Level 10 Element Value Recognition Test

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What is the value of the following skills?

Bars

1. Hang on HB uprise backward to handstand on HB with 1/1 turn in HS
2. Hang on HB - Uprise Backward with Straddle flight (Schier straddle) or with rear vault in flight (Schier-Kehre) over HB to L-hang
3. From HS on HB, underswing (toe-on) with ½ turn and flight over LB to hang on LB
4. Inner front support on LB- Pike sole circle backward through handstand with flight to hang on HB (Maloney)
5. From HB- swing down between bars-swing forward to double salto backward in layoff/pike or pike/layou dismount
6. From HB Swing down forward between bars in reverse grip or L grip swing backward to double salto tucked dismount
7. Outer front support-clear hip circle backwards on LB with hecht to hang on HB
8. Facing inward-stalder backward with release and counter movement in flight to hang on HB (Ray/) C 6. HS on HB swing down forward (back facing LB) in regular or reverse grip straddle flight backward over LB to hang on LB
9. HS on HB Giant to one and a half pirouette Dawes
10. Cast to HS hop to reverse grip

Beam

1. Front tuck mount
2. Split jump with change go legs prior to split position (Sweetin)
3. double turn on one foot
4. Split leap forward with leg change to ring leap
5. Split leap forward straight leg entry take off from one leg
6. valdez
7. Front aerial to land on two feet (Davidson)
8. Salto tucked forward to extended tuck sit
9. flic Flac with tucking and stretching of his in flight phase with swing down to cross straddle sit (Chen Flic)
10. Double back tucked dismount

FLOOR

1. Tour jete with additional 1/2 turn landing on one or both feet (Strug)
2. 2/1 Turn in tuck stand on one leg
3. Stretch jump with 2/1 turn
4. Wolf hop with 1 1/2 Turn
5. 1/1 illusion turn
6. Double salto backward stretched
7. Salto forward tucked with 1 1/2 twist
8. salto backward stretched with 2/1 twist
9. whip back with full twist B
10. Double back piked