

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 betwn 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 betwn Bars in Reverse or L-Grip, to Double Salto Fwd Tucked

BEAM

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

FLOOR

Popa - Straddle Pike Jump with 1/1 Turn