



Shorthand Ideas for Execution Errors

| | | | |
|-----------|---------------------|---|-------------------------|
| lg or la | legs apart/bent | ht or a | height or amplitude |
| kn | knees bent | v | not vertical |
| ft | feet / footwork | h | hold |
| fl | flat footed | ov | overturned |
| un | legs uneven | inc or nc | incomplete/not complete |
| lg lo | leg low | tw | twist |
| sp | insufficient split | lt | late turn/twist |
| stg | stag | x | extension on kip |
| am or ba | bent arms | c | cast |
| alt | alternate hands | < | angle of cast |
| ar | arch | 3x | extra swing |
| pk or < | pike or pike down | sh | short |
| op or o | opening | ch | cheated |
| ex or x | extension / opening | st | step |
| al | alignment | jp | jump |
| bp | body position | ↙ | squat on landing |
| flx or fx | flexibility | dy | dynamics |
| hd | head |  | connected |
| cr | crooked |  | not connected |
| j | jerky | - sc | scooch of feet |
| r | rocking horse leap | - pl | plie between elements |
| R | rhythm | - st | step between |
| gr | grab on beam | - R | pause |
| bal | balance error | | |
| w | wobble | | |
| c | control on landing | | |