

**BARS**

Jump with 1/2 turn, Kip to support

**BARS**

Stalder Forward to Handstand

**BEAM**

Salto Forward Stretched Off End or Side of Beam

**BEAM**

Arabian Salto Tucked Dismount

**BARS**

Uprise to Handstand

**BARS**

Giant Circle Bkwd with Hop to L-Grip

**BEAM**

Free (Aerial) Walkover Forward w/1/1 Twist at End or Side of Beam

**BEAM**

Salto Backward Stretched with 2-1/2 Twist Dismount

**BARS**

Straddle Back to Handstand

**BARS**

Underswing to Salto Fwd Tucked Dismount

**BEAM**

Flic-flac with 1/4 Twist to Side Handstand

**FLOOR**

Split Leap Fwd w/ Leg Change

**BARS**

Schaposchnikova - Clear-hip thru Hdstd phase to hang on HB

**BARS**

From HB-Swing Down Between Bars to Salto Bkwd w/ 2/1 Twist

**BEAM**

Salto Backward Stretched with Step-Out

**FLOOR**

Wolf Jump with 1/1 Turn

**BARS**

Hindorff - Clearhip on HB thru Hdstd, Counter Straddle to hang on HB

**BARS**

From HB-Swing Down between Bars to Double Salto Bkwd Tucked w/ 2/1 Twist

**BEAM**

Free (Aerial) Walkover Forward

**FLOOR**

Split Leap Forward with 1/4 Turn

**BARS**

Weiler Kip to Handstand with a 1/2 Turn in Hdstd phase

**BARS**

From HB-Swing Down between Bars in Reverse or L-Grip, to Double Salto Fwd Tucked

**BEAM**

Flic-flac w/Tucking & Stretching of Hips in Flight Phase w/Swing Down to Cross Straddle Sit

**FLOOR**

Popa - Straddle Pike Jump with 1/1 Turn