
25.	Freie Felge gespr. i.d. Hdst. From hang or from support, free hip circle hop to handstand.	26.		27.		28.		29.		30.	
											
31.		32.	Grätschumschwung vw. d.d. Hdst. (Endo geg.) Free circle fwd. straddled thr. hdst.	33.	Bückumschwung vw. d.d. Hdst. (Endo geb.) Free circle fwd. legs together thr. hdst.	34.		35.		36.	
											
37.		38.	Grätschumschwung rw. i.d. Hdst. (Stalder) Free circle bwd. straddle thr. hdst.	39.		40.	Stalder geg. m. gespr. 3/2 Dr. d.d. Hdst. i.d. Mix-Elgriff Stalder with hop 3/2 turn through hdst. in mix el-grip.	41.	Stalder geg. m. gespr. 3/2 Dr. d.d. Hdst. i.d. Elgriff Stalder with hop 3/2 turn through hdst. in el-grip.	42.	
											
43.		44.		45.	Bückumschwung rw. i.d. Hdst. (Stalder geb.) Stalder legs together thr. hdst.	46.		47.		48.	
											

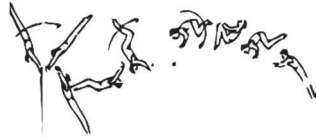
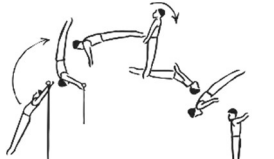
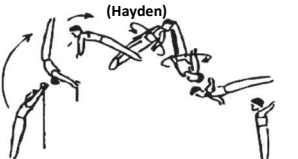
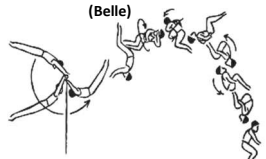
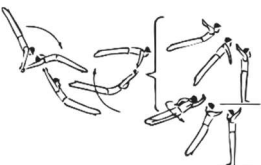
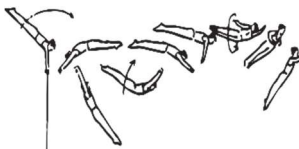
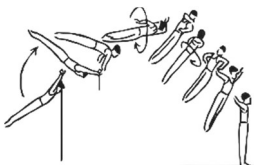
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Stangennahe und Adler-Elemente											
49.		50.		51.		52.		53.		54.	
55.		56. Stalder gepr. gespr. d.d. Hdst. Stalder with hop through hdst. 		57. Stalder geb. gespr. d.d. Hdst. Stalder legs together with hop through hdst. 		58.		59.		60.	
61.		62.		63. Adler d.d. Hdst. Stoop circle rearward fwd. through hdst. (Adler). 		64. Adler m. 1/2 Dr. d.d. Hdst. i.d. Ristgriff Adler with 1/2 t. through hdst. in ovgr. 		65. Adler m. 1/1 Dr. d.d. Hdst. i.d. Kammgriff (Fuentes) Adler and 1/1 t. through hdst. in ungr. 		66.	
67.		68.		69.		70. Adler m. Umspr. d.d. Hdst. i.d. Kamm- o. Rist- o. Mix-Ellgriff Adler hop to hdst. in ungr. or ovgr. or mixed grip 		71.		72.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Stangennahe und Adler-Elemente											
73.		74.		75.		76.	Adler m. 1/1 Dr. d.d. Hdst. i.d. Mix-Ellgriff (auch gespr.) (Baldauf) Adler and 1/1 t. thr. hdst. in mixed grip, also with hop  (Baldauf)	77.		78.	
79.	Überschlag rl. rw. i.d. Hang rl. Back toss to dorsal hang. 	80.	Steinemann From dorsal hang, uprise fwd. to support rw. (Steineman)  c!	81.	Freier Überschlag rl. rw. i.d. Hang rl. Stoop in and free back toss to dorsal hang  SVC	82.		83.		84.	
85.		86.		87.	Steinemann m. Rückbücken d.d. Hdst. (Köste) Steineman uprise w. stoop or to hdst. (Köste)  c!p	88.		89.		90.	
91.		92.	Steinemann Rückfl. i.d. Stütz o. Hang Steineman uprise w. flank bwd. to sup. or hang.  cΓv	93.		94.		95.		96.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III Stangennahe und Adler-Elemente											
97.		98.		99. Endo geg. m. Ellgriff d.d. Hdst. Endo in el-grip thr. hdst.  Le		100. Endo geb. m. Ellgriff d.d. Hdst. Endo legs together in el-grip thr. hdst.  Lev		101.		102.	
103. Bückumschw. m. Rückgrätschen i.d. Hang o. Stütz Stoop circle fwd. to straddle cut to hang or sup.  > i > !		104. Bückumschw. vw. Rückgr. d.d. Hdst. Stoop circle fwd. to straddle cut through hdst.  > p		105. Bückumschw. vw. Rückgr. m. 1/2 Dr. d.d. Hdst. (Carballo) Stoop circle fwd. to straddle cut with 1/2 t.  > p		106. Carballo m. 1/2 Dr. i.d. Mix- Ellgriff (Quintero) Carballo with 1/2 turn to mixed el-grip. (Quintero)  > e _m		107. Quintero i.d. Ellgriff Quintero to el-grip.  > e		108.	
109.		110.		111.		112.		113.		114.	
115.		116.		117.		118.		119.		120.	

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG IV Abgänge											
1. Salto vw. geb. o. gestr. (auch m. 1/2 Dr.) Salto fwd. piked or straight, also with ½ t.		2. Salto vw. gestr. m. 1/1 o. 3/2 Dr. Salto fwd. str. with 1/1 or 3/2 t.		3. Salto vw. gestr. m. 2/1 o. 5/2 Dr. Salto fwd. str. with 2/1 or 5/2 t.		4.		5.		6. [G] Dreifachsalto vw. geh. (Rumbutis) Triple salto fwd. t. or with ½ t.	
											
7.		8.		9. Dosa vw. geh. o. geb. (auch m. 1/2 Dr.) Double salto fwd. t. or p. or with ½ turn.		10. Dosa vw. geh. o. geb. m. 1/1 o. 3/2 Dr. Double salto fwd. t. or p. with 1/1 or 3/2 t.		11. Dosa vw. geh. o. geb. m. 2/1 o. 5/2 Dr. Double salto fwd. t. or p. with 2/1 or 5/2 t.		12.	
											
13.		14.		15.		16. Dosa vw. gestr. (auch m. 1/2 Dr.) (Roethlisberger 2) Double salto fwd. str. or with ½ t. or over the bar		17. Dosa vw. gestr. m. 1/1 o. 3/2 Dr. (Alvarez) Double salto fwd. str. with 1/1 or 3/2 t.		18.	
											
19.		20.		21. Dosa vw. geh. o. geb. ü.d. Stange (auch m. 1/2 Dr.) Double salto fwd. t. or p. or with ½ turn over the bar.		22. Dosa vw. geh. o. geb. m. 1/1 o. 3/2 Dr. ü.d. Stange (Roethlisberger 1) Dbl. salto fwd. t. or p. w. 1/1 or 3/2 t. over the bar.		23.		24.	
											

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG IV Abgänge											
25. Salto rw. geb. o. gestr. (auch m. 1/2 o. 1/1 Dr.) Salto bwd. piked or str. also with ½ or 1/1 t.		26. Salto rw. gestr. m. 3/2 o. 2/1 Dr. Salto bwd. str. with 3/2 or 2/1 t.		27. Salto rw. m. 5/2 o. 3/1 Dr. Salto bwd. str. with 5/2 or 3/1 t.		28.		29.		30.	
											
31.		32. Dosa rw. geh. o. geb. Double salto bwd. tuck or pike.		33. Dosa rw. geh. m. 1/1 Dr. (Tsukahara) Double salto bwd. t. with 1/1 t. (Tsukahara)		34. Dosa rw. geh. m. 2/1 Dr. Double salto bwd. t. with 2/1 t.		35.		36.	
											
37.		38.		39. Dosa rw. gestr. Double salto bwd. str.		40. Tsukahara gestr. Double salto bwd. str. with 1/1 t.		41. Dosa gestr. m. 2/1 Dr. (Watanabe) Double salto bwd. str. with 2/1 t. (Watanabe)		42. Dosa gestr. m. 3/1 Dr. (Fedorchenko) Double salto bwd. str. with 3/1 t. (Fedorchenko)	
											
43.		44.		45.		46.		47.		48. Dreifachsalto rw. geh. (Adrianov) o. ü.d. Stange (Hoffmann) Triple salto bwd. t. or over the bar. (Andrianov)	
											

A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG IV Abgänge											
49.		50. Dosa rw. geh. ü.d. Stange Double salto bwd. t. over the bar.		51. Tsukahara ü.d. Stange Doble salto bwd. t. with 1/1 t. over the bar.		52. Dosa rw. geh. m. 2/1 Dr. ü.d. Stange Double salto bwd. t. with 2/1 t. over the bar		53.		54. [G] Dreifachsalto rw. geb. (Fardan) Triple salto bwd. p. (Fardan)	
										G	
55.		56.		57. Dosa gestr. ü.d. Stange Double salto bwd. str over the bar.		58. Tsukahara gestr. ü.d. Stange (Hayden) Double salto bwd. str. w. 1/1 t. over the bar.		59. Dosa gestr. m. 3/2 Dr. o. 2/1 Dr. ü.d. Stange (Faulk)(Valverde) Double salto bwd str. w. 3/2 or 2/1 turn over the bar. (Faulk) (Valverde)		60. [G] Dreifachsalto geh. m. 1/1 Dr. (Belle) Triple salto bwd. t. with 1/1 t.	
										G	
61. Hecht (auch m. 1/2 Dr.) Hecht strad., hecht or hecht w. ½ t.		62. Hecht m. 1/1 o. 3/2 Dr. Hecht w. 1/1 or 3/2 t.		63.		64. Hecht m. 2/1 Dr. Hecht w. 2/1 t.		65.		66.	
	H 		H 				H 				
67.		68.		69.		70.		71.		72.	