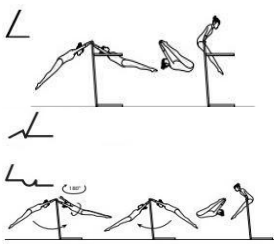
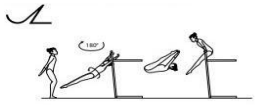
BARS " A " SKILLS

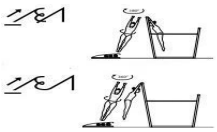
1.101 GLIDE KIP ON LB / REVERSE GRIP



GLIDE 1/2 GLIDE KIP

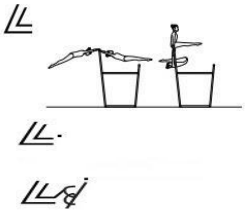
1.102 JUMP 1/2 KIP TO SUPPORT



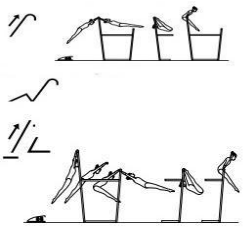


1.107 FACING HB - JUMP 1/2 / 1/1

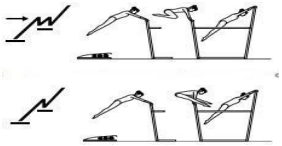
1.104 GLIDE STOOP THROUGH BK KIP UP



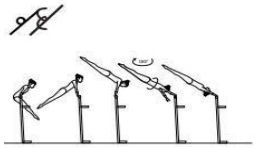
1.106 HB KIP / REVERSE GRIP



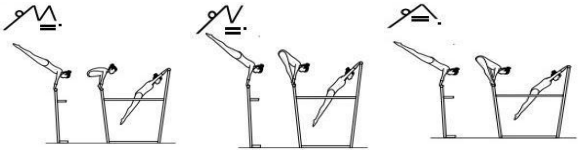
1.108 SQUAT / STRADDLE VAULT OVER LB



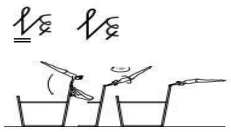
2.101 CAST 21* - 45* FROM VERTICAL 1/2



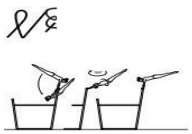
2.102 CAST SQUAT / STOOP / STRADDLE ON LB JUMP TO HB



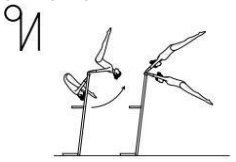
3.102 TOE ON - CLEAR UNDERSWING HB 1/2



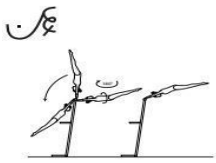
3.105 CLEAR HIP 1/2 ON UPSWING



3.106 UNDERSWING BWD - INVERTED PIKE SWING



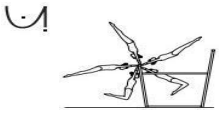
4.101 HDST HB SWING DOWN B/W BARS SWING FWD 1/2



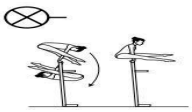
4.102 LONG HANG PULLOVER



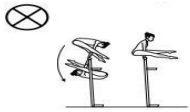
LB BWD GIANT



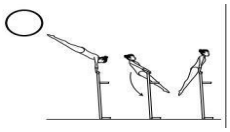
6.101 CLEAR STRADDLE CIRCLE FWD TO SUPPORT



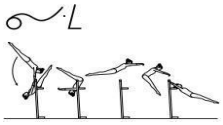
6.104 CLEAR STRADDLE CIRCLE BWD TO SUPPORT



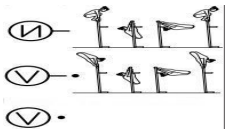
7.101 BWD HIP CIRCLE



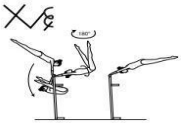
7.102 FREE HIP CIRCLE BWD (FALSE POP)



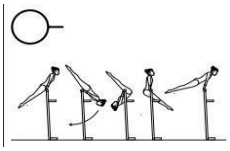
7.103 SOLE CIRCLE FWD / BWD



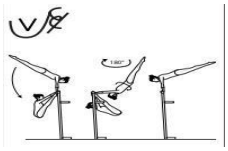
CLEAR STRADDLE CIRCLE 1/2 ON UPSWING



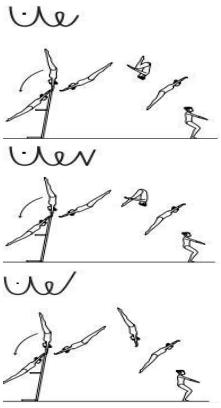
FWD HIP CIRCLE



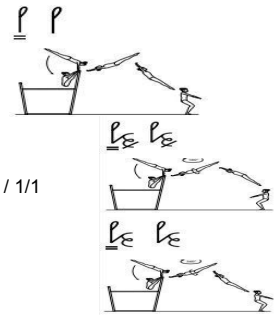
7.109 PIKE SOLE CIRCLE BWD 1/2 ON UPSWING



8.103 FLYAWAY - TUCK / PIKE / STRETCHED

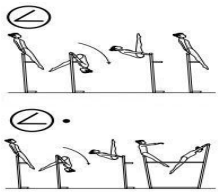


8.101 TOE ON - CLEAR UNDERSWING TO STAND

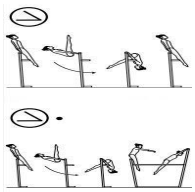


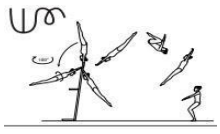
1/2 / 1/1

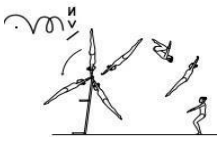
7.104 SEAT PIKE CIRCLE FWD TO SUPPORT / TO HB

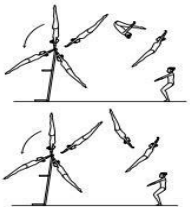


7.106 SEAT PIKE CIRCLE BWD TO SUPPORT / TO HB





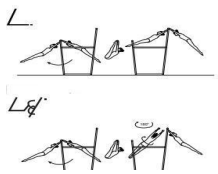




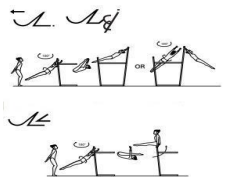
8.107 REVERSE GRIP FWD TUCK / PIKE / STRETCHED

BARS " B " SKILLS

1.201 GLIDE KIP LB GRIP CHANGE TO HB / 1/2

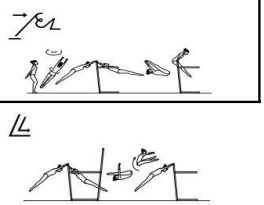


1.202 JUMP 1/2 KIP LB / 1/2 TO HB

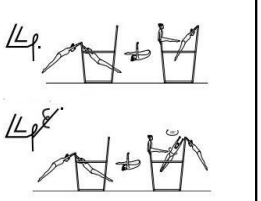


ALSO STOOP THROUGH TO REAR SUPPORT

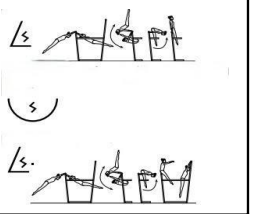
1.203 JUMP 1/1 KIP LB



1.204 GLIDE LB BK KIP UP LB / 1/2

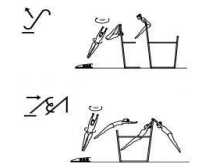


1.205 REVERSE KIP UP

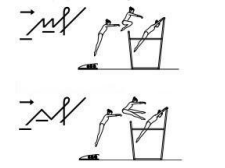


1.206 JUMP HB 1/2 KIP

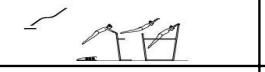
FREE JUMP 1/2 OVER LB TO HB



1.208 FREE TUCK / STRADDLE JUMP OVER LB TO HB



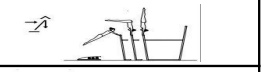
1.209 HECHT JUMP HAND REPULSION OVER LB TO HB



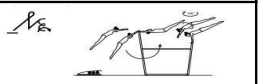
1.211 R/O FLIGHT OVER LB



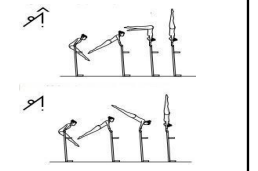
1.214 JUMP TO HDST LB



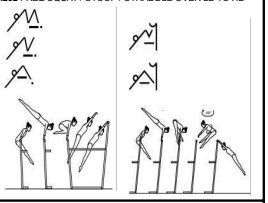
1.215 JUMPTO HANG HB UNDERSWING FLIGHT 1/2 TO LB



2.201 CAST HANDSTAND

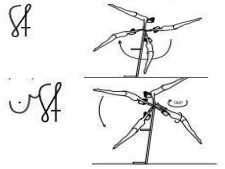


2.202 FREE SQUAT / STOOP / STRADDLE OVER LB TO HB



2.203 UPRISE BWD

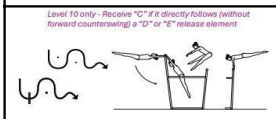
The Back Uprise to clear support followed directly by a Group 3, 6 or 7 circling element to handstand, with or without ½ (180°) turn, may be counted as two elements (B+C) or one "C" element, to the benefit of the gymnast.



2.204 HANG HB 1/1 TO HANG HB



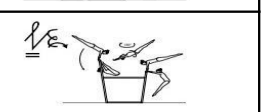
Level 10 only - Receive "C" if it directly follows (without forward counterswing) a "D" or "E" release element



2.205 HANG HB COUNTERSWING BWD FLIGHT OVER LB

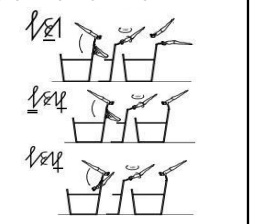
3.201 TOE ON-CLEAR UNDERSWING LB 1/2 TO HB



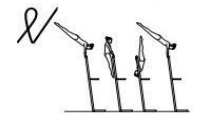


3.203 UNDERSWING TOE ON 1/2 FLIGHT OVER LB

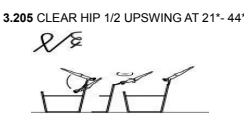
3.202 UNDERSWING HB 1/2 SIDE FLAIR



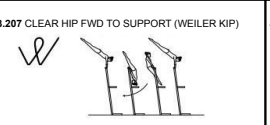
3.204 CLEAR HIP TO SUPPORT



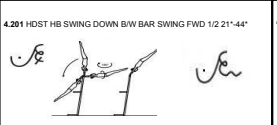
3.205 CLEAR HIP 1/2 UPSWING AT 21°- 44°



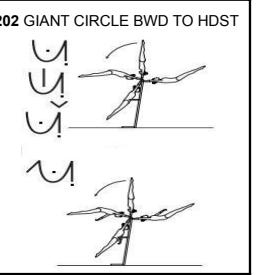
3.207 CLEAR HIP FWD TO SUPPORT (WEILER KIP)



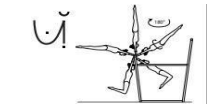
4.201 HDST HB SWING DOWN B/W BAR SWING FWD 1/2 21°-44°



4.202 GIANT CIRCLE BWD TO HDST

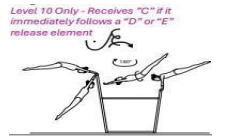


4.203 LB BWD GIANT 1/2 TO HANDSTAND

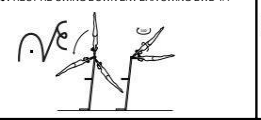


4.204 HB LONG SWING FWD 1/2 FLIGHT OVER LB

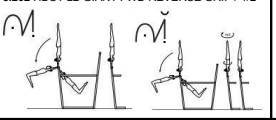
Level 10 Only - Receives "C" if it immediately follows a "D" or "E" release element



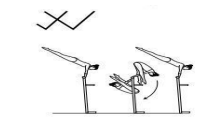
5.201 HDST HB SWING DOWN B/W BAR SWING BWD 1/1



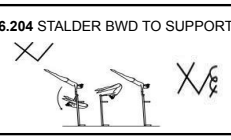
5.202 HDST LB GIANT FWD REVERSE GRIP / 1/2



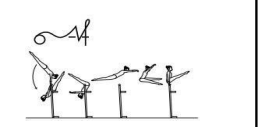
6.201 STALDER FWD TO SUPPORT



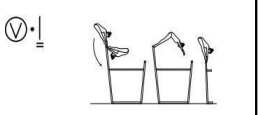
6.204 STALDER BWD TO SUPPORT



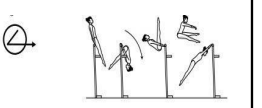
7.202 CAST LB FREE HIP CIRCLE BWD



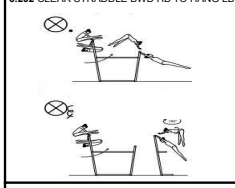
7.203 SOLE CIRCLE BWD PIKE FLIGHT TO HB TO LB



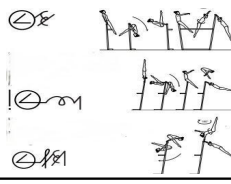
7.205 SEAT CIRCLE FWD STRADDLE CUT



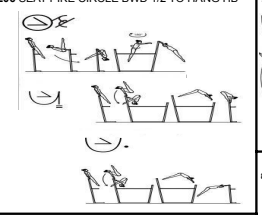
6.202 CLEAR STRADDLE BWD HB TO HANG LB / 1/2



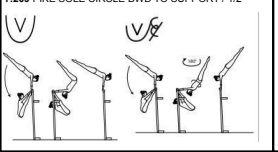
7.204 SEAT PIKE CIRCLE FWD SUPPORT 1/2



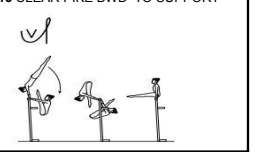
7.206 SEAT PIKE CIRCLE BWD 1/2 TO HANG HB



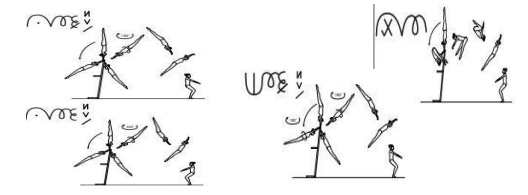
7.209 PIKE SOLE CIRCLE BWD TO SUPPORT / 1/2



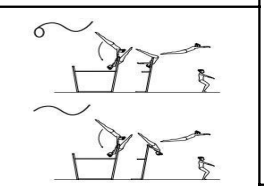
7.213 CLEAR PIKE BWD TO SUPPORT



8.207 CLEAR STRADDLE CIRCLE FWD TO SALTO FWD TUCK



SWING DOWN FWD B/W BARS REVERSE GRIP FWD T/P/S 1/2 / 1/1



8.208 BHC HECHT FROM CLEAR HIP BWD

8.203 SWING DOWN B/W BAR SWING FWD SALTO 1/2 / 1/1 T/P/S

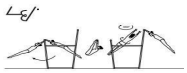
8.201 UNDERSWING TOE ON-CLEAR 1 1/2 / 2/1

8.210 WHIP SALTO TANAC

8.209 CAST TO HDST SALTO FWD TUCK

BARS " C " SKILLS

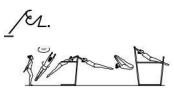
1.301 GLIDE KIP LB 1/1 TO HANG HB



1.302 JUMP 1/2 GLIDE KIP LB 1/1 TO HB



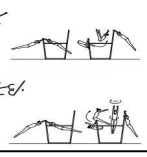
1.303 JUMP 1/1 KIP LB TO HB



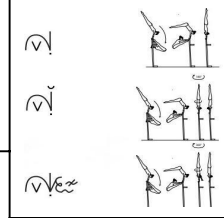
1.306 JUMP 1/2 OVER LB KIP TO HB



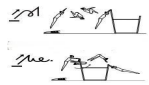
1.304 GLIDE LB STOOP BK KIP UP / 1/1



7.308 PIKE SOLE CIRCLE FWD HDST



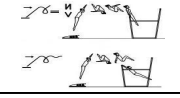
1.307 SALTO FWD TO BRIEF HANG HB



1.308 FREE STRADDLE OVER LB 1/2 TO CATCH HB



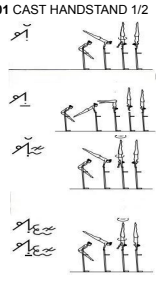
1.310 SALTO FWD T/P/ST OVER LB BRIEF SIT LB



1.311 ROUNDOFF FLIGHT BWD OVER LB TO HB



2.301 CAST HANDSTAND 1/2



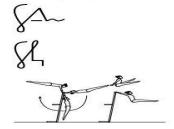
1.314 JUMP TO HDST LB 1/2



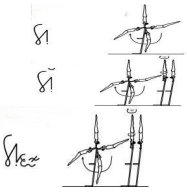
1.315 JUMP BRIEF SUPPORT ON HB CLEARHIP TO HDST



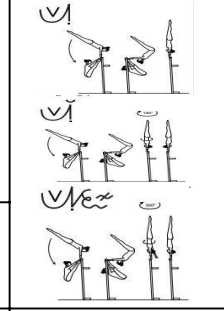
2.302 HB UPRISE BWD STRADDLE FLIGHT OVER HB



2.303 UPRISE BWD TO HDST HB / 1/2 / 1/1 ONE ARM



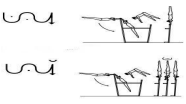
7.309 PIKE SOLE CIRCLE BWD HDST



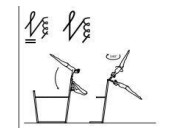
2.304 HB SWING BWD RELEASE 1/1 TO HB



2.305 HB COUNTERSWING BWD ST/P FLIGHT TO HDST LB / 1/2



3.302 UNDERSWING TOE ON-CLEAR 1 1/2



3.303 HDST HB UNDERSWING TOE ON 1/2 FLIGHT OVER LB HANG LB



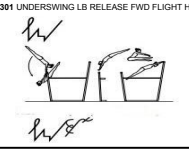
3.304 CLEAR HIP HANDSTAND



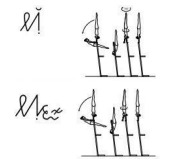
2.306 COUNTERSWING SALTO FWD P/ST 1/2 TO SUPPORT



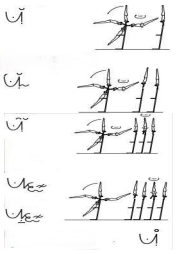
3.301 UNDERSWING LB RELEASE FWD FLIGHT HB



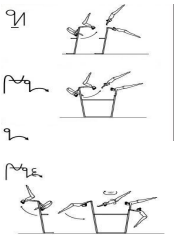
3.305 CLEAR HIP HANDSTAND 1/2 / 1/1 ONE ARM



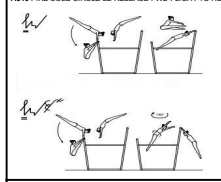
4.303 GIANT BWD TO HDST 1/2



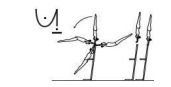
3.306 INVERTED PIKE SWING HB HOP CHANGE



7.310 PIKE SOLE CIRCLE LB RELEASE FWD FLIGHT TO HB



4.302 GIANT BWD HDST HOP GRIP CHANGE



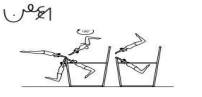
4.301 HDST SWING B/W BAR SWING FWD 1 1/2



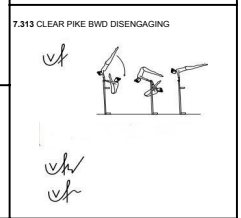
4.307 3/4 GIANT LB 1/2 FLIGHT TO CATCH HB



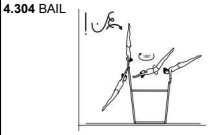
3/4 GIANT LB GIENGER TUCK



7.313 CLEAR PIKE BWD DISENGAGING



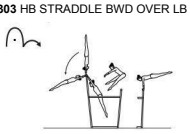
4.304 BAIL



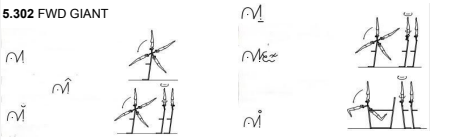
4.306 PEACH SALTO



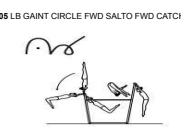
5.303 HB STRADDLE BWD OVER LB



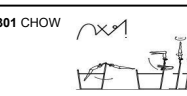
5.302 FWD GIANT



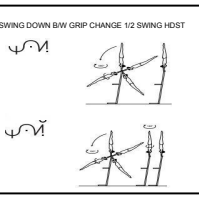
5.305 LB GAINT CIRCLE FWD SALTO FWD CATCH HB



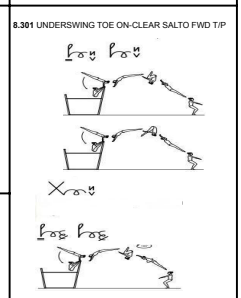
6.301 CHOW



5.304 SWING DOWN B/W GRIP CHANGE 1/2 SWING HDST



8.301 UNDERSWING TOE ON-CLEAR SALTO FWD T/P



6.302 CLEAR STRADDLE CIRCLE FWD FLIGHT BWD OVER LB

6.306 HDST HB CIRCLE SWING FWD FREE STOOP VAULT 1/2 OVER HB

6.303 STALDER FWD L GRIP SUPPORT

6.305 RAY

7.305 INVERTED PIKE STRADDLE CUT BWD FLIGHT OVER LB

8.302 TOE ON-CLEAR 1/2 SALTO BWD T/P

6.304 STALDER BWD HANDSTAND / 1/2

7.301 CLEAR HIP BWD LB HECHT TO HB / 1/2

8.303 HB SWING B/W BAR SWING FWD SALTO BWD 1 1/2 / 2/1

8.308 BK HIP CIRCLE LB / HB HECHT 1/1

7.306 CLEAR REAR PIKE SUPPORT HB FULL SWING BWD

8.307 SWING FWD B/W BAR REVERSE GRIP 1 1/2

8.304 SWING B/W BAR SWING FWD DOUBLE BK T/P

8.309 CAST NEAR HDST SALTO FWD PIKE

SALTO BWD TUCK / PIKE

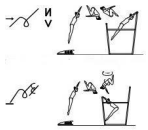
8.310 CLEAR HIP CIRCLE BWD SALTO BWD T/P

GIANT BWD SALTO BWD TUCK OVER HB

TANAC 1/1 -1 1/2

BARS " D " SKILLS

1.410 SALTO FWD TUCK / PIKE OVER LB TO HB



SALTO FWD TUCK 1/2 OVER LB TO LB

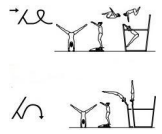
1.411 ROUNDOFF FLIGHT OVER LB 1/1 TO HB



1.413 ROUNDOFF ARABIAN TUCK/PIKE OVER LB SIT LB

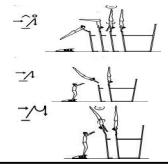


1.412 ROUNDOFF SALTO BWD TUCK OVER LB TO LB



ROUNDOFF BHS THROUGH HDST ON LB

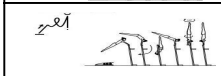
1.414 JUMP HDST LB 1/1



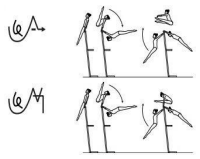
1.415 JUMP TO SUPPORT HB CLEAR HIP HDST 1/2



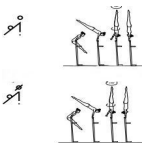
1.416 JUMP TP SUPPORT LB CLEAR HIP FWD HDST 1/2



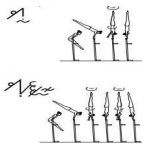
7.407 LI LI



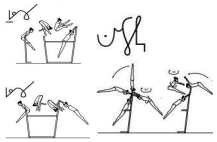
2.401 CAST HDST 1/1 / 1 1/2



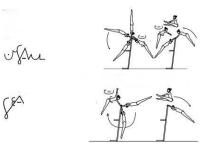
CAST HDST HOP L GRIP / 1 1/2 L - MIXED L GRIP



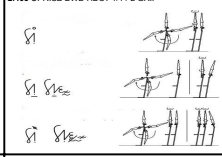
2.402 LB CAST SALTO FWD TO HANG HB



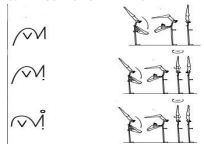
2.404 SWING DOWN B/W BAR UPRISE STRADDLE FWD HB 1/2



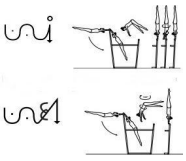
2.403 UPRISE BWD HDST 1/1 / L GRIP



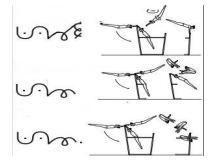
7.408 PIKE SOLE CIRCLE FWD L GRIP / 1/2 / 1/1



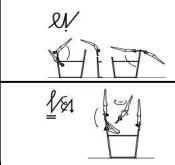
2.405 COUNTERSWING BWD ST/P FLIGHT HDST 1/1



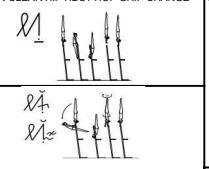
2.406 COUNTERSWING SALTO FWD ST 1/2 / STRADDLE



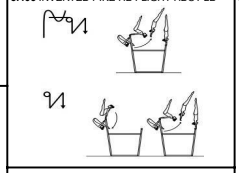
3.401 SHAPOSHNIKOVA



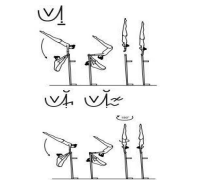
3.404 CLEAR HIP HDST HOP GRIP CHANGE



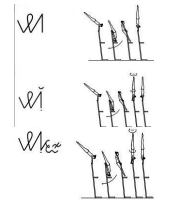
3.406 INVERTED PIKE HB FLIGHT HDST LB



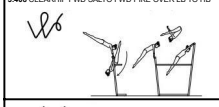
7.409 PIKE SOLE CIRCLE BWD HOP GRIP REVERSE GRIP HDST



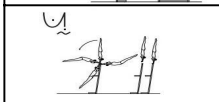
3.407 WEILER KIP HDST



3.408 CLEARHIP FWD SALTO FWD PIKE OVER LB TO HB



4.402 GIANT CIRCLE BWD HOP TO L GRIP

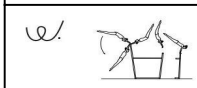


3.403 UNDERSWING TOE ON 1/2 FLIGHT OVER LB HDST LB

4.404 HDST BAIL 1/2 HDST

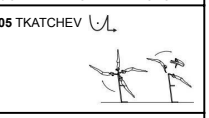


4.406 PAK SALTO

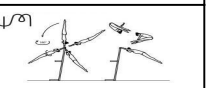


3.405 CLEAR HIP HDST 1/2 REVERSE GRIP

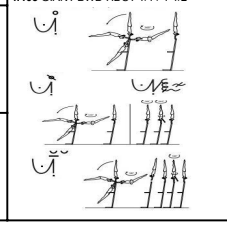
4.405 TKATCHEV



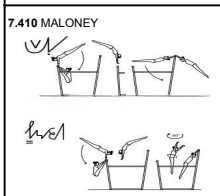
5.404 MIX GRIP DELTCHEV



4.403 GIANT BWD HDST 1/1 / 1 1/2

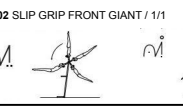


7.410 MALONEY

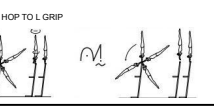


PIKE SOLE CIRCLE BWD LB RELEASE FWD FLIGHT 1/1 HB

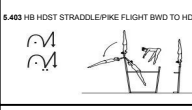
5.402 SLIP GRIP FRONT GIANT / 1/1



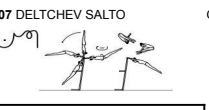
HOP TO L GRIP



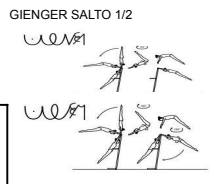
5.403 HB HDST STRADDLE/PIKE FLIGHT BWD TO HDST LB



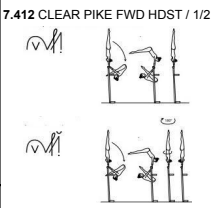
4.407 DELTCHEV SALTO



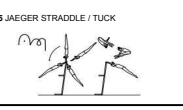
GIENGER SALTO 1/2



7.412 CLEAR PIKE FWD HDST / 1/2



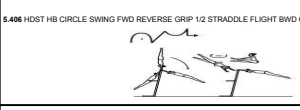
5.405 JAEGER STRADDLE / TUCK



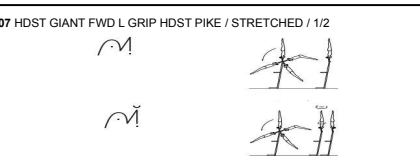
LB 3/4 GIANT FWD RELEASE FT SALTO TUCK 1/1 TO HB



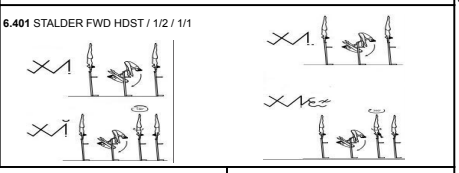
5.406 HDST HB CIRCLE SWING FWD REVERSE GRIP 1/2 STRADDLE FLIGHT BWD OVER HB TO HB



5.407 HDST GIANT FWD L GRIP HDST PIKE / STRETCHED / 1/2



6.401 STALDER FWD HDST / 1/2 / 1/1



6.402 CLEAR STRADDLE FWD/BWD HB FLIGHT HDST LB

7.413 CLEAR PIKE CIRCLE BWD HDST / 1/2

6.403 STALDER FWD L GRIP HDST / 1/2

6.404 STALDER BWD HDST HOP GRIP / 1/2

6.405 LB STALDER BWD THROUGH HDST FLIGHT HB

STALDER CIRCLE FWD TO SALTO FWD STRADDLE CATCH HB

8.401 UNDERSWING TOE ON-CLEAR SALTO FWD PIKE 1/2

7.401 FREE HIP CIRCLE BWD HECHT FLIGHT 1/2

8.402 CLEAR OKINO

8.403 SWING DOWN B/W BAR SWING FWD SALTO BWD 2 1/2

7.404 HB SEAT PIKE CIRCLE FWD THROUGH CLEAR SUPPORT L GRIP

1/2

8.404 FWD DOUBLE SALTO BWD TUCK 1/2

7.406 CLEAR REAR PIKE HB FULL CIRCLE SWING BWD OVER HB

8.405 SWING FWD DOUBLE SALTO BWD STRETCH PIKE / PIKE STRETCH

8.407 SALTO FWD T/P/S 2/1

8.408 BHC HECHT SALTO BWD TUCK

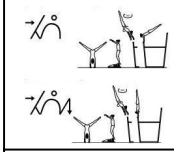
8.410 STALDER BWD HDST SALTO BWD T/P

TANAC 2/1

GIANT CIRCLE BWD TO SALTO BWD TUCK OVER HB 1/1

BARS " E " SKILLS

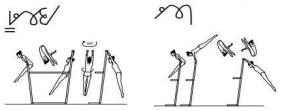
1.512 ROUNDOFF LB BHS 1/1



1.513 ROUNDOFF LB ARABIAN SALTO T/P OVER LB TO HB



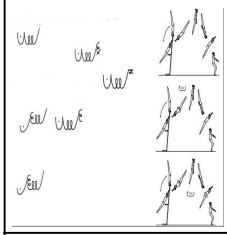
2.502 BRAUSE 1/1/ COMANECI SALTO



5.507 KARPENKO / LING



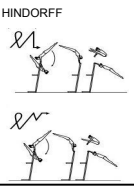
8.505 DOUBLE STRETCHED / 1/2 / 1/1 / 2/1



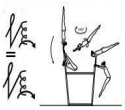
3.501 CLEAR HIP THROUGH HDST 1/2 FLIGHT HB



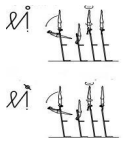
3.502 HINDORFF



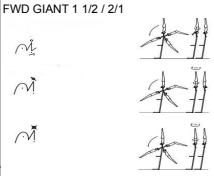
3.503 UNDERSWING 1 1/2 FLIGHT OVER LB TO LB

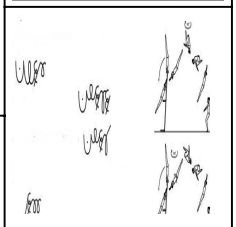


3.505 CLEARHIP HDST 1/1 (MA) / 1 1/2

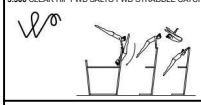


FWD GIANT 1 1/2 / 2/1

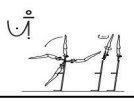




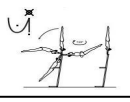
3.508 CLEAR HIP FWD SALTO FWD STRADDLE CATCH HB



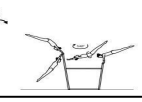
4.502 HDST GIANT BWD HDST HOP 1/1



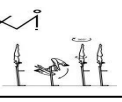
4.503 HDST GIANT CIRCLE BWD HDST 2/1



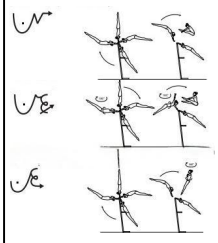
4.504 HB LONG SWING FWD 1 1/2 FLIGHT OVER LB



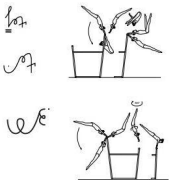
6.501 STALDER FWD 1/1



4.505 PIKE TKATCHEV

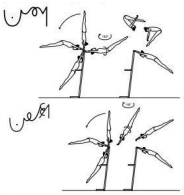


4.506 COUNTER KIM



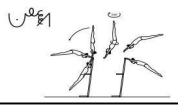
PAK 1/1

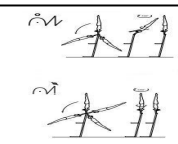
4.507 PIKE DELTCHEV SALTO



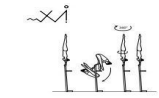
STRETCHED GIENGER

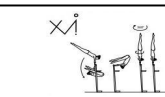
HRISTAKIEVA



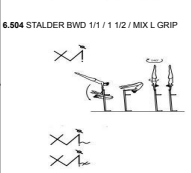


6.503 STALDER FWD L GRIP 1/1

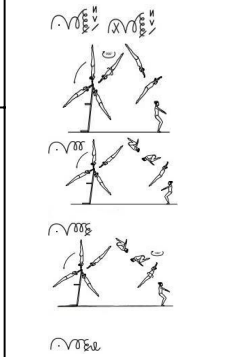




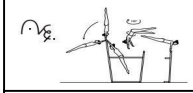
6.504 STALDER BWD 1/1 / 1 1/2 / MIX L GRIP



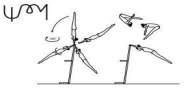
8.506 BK TUCK 1/2 / 1/2 / FWD STRETCHED



5.503 EJOVA



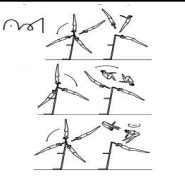
5.504 GARRETT



5.505 STRETCHED JAEGER / 1/2 / MO SALTO



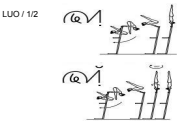
5.502 ONE ARM GIANT CIRCLE FWD 1/1 / 1 1/2



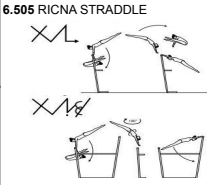
5.506 KHORKINA L GRIP



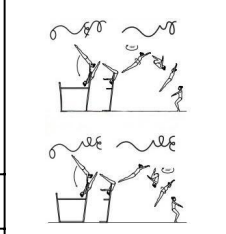
7.504 LUO / 1/2



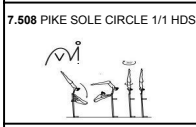
6.505 RICNA STRADDLE



8.507 FWD T/P/S 2 1/2

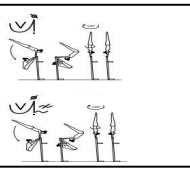


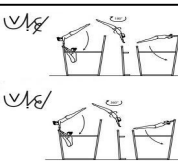
7.508 PIKE SOLE CIRCLE 1/1 HDST



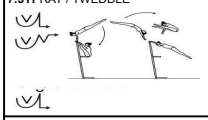
7.509 MALONEY 1/1 / 1 1/2



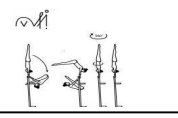




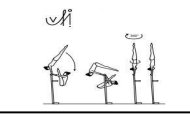
7.511 RAY / TWEDDLE



7.512 ENDO PIKED



7.513 STALDER PIKED 1/1



7.510 BYHOVSKY / RAMLER 1/1

8.501 UNDERSWING SALTO FWD PIKE 1/1 / 1 1/2

8.508 HIP CIRCLE BWD HECHT 1/2 SALTO FWD

8.502 KRAEKER

8.503 STRETCHED 3/1

8.504 DOUBLE BWD TUCK 1/1 / STRETCH 1/2 PIKE 1/2

DOUBLE BWD TUCK 2/1 / TRIPLE BWD TUCK