

BARS

Giant Circle Bkws with a Hop
1/1 Turn in Hdstd phase

BEAM

Split Leap Fwd w/ Leg Change
and 1/4 Turn to Side Split
Position

BEAM

Clear Pike or Straddle "V"
Support w/ 2sec. Hold

FLOOR

Tour jete' with Additional
1/2 Turn

BARS

Bail to Hdstd - Long Swing Fwd
w/ 1/2 Turn and Flight to Hdstd
on LB

BEAM

Sheep Jump - Tuck Jump
w/ Arch

BEAM

Bodywave Bkwd to Balance
Stand on One Leg

FLOOR

Ring Leap

BARS

Jaeger Piked

BEAM

Catleap with 1/1 Turn

BEAM

Sissone

FLOOR

Schuschunova - Side 180 Split
Jump w/ Landing to Front Lying
Support

BARS

Giant Circle Forward with
1-1/2 Turn in Hdstd phase

BEAM

1 - 1/2 Turn in Tuck stand on
One Leg, Free Leg in
Fwd Horizontal

BEAM

2/1 Turn on One Leg

FLOOR

1-1/2 Turn w/ Free Leg At or
Above Horizontal

FLOOR

1/1 Illusion TurnThrough
Standing Split w/out Touching
Floor w/Free Leg

FLOOR

Press to Handstand with 2/1
Turn in Handstand

FLOOR

Roll Backward to Handstand

FLOOR

Free Aerial Cartwheel

FLOOR

Flyspring Forward - Take-off
From Both Legs & Landing on
Two Feet

FLOOR

Salto Forward Stretched with
1/1 Twist

FLOOR

From Fwd Take-off , One or Both
Legs, Salto Sidewards Tucked

FLOOR

Double Salto Backward - Piked