

Improving Shorthand • Jim Bits

▶ HELPFUL TIPS:

• Back/Front Stalders

Always start on the lower left side of the X [if you are right-handed]



• Pirouettes:

Mark the angle of turn completion where the second hand contacts the bar



• Switch Leaps:

Lead leg not 45°



Lead leg remains staggered ['A' value]



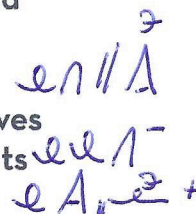
• Clear Hips and Casts:

Show where the completed amplitude was if not to handstand



• Awarding/Breaking Series:

Use + / - or // Especially if it moves too quickly with multiple elements



• Landing Too Close to the Bar on Dismounts:



• Legs Not Parallel to the BB/FX on Split/Straddle Jumps

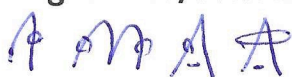


▶ SCRIPTING WITH MINOR EXECUTION ERRORS [.05] AT THE SAME TIME:

This process allows you to go back at any time and know exactly what the deductions were taken for. It is extremely helpful during inquiries. Use a small circle to indicate what the error was.

• Common .05 Deductions •

Slight Bend/Soft Knees



Slight Balance or Wobble



Legs/Feet Apart



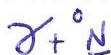
Slight Arch



Flat Feet/Soft Toes



Minor Rhythm During Connections



Lack of Split



Slight Shoulder Angle



Flat Feet on Steps: F/B



Posture: Forward Lean



Slight Arm Bend



Slight Pike



• Bundling Multiple Errors Into [1] .05 Deduction •



You can always use the small circle to indicate the error and write in numeric values if the execution is larger. It will give you the reason for the error and the amount you deducted.

—Jim Burton - Region 6 RJD