
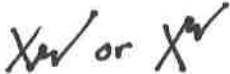

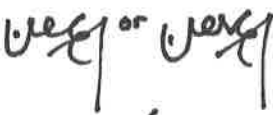









Since everyone's shorthand is a little different, here is a symbol key for selected elements

3.304		Clear hip circle to handstand
6.305		Stalder counter LB to HB - hiccup / sit- up
7.310.		Toe on counter LB to HB - hiccup/sit-up
4.407		Gienger
7.410.		Maloney - pike sole circle backward through HS with flight to hang on HB
4.405		Tkatchev
4.204		long swing forward with 1/2 turn and flight over LB to hang on LB (overshoot 1/2)
4.304		Same as above except from Handstand
4.404		Same as 4.204 except to handstand on LB
4.406		Pak Salto
5.405		Jaeger Salto - In reverse grip, swing down between bars and salto forward straddled to hang on HB
8.507		From HB - In reverse grip, swing down between the bars and double salto forward (dismount)