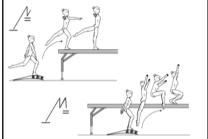
# 2022-2026 DP COP "A" Mounts



Free leap or jump to stand on one or both legs at middle, end or diagonal to beam take-off from one or both legs



Free leap to stand on one or both legs at end or diagonal to beam with lowering to scaletake off from one leg



#### 1.102

Scissors leap to cross sit on L or R thigh diagonal approach to beam (D)



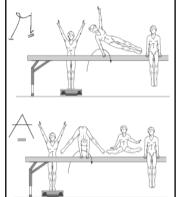
One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support - 90° approach to beam (NA)



Scissors leg swing with 1/2 (180°) turn to cross straddle sit (Not illustrated)

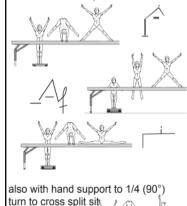
# 1.103 (NA)

From side stand frontways – flank over or straddle cut forward to rear support



#### 1.104 (D)

From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit



#### 1.105 (D)

Leap to cross split sit from one foot takeoff - diagonal approach to beam (support of one hand permitted)

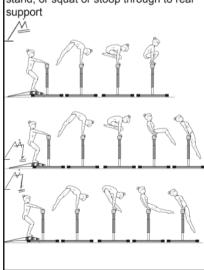


Split leap forward with leg change to straddle split sit sideways with support



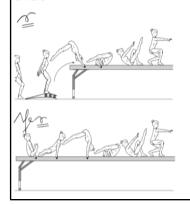
#### 1.106 (NA)

From side stand frontways – jump to tuck stand, or squat or stoop through to rear

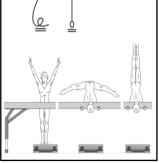


# 1.107

Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward

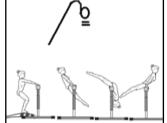


# Chest or head stand



### 1.109

From side stand frontways with take-off from one or two feet - back hip pullover to front support



# 1.113

Cartwheel with hands on springboard to finish in a front sup-

port on beam (not

illustrated)



# 1.114

Front walkover with hands on springboard to rear support (sit) on beam (not illustrated)

