Supplementary materials for

FineGym: A Hierarchical Video Dataset for Fine-grained Action Understanding

Dian Shao Yue Zhao Bo Dai Dahua Lin CUHK-SenseTime Joint Lab, The Chinese University of Hong Kong

{sd017, zy317, bdai, dhlin} @ie.cuhk.edu.hk

1. Experiments

1.1. Implementation details

TSN We use BNInception [5] as the backbone network for TSN [10]. The number of input segments is set to be 3 by default. The model weights are initialized from those pre-trained on ImageNet [2]. The dropout is set to be 0.8. For the spatial-stream(*i.e.* RGB), the model is trained for 80 epochs, starting at an initial learning rate of 0.001. The learning rate is reduced to its $\frac{1}{10}$ every 30 epochs. For the temporal-stream(*i.e.* Flow), the model is trained for 200 epochs, start at an initial learning rate of 0.002. The learning rate is then reduced to its $\frac{1}{10}$ every 80 epochs.

TRN We use BNInception [5] as the backbone network for TRN [13] as well. The training schedule is similar to that of TSN stated above. We also report the performance of multi-scale TRN, denoted by TRNms.

TSM We use ResNet-50 [4] as the backbone network of the TSM [7]. The number of input segments is set to be 3 by default. The model is trained for 100 epochs with learning rate decreased by 0.1 at every 40 epochs. Other training schedule is similar to that of TSN.

ActionVLAD The underlying network of ActionVLAD is based on VGG-16 [8]. 10 frames are uniformly sampled from the video as input. The number of the VLAD clusters is set to be 64. We follow the two-step prodecure as stated in [3]. In the first step, we initialize the VLAD cluster centers by clustering pre-extracted features using K-Means, and then set the centers fixed to train the linear classifier with a learning rate of 0.01. In the second step, we jointly finetune both the linear classifier and the ActionVLAD cluster centers with a learning rate of 10^{-4} . During both steps, the layers before conv5_1 are frozen to avoid overfitting. We empirically find that the number of training iterations, especially that in the second step, is important for final performance. Therefore, the first step lasts 20 epochs and the second lasts 80 epochs.

I3D We use a 3D ConvNet based on ResNet-50 [4]. The input is a video clip with 8 frames, sampled from 16 consecutive frames with a stride of 2. The model is initialized by

two types: (1) inflating the 2D convolutional kernels from an ImageNet-pretrained model to its 3D counterpart; (2) directly utilizing the model weights of a 3D ConvNet trained on Kinetics-400 [6] (denoted as $\mathbf{I3D}^*$). The dropout is set to be 0.5. The model is trained for 100 epochs, starting at an initial learning rate of 0.001. The learning rate is reduced to its $\frac{1}{10}$ every 40 epochs.

Non-local I3D Following [11], we add non-local module with Gaussian embedding at the blocks of res3b, res3d, res4b, res4d, res4f. The rest of the settings follow those of I3D. Particularly, We denote the ImageNet-pretrained model to be NL I3D and the Kinetics-pretrained model to be NL I3D*.

ST-GCN We first obtain the coordinates of human keypoints in each frame using Cascade R-CNN [1] and HR-Net [9] as the human detector and pose estimator respectively. Afterwards, ST-GCN [12] is trained on top. The training setting is similar to original one, except that the training epochs are increased five times.

1.2. Confusion matrices

We present the confusion matrices of different methods, *i.e.* TSN, TRN, I3D, and ST-GCN (all fine-tuned from ImageNet pre-trained weights) on two sets, *i.e.* FX-S1 and UB-S1 in Figure 1 and Figure 2. The category names within each set are enumerated in Table 1 and Table 2 for reference. We observe that current methods do not perform well in distinguishing between complex temporal dynamics, such as the degree of rotation (*i.e.* number of turns).

2. Dataset

2.1. Dataset overview

Our *FineGym* dataset is fine-grained both semantically and temporally. For semantic hierarchy, the categorical labels are organized according to a three-level hierarchy, namely events, sets, and elements. For temporal structure, all action instances of interest in each video are identified and decomposed into sub-actions. We refer the readers to the first part of 4252_demo.mp4 for illustration.

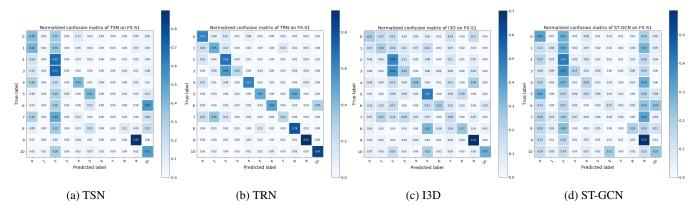


Figure 1: Normalized confusion matrix of different methods on FX-S1 (Leap-jump-hop in Floor Exercise).

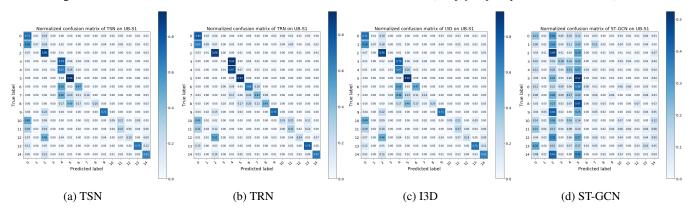


Figure 2: Normalized confusion matrix of different methods on UB-S1 (The Circles in Uneven Bars).

| FX-S1 from <i>Gym99</i> | | | |
|--------------------------------|--|--|--|
| Label ID | Category name | | |
| 0 | Switch leap with 0.5 turn | | |
| 1 | Switch leap with 1 turn | | |
| 2 | Split leap with 1 turn | | |
| 3 | Split leap with 1.5 turn | | |
| 4 | Switch leap | | |
| 5 | Split Jump with 1 turn | | |
| 6 | Split jump | | |
| 7 | Johnson with additional 0.5 turn | | |
| 8 | Straddle pike or side split jump with 1 turn | | |
| 9 | Switch leap to ring position | | |
| 10 | Stag jump | | |

Table 1: Categories of FX-S1 (*leap-jump-hop* in *floor exercise*) from *Gym99*. "Johnson" denotes "*leap forward with leg change and 0.25 turn to side split position*".

2.2. Dataset statistics

We present the histogram of element classes in *FineGym* and it subsets (*Gym288* and *Gym99*) in Figure 3. We can

| UB-S1 from <i>Gym99</i> | | | |
|--------------------------------|---|--|--|
| Label ID | Category name | | |
| 0 | Pike sole circle bwd with 1.5 turn to hstd | | |
| 1 | Pike sole circle bwd with 0.5 turn to hstd | | |
| 2 | Pike sole circle bwd to hstd | | |
| 3 | Giant circle bwd with 1 turn to hstd | | |
| 4 | Giant circle bwd with 0.5 turn to hstd | | |
| 5 | Giant circle bwd | | |
| 6 | Giant circle fwd with 1 turn on one arm to hstd | | |
| 7 | Giant circle fwd with 0.5 turn to hstd | | |
| 8 | Giant circle fwd | | |
| 9 | Clear hip circle bwd to hstd | | |
| 10 | Clear pike circle bwd with 1 turn to hstd | | |
| 11 | Clear pike circle bwd with 0.5 turn to hstd | | |
| 12 | Clear pike circle bwd to hstd | | |
| 13 | Stalder bwd with 1 turn to hstd | | |
| 14 | Stalder bwd to hstd | | |

Table 2: Categories of UB-S1 (*the-circles* in *floor exercise*) from *Gym99*. "bwd", "fwd" and "hstd" are abbreviations of backward, forward and handstand respectively.

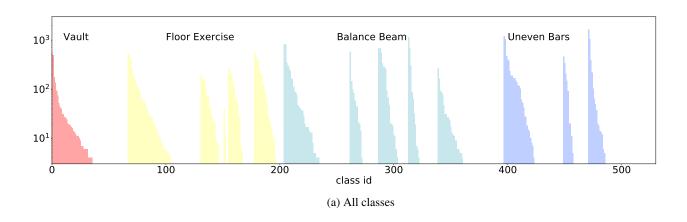
see that the *FineGym* is naturally long-tailed while *Gym99* is relatively balanced.

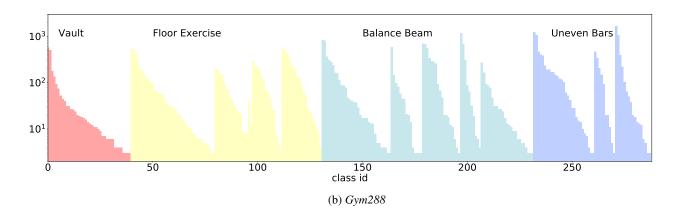
2.3. Details of decision-trees

In Listing 1, we present a full decision tree of UB-S1 in text format. The procedure runs as follows: given a video clip, we start from Q1 and decide whether the answer is yes or no. Different answers yield to different questions to follow. Traveling through the decision tree, the procedure ends at a leaf node, denoted by Cxx, which is the final element label. We also present a demo video in the second part of $4252_demo.mp4$ to visualize the procedure.

2.4. List of FineGym Sub-Action Classes

In Table 3, we present the category name for all classes in the *FineGym* dataset. We also provide the class id of each category in the subsets *Gym288* and *Gym99* respectively.





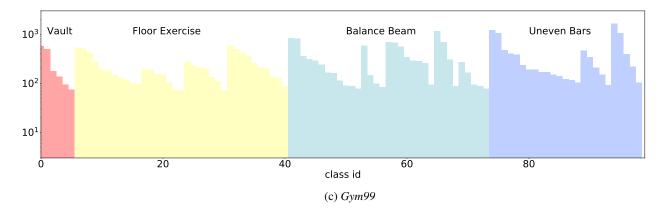


Figure 3: Frequency of element classes in (a) *FineGym* as well as its subset: (b) *Gym288* and (c) *Gym99* w.r.t. sub-action instances.

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Q1: Toes touch the bar during circle (sole circle)? If yes, goto Q2; If no, goto Q13.
Q2: Two legs are together when toes on bar (pike sole circle)?
   If yes, goto Q3; If no, goto Q11.
Q3: Circle backward? If yes, goto Q4; If no, goto Q8.
Q4: To handstand? If yes, goto Q5; If no, goto C5.
Q5: Either 1 turn or 1.5 turn ? If yes, goto Q6; If no, goto Q7.
Q6: 1.5 turn? If yes, goto C1; If no, go to C2.
Q7: 0.5 turn? If yes, goto C3; If no, go to C4.
Q8: To handstand? If yes, goto Q9; If no, goto C9.
Q9: 1 turn? If yes, goto C6; If no, goto Q10.
Q10: 0.5 turn? If yes, goto C7; If no, goto Q8.
Q11: End with toes on bar? If yes, goto Q12; If no, trigger warning.
Q12: Circle backward? If yes, goto C10; If no, goto C11.
Q13: Giant circle? If yes, goto Q14; If no, goto Q27.
Q14: Circle backward? If yes, goto Q15; If no, goto Q23.
Q15: With turn before handstand phase? If yes, goto Q16; If no, goto Q21.
Q16: Either 1.5 turn or 2 turn? If yes, goto Q17; If no, goto Q18.
Q17: 2 turn? If yes, goto C12; If no, goto C13.
Q18: Either 1 turn or hop 1 turn? If yes, goto Q19; If no, goto Q20.
Q19: Hop 1 turn? If yes, goto C14; If no, goto C15.
Q20: Turn on one arm? If yes, goto C16; If no, goto C17.
Q21: Start and finish in clear rear support? If yes, goto C18; If no, goto Q22.
Q22: Circle on one arm? If yes, goto C19; If no, goto C20.
Q23: With turn before handstand phase? If yes, goto Q24; If no, goto C25.
Q24: 1 turn (either on one arm or use both arms)? If yes, goto Q25; If no, goto Q26.
Q25: 1 turn on one arm? If yes, goto C21; If no, goto C22.
Q26: 1.5 turn? If yes, goto C23; If no, goto C24.
Q27: Either hip circle or clear hip circle? If yes, goto Q28; If no, goto Q35.
Q28: To handstand? If yes, goto Q29; If no, goto Q34.
Q29: Circle backward? If yes, goto Q30; If no, goto Q33.
Q30: Either 1 turn or 1.5 turn? If yes, goto Q31; If no, goto Q32.
Q31: 1.5 turn? If yes, goto C26; If no, goto C27.
Q32: 0.5 turn? If yes, goto C28; If no, goto C29.
Q33: Forward circle with 0.5 turn? If yes, goto C30; If no, goto C31.
Q34: Circle backward (to front support)? If yes, goto C32; If no, goto C33.
Q35: Pike circle (with two legs together)? If yes, goto Q36; If no, goto Q45.
Q36: Pike circle backward? If yes, goto Q37; If no, goto Q42.
Q37: With turn? If yes, goto Q38; If no, goto Q40.
Q38: 1.5 turn? If yes, goto C34; If no, goto Q39.
Q39: 1 turn? If yes, goto C35; If no, goto C36.
Q40: Circle starts from handstand phase? If yes, goto Q41; If no, goto C39.
Q41: To handstand? If yes, goto C37; If no, goto C38.
Q42: With turn? If yes, goto Q43; If no, goto Q44.
Q43: 1 turn? If yes, goto C40; If no, goto C41.
Q44: To handstand (also start from handstand)? If yes, goto C42; If no, goto C43.
Q45: Straddle circle (with legs wide apart)? If yes, goto Q46; If no, trigger warning.
Q46: Circle backward? If yes, goto Q47; If no, go to Q51.
Q47: With turn? If yes, goto Q48; If no, go to Q50.
Q48: 1.5 turn? If yes, goto C44; If no, go to Q49.
Q49: 1 turn? If yes, goto C45; If no, go to Q46.
Q50: To handstand? If yes, goto C47; If no, go to C48.
Q51: With turn? If yes, goto Q52; If no, go to Q53.
Q52: 1 turn? If yes, goto C49; If no, go to C50.
Q53: To handstand? If yes, goto C51; If no, go to C52.
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C1: Pike sole circle backward with 1.5 turn to handstand; code: 5.508; DV: 0.5.
C2: Pike sole circle backward with 1 turn to handstand; code: 5.408; DV: 0.4.
C3: Pike sole circle backward with 0.5 turn to handstand; code: 5.308; DV: 0.3.
C4: Pike sole circle backward to handstand; code: 5.308; DV: 0.3.
C5: Pike sole circle backward (end with toes-on-bar); code: 5.108; DV: 0.1.
C6: Pike sole circle forward with 1 turn to handstand; code: 5.405; DV: 0.4.
C7: Pike sole circle forward with 0.5 turn to handstand; code: 5.305; DV: 0.3.
C8: Pike sole circle forward to handstand; code: 5.305; DV: 0.3.
C9: Pike sole circle forward (end with toes-on-bar); code: 5.105; DV: 0.1.
C10: Straddle sole circle backward (end with toes-on-bar); code: 5.108; DV: 0.1.
C11: Straddle sole circle forward (end with toes-on-bar); code: 5.105; DV: 0.1.
C12: Giant circle backward with 2 turn to handstand; code: 3.401; DV: 0.4.
C13: Giant circle backward with 1.5 turn to handstand; code: 3.401; DV: 0.4.
C14: Giant circle backward with hop 1 turn to handstand; code: 3.401; DV: 0.4.
C15: Giant circle backward with 1 turn to handstand; code: 3.301; DV: 0.3.
C16: Giant circle backward on one arm with 0.5 turn to handstand; code: 3.201; DV: 0.2
C17: Giant circle backward with 0.5 turn to handstand; code: 3.201; DV: 0.2.
C18: Clear rear pike support with legs together, full circle swing backward to finish in
   clear rear support; code: 5.302; DV: 0.3.
C19: Giant circle backward on one arm; code: 3.201; DV: 0.2.
C20: Giant circle backward; code: 3.201; DV: 0.2.
C21: Giant circle forward with 1 turn on one arm to handstand; code: 3.506; DV: 0.5.
C22: Giant circle forward with 1 turn to handstand; code: 3.306; DV: 0.3.
C23: Giant circle forward to handstand with 1.5 turn before handstand phase; code: 3.506; DV
    : 0.5.
C24: Giant circle forward with 0.5 turn to handstand; code: 3.206; DV: 0.2.
C25: Giant circle forward; code: 3.206; DV: 0.2.
C26: Clear hip circle backward with 1.5 turn to handstand; code: 2.505; DV: 0.5.
C27: Clear hip circle backward with 1 turn to handstand; code: 2.405; DV: 0.4.
C28: Clear hip circle backward with 0.5 turn to handstand; code: 2.305; ; DV: 0.3
C29: Clear hip circle backward to handstand; code: 2.305; DV: 0.3.
C30: Clear hip circle forward with 0.5 turn to handstand phase; code: 2.404; ; DV: 0.4.
C31: Clear hip circle forward to handstand; code: 2.404; DV: 0.4.
C32: Hip circle backward-hips touching bar; code: 2.105; ; DV: 0.1.
C33: Hip circle forward--hips touching bar; code: 2.104; ; DV: 0.1.
C34: Clear pike circle backward with 1.5 turn to handstand; code: 4.507; ; DV: 0.5.
C35: Clear pike circle backward with 1 turn to handstand; code: 4.507; DV: 0.5.
C36: Clear pike circle backward with 0.5 turn to handstand; code: 4.407; DV: 0.4.
C37: Clear pike circle backward to handstand; code: 4.407; ; DV: 0.4.
C38: From handstand clear pike circle backward to rear inverted pike support; code: 4.407;
   DV: 0.4.
C39: Seat/pike circle backward to rear support; code: 4.107; DV: 0.1.
C40: Clear pike circle forward with 1 turn to handstand; code: 4.506; DV: 0.5.
C41: Clear pike circle forward with 0.5 turn to handstand; code: 4.406; DV: 0.4.
C42: Clear pike circle forward to handstand; code: 4.406; DV: 0.4.
C43: Seat/pike circle forward to rear support; code: 4.106; DV: 0.1.
C44: Stalder backward with 1.5 turn to handstand; code: 4.504; DV: 0.5.
C45: Stalder backward with 1 turn to handstand; code: 4.404; DV: 0.4.
C46: Stalder backward with 0.5 turn to handstand; code: 4.304; DV: 0.3
C47: Stalder backward to handstand; code: 4.304; DV: 0.3.
C48: Clear straddle circle backward to clear support; code: 4.104; DV: 0.1.
C49: Stalder forward with 1 turn to handstand; code: 4.401; DV: 0.4.
C50: Stalder forward with 0.5 turn to handstand; code: 4.301; DV: 0.3.
C51: Stalder forward to handstand; code: 4.301; DV: 0.3.
C52: Clear straddle circle forward to clear support; code: 4.101; DV: 0.1.
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Listing 1: Details of the decision tree of UB-S1 (The Circles in Uneven bars) shown in text format.

| Class ID | Class name | # in Gym99 | # in Gym288 |
|----------|--|------------|-------------|
| 0 | (VT) Round-off, flic-flac with 0.5 turn on – straight salto fwd with 1.5 twist off | - | 0 |
| 1 | (VT) Round-off, flic-flac with 0.5 turn on – straight salto fwd with 0.5 twist off | 0 | 1 |
| 2 | (VT) Round-off, flic-flac with 0.5 turn on – straight salto fwd with 1 twist off | - | 2 |
| 3 4 | (VT) Round-off, flic-flac with 0.5 turn on – straight salto fwd with 2 twist off (VT) Round-off, flic-flac with 0.5 turn on – straight salto fwd off | - | 3 |
| 5 | (VT) Round-off, flic-flac with 0.5 turn on – half twist to piked salto bwd off | - | 4 |
| 6 | (VT) Round-off, flic-flac with 0.5 turn on – piked salto fwd with 1.5 twist off | | - |
| 7 | (VT) Round-off, flic-flac with 0.5 turn on – piked salto fwd with 0.5 twist off | - | 5 |
| 8 | (VT) Round-off, flic-flac with 0.5 turn on – piked salto fwd with 1 twist off | | |
| 9 | (VT) Round-off, flic-flac with 0.5 turn on – piked salto fwd off | - | 6 |
| 10 | (VT) Round-off, flic-flac with 0.5 turn on – tucked salto fwd with 1.5 twist off | - | - |
| 11 | (VT) Round-off, flic-flac with 0.5 turn on - tucked salto fwd with 0.5 twist off | - | 7 |
| 12 | (VT) Round-off, flic-flac with 0.5 turn on – tucked salto fwd with 1 twist off | - | |
| 13 | (VT) Round-off, flic-flac with 0.5 turn on – tucked salto fwd off | - | - |
| 14 | (VT) Round-off, flic-flac with 0.75 turn on – straight salto bwd with 1 twist off | - | 8 |
| 15 | (VT) Round-off, flic-flac with 0.75 turn on – straight salto bwd off | - | - |
| 16 | (VT) Round-off, flic-flac with 0.75 turn on – piked salto bwd off | - | 9 |
| 17 | (VT) Round-off, flic-flac with 0.75 turn on – tucked salto bwd with 1 twist off | - | - |
| 18 | (VT) Round-off, flic-flac with 0.75 turn on – tucked salto bwd off | - | - |
| 19 | (VT) Round-off, flic-flac on – straight salto bwd with 2 twist off | 1 | 10 |
| 20 | (VT) Round-off, flic-flac on – straight salto bwd with 1 twist off | 2 | 11 |
| 21 | (VT) Round-off, flic-flac on – straight salto bwd with 1.5 twist off | 3 | 12 |
| 22 | (VT) Round-off, flic-flac on – straight salto bwd with 0.5 twist off | - | 13 |
| 23 | (VT) Round-off, flic-flac on – straight salto bwd with 2.5 twist off | 4 | 14 |
| 25 | (VT) Round-off, flic-flac on – straight salto bwd off (VT) Round-off, flic-flac on – piked salto bwd off | 5 | 15 16 |
| 26 | (V1) Round-off, flic-flac on – pixed salto bwd off (VT) Round-off, flic-flac on – tucked salto bwd with 1 twist | - | 10 |
| 27 | (V1) Round-off, flic-flac on – tucked salto bwd with 1 twist (VT) Round-off, flic-flac on – tucked salto bwd with 1.5 twist | | |
| 28 | (VT) Round-off, flic-flac on – tucked salto bwd with 1.5 twist | _ | _ |
| 29 | (VT) Round-off, flic-flac on – tucked salto bwd with 0.5 twist | | 17 |
| 30 | (VT) Tsukahara straight with double twist | | 18 |
| 31 | (VT) Foundation and the wind details of the control | | 19 |
| 32 | (VT) Tsukahara straight with 1.5 twist | - | 20 |
| 33 | (VT) Tsukahara straight with 0.5 twist | - | 21 |
| 34 | (VT) Tsukahara straight with 2.5 twist | - | - |
| 35 | (VT) Tsukahara straight salto | - | 22 |
| 36 | (VT) Tsukahara straight without salto | - | 23 |
| 37 | (VT) Tsukahara piked | - | 24 |
| 38 | (VT) Tsukahara tucked with 1 twist | - | 25 |
| 39 | (VT) Tsukahara tucked with 1.5 twist | - | - |
| 40 | (VT) Tsukahara tucked with 0.5 twist | - | - |
| 41 | (VT) Tsukahara tucked | - | 26 |
| 42 | (VT) Handspring half twist on, half twist off | - | - |
| 43 | (VT) Handspring full twist on, full twist off | - | - |
| 44 | (VT) Handspring full twist on | - | - |
| 45 | (VT) Handspring fwd on – straight salto fwd with 1.5 twist off | - | 27 |
| 46 | (VT) Handspring fwd on – straight salto fwd with 0.5 twist off | - | 28 |
| 47 | (VT) Handspring fwd on – straight salto fwd with 1 twist off | - | 29 |
| 48 | (VT) Handspring fwd on - straight salto fwd off | - | - |
| 49 | (VT) Handspring fwd on - 0.5 twist to piked salto backward off | - | - |
| 50 | (VT) Handspring fwd on – piked salto fwd with 1.5 twist off | - | - 20 |
| 51 | (VT) Handspring fwd on – piked salto fwd with 0.5 twist off | - | 30 |
| 52 | (VT) Handspring find on – piked salto find with 1 twist off | - | 31 32 |
| 54 | (VT) Handspring fwd on – piked salto fwd off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off | | 32 |
| 55 | (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off | - | - |
| 56 | (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off | - | 33 |
| 57 | (VT) Handspring fwd on – tucked salto fwd with 0.5 twist off | - | 34 |
| 58 | (VT) Handspring fwd on – tucked double salto fwd off | - | 35 |
| 59 | (VT) Handspring fwd on – tucked salto fwd off | - | 36 |
| 60 | (VT) Handspring forward on, 0.5 twist off | - | 37 |
| 61 | (VT) Handspring forward on, 2 twist off | | - |
| 62 | (VT) Handspring forward on, 1 twist off | - | 38 |
| 63 | (VT) Handspring forward on | - | 39 |
| 64 | (VT) Yamashita with half twist off | - | - |
| 65 | (VT) Yamashita with full twist off | - | - |
| 66 | (VT) Yamashita-piked to straight without salto off | - | - |
| 67 | (FX) Switch leap with 0.5 turn | 6 | 40 |
| 68 | (FX) Switch leap with 1 turn | 7 | 41 |
| 69 | (FX) Fouette Hop with leg change to cross split to land on one foot | | - |
| 70 | (FX) Split leap with 0.5 turn | | 42 |
| 71 | (FX) Split leap with 1 turn to land in split sit position | - | - 42 |
| 72 | (FX) Split leap with 1 turn | 8 | 43 |
| 73 | (FX) Split leap with 1.5 turn or more | 9 | 44 |
| 74 | (FX) Leap fwd with leg change to cross split (Switch leap) | 10 | 45 |
| 75 76 | (FX) Split leap fwd (FX) Tuck jump with separation of legs to cross split during flight phase | - | 46 |
| 77 | (FX) Split Jump with 1 turn | 11 | 47 |
| 78 | (FX) Split Jump with 1 turn (FX) Split Jump with 0.5 turn | - | 48 |
| 79 | (FX) Split Jump with 0.5 turn (FX) Split Jump with 1.5 turn | - | 49 |
| 80 | (FX) Sissone: leg separation 180° on the diagonal to the floor, take off two feet, land on one foot | - | 50 |
| 81 | (FX) Split jump (leg separation 180°) | 12 | 51 |
| 82 | (rx)-spin jump (ng separaton rev) (FX) Johnson with additional 1 turn | - | - |
| 83 | (FX) Johnson with additional 0.5 Turn | 13 | 52 |
| 84 | (FX) Leap fwd with 0.25 turn into straddle pike position with 1 turn | - | - |
| 85 | (FX) Switch leap with 0.25 turn to side split or to straddle pike position (Johnson) | - | 53 |
| 86 | (FX) Leap fwd with 0.25 turn into straddle pike or side split position | | - |
| 87 | (FX) Strapt was win 0.22 min min strandar pixe or act spin position (FX) Straddle pike or side split jump with 1 turn landing in front lying support | | - |
| 88 | (FX) Straddle pike or side split jump with 1 um rading in 10th typing support | 14 | 54 |
| 89 | (FX) Straddle pike or side split jump with 0.5 turn landing in front lying support | - | - |
| 90 | (FX) Straddle pike or side split jump with 0.5 turn | - | 55 |
| 91 | (FX) Straddle pike or side split jump with 1.5 turn | - | - |
| 92 | (FX) Straddle pike jump or side split jump landing in front lying support | - | - |
| 93 | (FX) Straddle pike jump or side split jump | - | 56 |
| 94 | (FX) Stag ring jump: rear foot at head height, body arched and head dropped bwd | - | 57 |
| 95 | (FX) Switch leap to ring position with 1 turn | - | 58 |
| 96 | (FX) Switch leap to ring position | 15 | 59 |
| | | | |

| 97 | (FX) Split leap with 1 turn or more to ring position | - | 60 |
|--------------------------|---|----------|------------|
| 98 | (FX) Split ring leap | - | 61 |
| 99 | (FX) Ring jump | - | 62 |
| 100 | (FX) Split ring jump with 0.5 turn (FX) Split jump with 1 turn or more to ring position | - | - 62 |
| 101 | (FX) Split jump with 1 turn or more to ring position (FX) Split ring jump | - | 63 |
| 103 | (FX) Stag jump with 0.5 turn | - | 64 |
| 103 | (FX) Stag jump | 16 | 65 |
| 105 | (FX) Tuck hop or jump with 2 turn landing in front lying support | - | - |
| 106 | (FX) Tuck hop or jump with 1 turn | - | 66 |
| 107 | (FX) Tuck hop or jump with 2 turn | | 67 |
| 108 | (FX) Stretched hop or jump with 1 turn | - | 68 |
| 109 | (FX) Stretched hop or jump with 1 turn | - | - |
| 110 | (FX) Pike jump with 1 turn | - | 69 |
| 111 | (FX) Pike jump | - | - |
| 112 | (FX) Sheep jump: Jump with upper back arch and head release with feet almost touching head | - | 70 |
| 113 | (FX) Wolf hop or jump with 1 turn landing in front lying support | - | - |
| 114 | (FX) Wolf hop or jump with 1 turn | - | 71 |
| 115 | (FX) Wolf hop or jump with 2 turn | - | - |
| 116 | (FX) Stride leap fwd with change of legs to wolf position | - | 72 |
| 117 | (FX) Wolf hop or jump: Hop or Jump with one leg bent and the other extended straight, fwd above horizontal with knees together (FX) Straddle pike or side split jump landing in front lying support with 0.5 turn | <u> </u> | 73 |
| 119 | (FX) Straddle pike or side split jump landing in front lying support with 0.5 turn | - | - |
| 120 | (FX) Straddle pike or side split jump landing in front lying support | | 74 |
| 121 | (FX) Hop with 1 turn to straddle and land in front lying support | | - |
| 122 | (FX) Hop with 1.5 turn in horizontal plane to land in Front lying support | | - |
| 123 | (FX) Cat leap with 1 turn: Leap with alternate leg change with 1 turn | - | |
| 124 | (FX) Cat leap with 2 turn: Leap with alternate leg change with 2 turn | - | 75 |
| 125 | (FX) Cat leap: Leap with alternate leg change | - | 76 |
| 126 | (FX) Fourtif-hop to land in arabesque | - | - |
| 127 | (FX) Hop with 0.5 turn, free leg extended above horizontal throughout | - | 77 |
| 128 | (FX) Hop with 1 turn, free leg extended above horizontal throughout | - | 78 |
| 129 | (FX) Butterfly fwd: torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight | | 79 |
| 130 | (FX) Butterfly bwd: torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight | - | - |
| 131 | (FX) Illusion 1 turn through standing split | - | 80 |
| 132 | (FX) Illusion 2 turn through standing split | - | - |
| 133 | (FX) 3 turn with free leg held upward in 180 degree split position throughout turn | - | 81 |
| 134 | (FX) 2 turn with free leg held upward in 180 degree split position throughout turn | 17 | 82 |
| 135 | (FX) 1 turn with free leg held upward in 180 degree split position throughout turn | - | 83 |
| 136 | (FX) 3 turn in tuck stand on one leg, free leg straight throughout turn | - | 84 |
| 137 | (FX) 2 turn in tuck stand on one leg, free leg straight throughout turn | 18 | 85 |
| 138 | (FX) 2 turn in tuck stand on one leg, free leg bent | - | - |
| 139 | (FX) 1 turn in tuck stand on one leg, free leg optional | - | 86 |
| 140 | (FX) 2 spin or more on back in kip position, hip-leg < closed | - | - |
| 141 | (FX) 1 spin or less on back in kip position, hip-leg < closed | - | 87 |
| 142 | (FX) 1 turn with leg held backward and upward | - | |
| 143 | (FX) 2 turn in back attitude, knee of free leg at horizontal throughout turn | - | 88 |
| 144 | (FX) I turn in back attitude, knee of free leg at horizontal throughout turn | - | 89 |
| 145 | (FX) 4 turn on one leg, free leg optional below horizontal | - | 90 |
| 146 | (FX) 3 turn on one leg, free leg optional below horizontal | 19 | 91 92 |
| 148 | (FX) 2 turn on one leg, free leg optional below horizontal | 21 | 93 |
| 149 | (FX) 1 turn on one leg, free leg optional below horizontal (FX) 2 turn or more with heel of free leg fwd at horizontal throughout turn | 22 | 94 |
| 150 | (FX) 1 turn with heel of free leg fwd at horizontal throughout turn | 23 | 95 |
| 151 | (FX) Salto swd piked, take-off fwd from one or both legs | - | 96 |
| 152 | (FX) Salto swd piked, take-off fwd from one or both legs | - | - |
| 153 | (FX) Aerial round-off | - | _ |
| 154 | (FX) Aerial cartwheel | - | 97 |
| 155 | (FX) Arabian double salto tucked with 0.5 twist | - | - |
| 156 | (FX) Arabian double salto tucked | 24 | 98 |
| 157 | (FX) Arabian salto tucked | - | - |
| 158 | (FX) Double salto fwd tucked with 0.5 twist | - | 99 |
| 159 | (FX) Double salto fwd tucked | - | 100 |
| 160 | (FX) Salto fwd tucked with 1 twist | - | - |
| 161 | (FX) Salto fwd tucked with 1.5 twist | - | - |
| 162 | (FX) Salto fwd tucked with 0.5 twist | - | - |
| 163 | (FX) Salto fwd tucked | 25 | 101 |
| 164 | (FX) Arabian double salto piked | - | 102 |
| 165 | (FX) Arabian salto piked | - | - |
| 166 | (FX) Double salto fwd piked | - | 103 |
| 167 | (FX) Salto fwd piked with 0.5 twist | - | - |
| 168 | (FX) Salto fwd piked | - | 104 |
| 169 | (FX) Aaerial walkover fwd | 26 | 105 |
| 170 | (FX) Arabian double salto stretched (FX) Salto first stretched with 2 twict | 27 | 106 |
| | (FX) Salto find stretched with 2 twist | 27 | 106 |
| 172 | (FX) Salto fwd stretched with 1 twist (FX) Salto fwd stretched with 2.5 twist | 40 | 107 |
| 173 | (FX) Salto fwd stretched with 2.5 twist (FX) Salto fwd stretched with 1.5 twist | 29 | 108 |
| 175 | (FX) Salto fwd stretched with 1.5 twist | - | 109 |
| 176 | (FX) Salto fwd stretched, feet land successively | - | 110 |
| 177 | (FX) Salto fwd stretched, feet land successively (FX) Salto fwd stretched, feet land together | 30 | 111 |
| 178 | (FX) Double salto bwd stretched with 2 twist | - | 112 |
| 179 | (FX) Double salto bwd stretched with I twist | - | 113 |
| 180 | (FX) Double salto bwd stretched with 0.5 twist | - | 114 |
| 181 | (FX) Double salto bwd stretched | 31 | 115 |
| 182 | (FX) Salto bwd stretched with 3 twist | 32 | 116 |
| 183 | (FX) Salto bwd stretched with 2 twist | 33 | 117 |
| 184 | (FX) Salto bwd stretched with 1 twist | - | 118 |
| 185 | (FX) Salto bwd stretched | - | 119 |
| 186 | (FX) Salto bwd stretched with 3.5 twist | - | 120 |
| 187 | (FX) Salto bwd stretched with 2.5 twist | 34 | 121 |
| 188 | (FX) Salto bwd stretched with 1.5 twist | 35 | 122 |
| 100 | (FX) Salto bwd stretched with 0.5 twist | - | 123 |
| 189 | I | - | - |
| 189 190 | (FX) Double salto bwd tucked with 3 twist | | |
| 189 190 191 | (FX) Double salto bwd tucked with 2 twist | 36 | 124 |
| 189 190 191 192 | (FX) Double salto bwd tucked with 2 twist (FX) Double salto bwd tucked with 1 twist | 36 37 | 124 125 |
| 189 190 191 | (FX) Double salto bwd tucked with 2 twist | 36 | 124 |

| 195 196 197 | | | |
|---|--|--|---|
| | (FX) Double salto bwd tucked | 38 | 126 |
| 107 | (FX) Salto bwd tucked 1 twist | - | - |
| | (FX) Salto bwd tucked | - | 127 |
| 198 | (FX) Double salto bwd piked with 1 twist | 39 | 128 |
| 199 | (FX) Double salto bwd piked | 40 | 129 |
| 200 | (FX) salto bwd piked | - | - |
| 201 202 | (FX) Whip salto bwd with 1 twist (FX) Whip salto bwd with 0.5 twist | - | - |
| 202 | (FX) Whip salto bwd (FX) Whip salto bwd | - | 130 |
| 204 | (BB) Side Yang-Bo: Yang-Bo in side position | - | - |
| 205 | (BB) Yang-Bo: Jump to cross over split with body arched and head dropped bwd | - | 131 |
| 206 | (BB) Sissone in side position | - | - |
| 207 | (BB) Sissone: leg separation 180 degree on the diagonal to the floor, take off two feet, land on one foot | 41 | 132 |
| 208 | (BB) Split jump with 0.5 turn in side position | 42 | 133 |
| 209 | (BB) Split jump with 0.5 turn | - | 134 |
| 210 | (BB) Split jump with 1 turn in side position | - | - |
| 211 | (BB) Split jump with 1 turn | - | 135 |
| 212 | (BB) Split jump in side position | - | - |
| 213 | (BB) Split jump | 43 | 136 |
| 214 | (BB) Straddle pike jump with 0.5 turn in side position | - | 137 |
| 215 | (BB) Straddle pike jump with 0.5 turn | - | 138 |
| 216 217 | (BB) Straddle pike jump with 1 turn in side position | - | 139 |
| 217 | (BB) Straddle pike jump with 1 turn (BB) Straddle pike jump or side split jump, in side position | | 140 |
| 219 | (BB) Straddle pike jump or side split jump, in side position (BB) Straddle pike jump or side split jump | 44 | 140 |
| 220 | (BB) Stag-ring jump | | 142 |
| 221 | (BB) Stag-ring jump (BB) Ring jump: rear foot at head height, body arched and head dropped bwd, 180 separation of legs | - | 142 |
| 222 | (BB) Split ring jump: ring jump with front leg horizontal to the floor | 45 | 144 |
| 223 | (BB) Switch Leap with 0.5 turn | 46 | 145 |
| 224 | (BB) Switch Leap with 1 turn | - | 146 |
| 225 | (BB) Fouette hop with leg change to cross split | - | - |
| 226 | (BB) Split leap with 0.5 turn | - | - |
| 227 | (BB) Split leap with 1 turn | | 147 |
| 228 | (BB) Switch leap: leap forward with leg change, free leg swing to 45 to cross split | 47 | 148 |
| 229 | (BB) Stag Split leap fwd | - | 149 |
| 230 | (BB) Split leap fwd | 48 | 150 |
| 231 | (BB) Johnson with additional 0.5 turn | - | 151 |
| 232 | (BB) Johnson: leap forward with leg change and 0.25 turn to side split or straddle pike position | 49 | 152 |
| 233 | (BB) Leap with 0.25 turn into straddle pike position | - | - |
| 234 | (BB) Switch leap to ring position | 50 | 153 |
| 235 | (BB) Split ring leap | - | 154 |
| 236 | (BB) Tuck hop or jump with 1 turn in side position | - | - 155 |
| 237 238 | (BB) Tuck hop or jump with 1 tum | - | 155 |
| 239 | (BB) Tuck hop or jump with 1.5 turn in side position (BB) Tuck hop or jump with 1.5 turn | - | - |
| 240 | (BB) Tuck hop or jump with 0.5 turn in side position | | |
| 241 | (BB) Tuck hop or jump with 0.5 turn, hip and knee angle at 45 | | 156 |
| 242 | (BB) Tuck hop or jump with 0.75 turn, hip and knee angle at 45 | | - |
| 243 | (BB) Pike jump from cross position with 0.5 turn in side position | - | - |
| 244 | (BB) Pike jump from cross position with 0.5 turn | - | - |
| 245 | (BB) Pike jump with 1 turn in side position | - | - |
| 246 | (BB) Pike jump from cross position with 1 turn | - | - |
| 247 | (BB) Pike jump in side position | | - |
| | | - | |
| 248 | (BB) Pike jump from cross position | - | 157 |
| 249 | (BB) Stretched jump/hop with Iturn | - | 158 |
| 249 250 | (BB) Stretched jump/hop with I turn (BB) Stretched jump/hop with 1.5 turn | - | 158 |
| 249 250 251 | (BB) Stretched jump/hop with 1.st urn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring | - - - 51 | 158 - 159 |
| 249 250 251 252 | (BB) Stretched jump/hop with 1.tum (BB) Stretched jump/hop with 1.5 tum (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 tum | - - - 51 | 158 - 159 160 |
| 249 250 251 252 253 | (BB) Stretched jump/hop with 1.tum (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 tum (BB) Wolf hop or jump with 1.5 turn | - - - 51 - | 158 - 159 160 |
| 249 250 251 252 253 254 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn | 51 | 158 - 159 160 |
| 249 250 251 252 253 254 255 | (BB) Stretched jump/hop with 1.turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 | 51 | 158 - 159 160 - 161 |
| 249 250 251 252 253 254 255 256 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together | 51 | 158 - 159 160 |
| 249 250 251 252 253 254 255 | (BB) Stretched jump/hop with 1.turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 | - - - 51 - - - - 52 | 158 - 159 160 - 161 - 162 |
| 249 250 251 252 253 254 255 256 257 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn | - - - 51 - - - - - 52 | 158 - 159 160 - 161 - 162 |
| 249 250 251 252 253 254 255 256 257 258 259 260 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 5.5 turn (BB) Cat leap with 5.5 turn to land in arabesque, free leg above horizontal | - - - 51 - - - - - 52 | 158 - 159 160 - 161 - 162 |
| 249 250 251 252 253 254 255 256 257 258 259 260 261 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leaps with 0.5 turn data turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Houetth hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) How with 0.5 turn, free leg extended above horizontal throughout | 51 | 158 159 160 161 162 163 |
| 249 250 251 251 252 253 254 255 256 257 258 260 260 261 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 1 turn (BB) Gat leap; knees above horizontal alternately (BB) Fouetté hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split | 51 | 158 159 160 161 162 163 |
| 249 250 251 251 252 253 254 255 256 257 258 260 261 262 263 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) C3 illusion turn through standing split (BB) 1 illusion turn through standing split | 51 | 158 159 160 - 161 - 162 163 164 |
| 249 250 251 251 252 252 253 254 255 256 257 256 260 261 262 263 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap: knees above horizontal alternately (BB) Fouetic hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn | 51 | 158 159 160 161 162 163 164 165 |
| 249 250 251 251 252 253 254 255 257 258 259 260 261 262 263 264 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Fouetté hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) O.5 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1 turn with free leg held upward in 180 split position throughout turn (BB) 1 turn with free leg held upward in 180 split position throughout turn | 51 | 158 159 160 161 162 163 164 165 |
| 249 250 251 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) C5 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn | 51 | 158 - 159 160 - 161 - 162 163 164 165 166 |
| 249 250 251 251 252 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap: knees above horizontal alternately (BB) Fouetté hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 1.5 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1 turn with free leg fixed upward in 180 split position throughout turn (BB) 2 turn with heel of free leg fwd at horizontal throughout turn (BB) 2 turn with heel of free leg fwd at horizontal throughout turn | | 158 159 160 161 162 163 164 165 166 167 168 |
| 249 250 251 251 252 253 254 255 257 256 257 260 261 262 263 264 265 266 267 268 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) O5 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn | 51 | 158 - 159 160 - 161 - 162 163 164 165 166 |
| 249 250 251 251 252 253 254 255 256 257 257 260 261 262 263 264 265 267 268 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 0.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Pouetté hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split (BB) 1.1 llussion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1 turn with free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 3 turn on one leg, free leg optional below horizontal throughout turn (BB) 3 turn on one leg, free leg optional below horizontal | 51 | 158 159 160 161 162 163 164 165 166 167 168 |
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| 249 250 251 251 252 252 253 254 255 255 257 258 259 260 261 262 263 264 265 266 267 270 271 272 273 274 275 276 277 278 279 280 281 282 283 | (BB) Stretched jump/hop with 1.5 turn (BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump; jump with 1.9 turn (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Wolf hop or jump; hip angle at 45, knees together (BB) Wolf hop or jump; hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Powette hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Dought hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 2 turn with hele of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, the for fee leg and the leg throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one le | | 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 |
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| 293 | (BB) Salto bwd piked | - | 182 |
|---|--|----------|-----------------------------|
| 294 | (BB) Gainer salto bwd stretched, step out | - | 183 |
| 295 | (BB) Salto bwd stretched, step out, feet land successively | 59 | 184 |
| 296 | (BB) Salto bwd straight with 1 twist | - | 185 |
| 297 | (BB) Salto bwd straight with legs together | 60 | 186 |
| 298 | (BB) Free aerial Cartwheel in side position | - | - |
| 299 | (BB) Salto swd tucked with 0.5 turn take off from one leg to side stand | - | 187 |
| 300 | (BB) Salto swd tucked, take off from one leg to side stand | 61 | 188 |
| 301 | (BB) Free aerial cartwheel landing in side position | - | 189 |
| 302 | (BB) Free aerial round-off tucked, take off from 2 feet | - | - |
| 303 | (BB) Free aerial round-off piked, take off from 2 feet | - | - |
| 304 | (BB) Free aerial round-off | - | 190 |
| 305 | (BB) Free aerial cartwheel with leg change | - | - |
| 306 | (BB) Free aerial cartwheel landing in cross position | 62 | 191 |
| 307 | (BB) Arabian salto tucked-take-off bwd with 0.5 twist, salto fwd | - | 192 |
| 308 | (BB) Salto fwd tucked with 0.5 twist to cross stand | - | - |
| 309 | (BB) Salto fwd tucked to cross stand | 63 | 193 |
| 310 | (BB) Salto fwd piked to cross stand | - | 194 |
| 311 | (BB) Salto fwd tucked, take-off from one leg to stand on one or two feet | - | 195 |
| 312 | (BB) Free aerial walkover fwd, landing on one or both feet | 64 | 196 |
| 313 | (BB) Gainer flic-flac, with piking and stretching of hips in flight phase and swing down to cross straddle sit | - | - |
| 314 | (BB) Gainer flic-flac, with high flight phase, swing down to cross straddle sit | - | - |
| 315 | (BB) Flic-flac, with piking and stretching of hips in flight phase and swing down to cross straddle sit | - | - |
| 316 | (BB) Flic-flac with 1 twist, swing down to cross straddle sit | - | 197 |
| 317 | (BB) Flic-flac, swing down to cross straddle sit | - | 198 |
| 318 | (BB) Flic-flac from side position with 1 twist to hip circle bwd | - | - |
| 319 | (BB) Flic-flac from side position with hip circle bwd | - | - |
| 320 | (BB) Flic-flac from side position to front support | - | - |
| 321 | (BB) Flic-flac from side position with 0.5 twist to side hstd lower to optional end position | - | - |
| 322 | (BB) Flic-flac with step-out from side position | - | - |
| 323 | (BB) Gainer flic-flac with 0.25 twist to hstd – 2 sec. – lower to optional end position | - | - |
| 324 | (BB) Gainer flic-flac with min.0.75 twist before hand support | - | - |
| 325 | (BB) Gainer flic-flac also with support on one arm | - | 199 |
| 326 | (BB) Flic-flac with 0.75 twist to side hstd – 2 sec. – lower to optional end position | - | 200 |
| 327 | (BB) Flic-flac with 0.25 twist to hstd – 2 sec. – lower to optional end position | - | - |
| 328 | (BB) Flic-flac with 0.5 twist to hstd – 2 sec. – lower to optional end position | - | - |
| 329 | (BB) Flic-flac with min. 0.75 twist before hand support | - | 201 |
| 330 | (BB) Jump bwd – flic-flac take-off with 0.5 twist through hsdt to tic-toc | - | - |
| 331 | (BB) Jump bwd – flic-flac take-off with 0.5 twist through hsdt to walkover fwd | 65 | 202 |
| 332 | (BB) Jump bwd – flic-flac take-off with 0.5 twist to handspring fwd land on 2 feet | - | - |
| 333 | (BB) Flic-flac with 0.5 twist after hand support | - | - |
| 334 | (BB) Flic-flac to land on both feet | 66 | 203 |
| 335 | (BB) Flic-flac with step-out, also with support on one arm | 67 | 204 |
| 336 | (BB) Round-off | 68 | 205 |
| 337 | (BB) Handspring fwd with leg change in flight phase | - | - |
| 338 | (BB) Handspring fwd with flight to land on one or both legs, also with support on one arm | - | 206 |
| 339 | (BB) Arabian double salto fwd tucked | - | 207 |
| 340 | (BB) Double salto fwd tucked | - | - |
| 341 | (BB) Arabian salto tucked: Jump bwd, with 0.5 twist, salto fwd tucked | - | - |
| 342 | (BB) Stretched jump fwd with 1 twist and salto fwd tucked | - | - |
| 343 | (BB) Salto fwd tucked with 1 twist | - | 208 |
| 344 | (BB) Salto fwd tucked with 0.5 twist | - | - |
| 345 | (BB) Salto fwd tucked | - | 209 |
| 346 | (BB) Arabian salto piked: Jump bwd, with 0.5 twist, salto fwd piked | - | - |
| 347 | (BB) Stretched jump fwd with 1 twist and salto fwd piked | - | - |
| 348 | (BB) Salto fwd piked with 0.5 twist | - | - |
| 349 | (BB) Salto fwd piked | - | 210 |
| 350 | (BB) Salto fwd stretched with 1.5 twist | - | 211 |
| 351 | (BB) Salto fwd stretched with 0.5 twist | - | - |
| 352 | (BB) Salto fwd stretched with 2 twist | - | - |
| 353 | (BB) Salto fwd stretched with 1 twist | - | 212 |
| 354 | (BB) Stretched jump fwd with 1 twist and salto fwd stretched | - | - |
| 355 | (BB) Salto fwd stretched | - | 213 |
| 356 | (BB) Double salto bwd tucked with 1 twist | - | 214 |
| 357 | (BB) Double salto bwd tucked | 69 | 215 |
| 358 | (BB) Salto bwd tucked with 1 twist | - | 216 |
| 359 | (BB) Salto bwd tucked | 70 | 217 |
| 360 | (BB) Salto bwd tucked with 1.5 twist | - | 218 |
| 361 | (BB) Salto bwd tucked with 0.5 twist | - | - |
| 362 | (BB) Double salto bwd piked with 1 twist | - | - |
| 363 | (BB) Double salto bwd piked | 71 | 219 |
| 364 | (BB) Salto bwd piked | - | - |
| 365 | (BB) Salto bwd piked with 0.5 twist | - | - |
| 366 | (BB) Salto bwd stretched with 3 twist | - | 220 |
| 367 | (BB) Salto bwd stretched with 2 twist | 72 | 221 |
| 368 | (BB) Salto bwd stretched with 1 twist | - | 222 |
| 369 | (BB) Salto bwd stretched | - | 223 |
| | | 73 | 224 |
| 370 | (BB) Salto bwd stretched with 2.5 twist | | |
| 371 | (BB) Salto bwd stretched with 1.5 twist | - | 225 |
| 371 372 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist | - | 225 226 |
| 371 372 373 | (BB) Salto bwd stretched with 1.5 twist | <u> </u> | |
| 371 372 373 374 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto bwd tucked with 2 twist to side of beam | - | 226 |
| 371 372 373 374 375 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto bwd tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam | - | 226 |
| 371 372 373 374 375 376 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto twcked with 2 twist to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam with 0.5 twist | - | 226 |
| 371 372 373 374 375 376 377 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to with 1.5 to side of beam with 0.5 twist | - | 226 |
| 371 372 373 374 375 376 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto twcked with 2 twist to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam with 0.5 twist | - | 226 |
| 371 372 373 374 375 376 377 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to with 1.5 to side of beam with 0.5 twist | - | 226 - - - - |
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| 371 372 373 374 375 376 377 378 379 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto two with 1 twist to side of beam (BB) Gainer salto two with 2 twist to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam with 0.5 twist | | 226 |
| 371 372 373 374 375 376 377 378 379 380 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 Usit to side of beam (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam with 0.5 twist (BB) Gainer salto piked to side of beam with 0.5 twist (BB) Gainer salto bwd stretched with 3 twist to side of beam | | 226 |
| 371 372 373 374 375 376 377 377 378 379 380 381 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 1.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto picked to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam | | 226 |
| 371 372 373 374 375 376 376 377 378 379 380 381 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto side of beam to the control of the control of the control of twist to side of beam (BB) Gainer salto side stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam | | 226 |
| 371 372 373 373 374 375 376 377 378 379 380 381 382 383 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 1.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto pixel to side of beam (BB) Gainer salto pixel to side of beam (BB) Gainer salto pixel to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto two was the salto was | | 226 |
| 371 372 373 374 375 376 377 378 379 380 381 382 383 384 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto swd stretched with 1.5 twist to side of beam (BB) Gainer salto swd stretched with 1.5 twist to side of beam (BB) Gainer salto swd stretched with 1.5 twist to side of beam (BB) Gainer salto swd stretched with 1.5 twist to side of beam (BB) Gainer salto swd stretched with 2.5 twist to side of beam | | 226 |
| 371 372 373 374 375 376 376 377 378 380 381 382 383 384 384 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto twcked with 1 wist to side of beam (BB) Gainer salto twcked with 1 wist to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam with 0.5 twist (BB) Gainer salto twcked to side of beam with 0.5 twist (BB) Gainer salto bwd twcked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam with 0.5 twist (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 5 twist to side of beam (BB) Gainer salto stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam | | 226 |
| 371 372 373 374 375 376 377 377 378 379 380 381 381 382 383 384 385 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 1.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto pixel to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam | | 226 |
| 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 | (BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked with 1 wist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam (BB) Gainer salto twd stretched with 1.5 to side of beam | | 226 |

| 391 | | | |
|---|--|--------------------------------|---|
| | (BB) Gainer salto stretched with legs together at end of the beam | - | 231 |
| *** | (BB) Aerial cartwheel into salto bwd tucked | - | - |
| 393 | (BB) Aerial walkover fwd with 1.5 twist | - | - |
| 394 | (BB) Aerial walkover fwd with 0.5 twist | - | - |
| 395 396 | (BB) Aerial walkover fwd with 1 twist (BB) Aerial walkover fwd | - | - |
| 397 | (UB) Pike sole circle backward with 1.5 turn to hstd | - | 232 |
| 398 | (UB) Pike sole circle backward with 1.5 turn to listd | 74 | 233 |
| 399 | (UB) Pike sole circle backward with 0.5 turn to hstd | 75 | 234 |
| 400 | (UB) Fike sole circle bad to handstand | 76 | 235 |
| 401 | (UB) Pike sole circle bwd (end with toes-on-bar) | - | - |
| 402 | (UB) Pike sole circle forward in with 1 turn to hstd | - | - |
| 403 | (UB) Pike sole circle fwd with 0.5 turn to hstd | - | 236 |
| 404 | (UB) Pike sole circle forward to handstand | - | - |
| 405 | (UB) Pike sole circle forward (end with toes-on-bar) | - | - |
| 406 | (UB) Straddle sole circle backward (end with toes-on-bar) | - | - |
| 407 | (UB) Straddle sole circle forward (end with toes-on-bar) | - | - |
| 408 | (UB) Giant circle bwd with 2 turn to hstd | - | - |
| 409 | (UB) Giant circle bwd with 1.5 turn to hstd | - | 237 |
| 410 | (UB) Giant circle bwd with hop I turn to hstd | - | 238 |
| 411 | (UB) Giant circle bwd with 1 turn to hstd | 77 | 239 |
| 412 | (UB) Giant circle bwd on one arm with 0.5 turn to hstd | - | - |
| 413 | (UB) Giant circle bwd with 0.5 turn to hstd | 78 | 240 |
| 414 | (UB) Clear rear pike support with legs together, full circle swing backward to finish in clear rear support | - | - |
| 415 | (UB) Giant circle bwd on one arm | - 70 | - 241 |
| 416 | (UB) Giant circle bwd | 79 | 241 |
| 417 | (UB) Giant circle fwd with 1 turn on one arm before to hstd | 80 | 242 243 |
| 418 | (UB) Giant circle fwd with 1 turn to hstd (UB) Giant circle forward to handstand with 1.5 turn before handstand phase | _ | 243 |
| 420 | (UB) Giant circle forward to nandstand with 1.5 turn before nandstand phase | 81 | 245 |
| 420 | (UB) Giant circle fwd | 82 | 246 |
| 422 | (UB) Clear hip circle bwd with 1.5 turn to hstd | - 02 | - |
| 423 | (UB) Clear hip circle bwd with 1 turn to hstd | - | 247 |
| 424 | (UB) Clear hip circle bwd with 0.5 turn to hstd | - | 248 |
| 425 | (UB) Clear hip circle bwd to hstd | 83 | 249 |
| 426 | (UB) Clear hip circle forward with 0.5 turn to handstand phase | - | 250 |
| 427 | (UB) Clear hip circle fwd to hstd | - | 251 |
| 428 | (UB) Hip circle bwd-hips touching bar | - | - |
| 429 | (UB) Hip circle fwd-hips touching bar | - | - |
| 430 | (UB) Clear pike circle bwd with 1.5 turn to hstd | - | - |
| 431 | (UB) Clear pike circle bwd with 1 turn to hstd | 84 | 252 |
| 432 | (UB) Clear pike circle bwd with 0.5 turn to hstd | 85 | 253 |
| 433 | (UB) Clear pike circle bwd to hstd | 86 | 254 |
| 434 | (UB) From hstd clear pike circle bwd to rear inverted pike support | - | - |
| 435 | (UB) Rear support – seat/pike circle bwd to rear support | - | - |
| 436 | (UB) Clear pike circle fwd with 1 turn to hstd | - | - |
| 437 | (UB) Clear pike circle fwd with 0.5 turn to hstd | - | - |
| 438 | (UB) Clear pike circle fwd to hstd | - | 255 |
| 439 | (UB) Rear support – seat/pike circle fwd to rear support | - | - |
| 440 | (UB) Stalder bwd with 1.5 turn to hstd | - | - |
| 441 442 | (UB) Stalder bwd with 1 turn to hstd | 87 | 256 257 |
| 442 | (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd | - 88 | 257 |
| 444 | (UB) Clear straddle circle bwd to clear support | - | - |
| 445 | (UB) Stalder fwd with 1 turn to hstd | - | - |
| 446 | (UB) Stated rfwd with 1.5 turn to hist | | 259 |
| 447 | (UB) Stateder fwd to bstd | - | 260 |
| 448 | (UB) Clear straddle circle fwd to clear support | - | - |
| 449 | (UB) Stoop, straddle vault and 0.5 turn over HB to hang | - | - |
| 450 | (UB) (Swing bwd) with 0.5 turn and straddle flight bwd over HB to catch HB | - | 261 |
| 451 | (UB) 0.5 turn to counter straddle in flight over HB to hang | - | - |
| 452 | (UB) Counter straddle (reverse hecht over HB) with 0.5 turn to hang | - | |
| 453 | (III) C III (I II III) (III) | | 262 |
| 100 | (UB) Counter straddle (reverse hecht over HB) to hang | 89 | 262 263 |
| 454 | (UB) Stoop, pike vault and 0.5 turn over HB to hang | 89 | |
| 100 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang | | 263 |
| 454 455 456 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang | - - 90 | 263 |
| 454 455 456 457 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB | - - 90 - | 263 - - 264 - |
| 454 455 456 457 458 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Fw sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang | - - 90 | 263 |
| 454 455 456 457 458 459 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB | - - 90 - | 263 - - 264 - |
| 454 455 456 457 458 459 460 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled | - - 90 - - | 263 - - 264 - |
| 454 455 456 457 458 459 460 461 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd), 0.5 turn and salto fwd straddled with 0.5 turn to hang on HB | - - 90 - - - | 263 - - 264 - 265 - |
| 454 455 456 457 458 459 460 461 462 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd or front support) Salto fwd straddled to hang on HB | -90 -91 | 263 - - 264 - |
| 454 455 456 457 458 459 460 461 461 462 | (UB) (Swing bwd) Sator fived straddled with 0.5 turn to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) or front support) Salto fwd straddled to hang on HB (UB) (Swing bwd) I turn to hang on HB | - - 90 - - - | 263 - - 264 - 265 - |
| 454 455 456 457 458 459 460 461 462 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter starked (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled to (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd or front support) Salto fwd straddled to hang on HB (UB) (Swing bwd) 1 turn to hang on HB (UB) (UB) (Underswing on HB or LB) 1.5 turn to hang | | 263 - - 264 - 265 - |
| 454 455 456 457 458 459 460 461 462 463 464 464 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd or front support) Salto fwd straddled to hang on HB (UB) (Swing bwd) H turn to hang on HB (UB) (Underswing on HB or LB) 1.5 turn to hang (UB) (Swing bwd) Salto fwd piked to hang on HB | 90 | 263 |
| 454 455 456 457 458 459 460 461 462 463 464 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter started (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled to (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd or front support) Salto fwd straddled to hang on HB (UB) (Swing bwd) 1 turn to hang on HB (UB) (UB) (Underswing on HB or LB) 1.5 turn to hang | - 90 | 263 - - 264 - 265 - - - 266 - |
| 454 455 456 457 458 459 460 461 462 463 464 465 465 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB | 90 | 263 264 265 266 267 268 - |
| 454 455 456 457 458 459 460 461 462 463 464 464 465 466 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) Counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Umderswing on HB or LB) 1.5 turn to hang (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB | 90 | 263 264 265 266 267 268 |
| 454 455 456 457 458 459 460 461 462 463 464 465 465 466 467 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) (Cunter piked- reverse hecht over HB to hang (UB) (Cunter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing fwd or frip circle backward) Salto bwd with 0.5 turn piked to hang on HB (UB) (Swing fwd or ship circle backward) Salto bwd with 0.5 turn piked to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB | 90 | 263 264 265 266 267 268 270 |
| 454 455 455 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Cswing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) Cswing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter strekeld (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Fur hang on HB (UB) (Swing bwd) Fur hang on HB (UB) (Ub) (Swing bwd) I turn to hang on HB (UB) (Us) (Swing fwd) Salto fwd straddled to hang on HB (UB) (Swing bwd) Salto fwd streddled to hang on HB (UB) (Swing fwd) Salto fwd streddled to hang on HB (UB) (Swing fwd) Salto fwd streddled to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB | 90 | 263 264 265 266 267 268 270 271 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 466 467 469 470 471 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 0.5 turn be hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Tansition flight from hiph bar to low bar (UB) Transition flight from low bar to high bar | 90 91 92 93 94 94 | 263 264 265 266 267 268 270 271 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd traddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd by Salto fwd straddled to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing fwd or hip circle backward) Salto bwd with 0.5 turn piked to hang on HB (UB) (Swing fwd) Salto fwd ucked to hang on HB (UB) (Swing bwd) Salto fwd ucked to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Transition flight from high bar to low bar (UB) Transition flight from low bar to high bar (UB) (UB) High circle bwd on LB or HB, also clear – hecht with 0.5 turn to salto fwd | 90 91 92 93 94 95 | 263 |
| 454 455 456 457 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) 1 turn to hang on HB (UB) (UB) (Swing bwd) 1 turn to hang on HB (UB) (Ub) (Warswing on HB or LB) 1.5 turn to hang (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Taking fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Taking fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Taking fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Taking fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Taking fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) Transition flight from low bar to high bar (UB) High circle bwd on LB or HB, also clear – hecht with 1 turn to salto fwd (UB) High circle bwd on LB or HB, also clear – hecht with 1 turn to salto bwd | 90 91 92 93 94 94 | 263 264 265 266 267 268 270 271 |
| 454 455 455 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter satiof wd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) salto fwd straddled to hang on HB (UB) (Swing bwd) salto fwd tucked to hang on HB (UB) (Swing bwd) salto fwd brabled with 0.5 turn to hang (UB) (Swing bwd) salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd stretched thin 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Francistion flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from bigh bar to low bar (UB) Transition flight from low bar to high bar (UB) Transition flight from low bar to high bar (UB) Transition flight from low bar to high bar (UB) Transition flight from low bar to high bar | 90 91 92 93 | 263 264 265 |
| 454 455 455 456 457 488 459 460 461 462 463 464 465 466 466 467 470 471 472 473 474 475 476 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd braddled to hang on HB (UB) (Swing bwd) Salto fwd braddled to hang on HB (UB) (Swing bwd) Salto fwd braddled to hang on HB (UB) (Swing bwd) Salto fwd braddled to hang on HB (UB) (Swing bwd) Salto fwd braddled to hang on HB (UB) (Swing fwd or front) Salto bwd with 0.5 turn piked to hang on HB (UB) (Swing fwd) Salto bwd twcked to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing front) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing front) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing frod) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing front) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing front) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing front) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Fire fire bwd on LB or HB, also clear – hecht with 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn | 90 91 92 93 | 263 264 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) Counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Fire the wood n.B or HB, also clear – hecht with 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn | 90 91 92 93 | 263 |
| 454 455 455 457 458 459 460 461 462 463 464 464 465 466 467 468 469 470 471 472 473 473 474 475 476 477 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) Counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing swid) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Find the Salto bwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Find the Salto bwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Find the Salto bwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Find the Salto bwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Find the Salto bwd) Salto fwd Salto bwd with 0.5 turn to hang on HB (UB) (Find the Salto hang on HB) Salto fwd (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn (UB) Hip circle bwd on LB or HB, also clear – hech twith 1 turn | 90 91 92 93 | 263 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) solt or water with the standard of feet) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (UB) (Swing bwd) I turn to hang on HB (UB) (Underswing on HB or LB) 1.5 turn to hang (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Transition flight from high bar to low bar (UB) Transition flight from low bar to high bar (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn | 90 | 263 264 265 267 268 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter starked to eatch on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to eatch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd streiched with 0.5 turn piked to hang on HB (UB) (Swing bwd) Salto fwd streiched to hang on HB (UB) (Swing fwd) Salto bwd streiched to hang on HB (UB) (Swing fwd) Salto bwd streiched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd streiched with 1.5 turn to hang on HB (UB) (Fire the word on LB or HB, also clear – heecht with 1 turn to salto fwd (UB) Hip circle bwd on LB or HB, also clear – heecht with 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – heecht with 1 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – heecht with 1 turn (UB) Salto tucked with 0.5 turn, into salto fwd tucked (UB) Hip circle bwd on LB or HB, also clear – heecht with 1 turn (UB) Salto tucked with 0.5 turn, into salto fwd tucked | 90 91 93 94 95 | 263 264 265 |
| 454 455 455 456 457 458 459 460 461 462 463 464 465 466 466 467 468 469 470 471 472 473 474 473 474 475 476 477 478 479 480 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Pike sole circle bwd) Counter stretched (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd tucked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Fixed by Salto fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Fixed by Salto bwd) Salto fwd hand by Salto fwd hand by Salto fwd (UB) (Fixed by Salto bwd) Salto fwd hand by Salto fwd (UB) (Fixed by Salto by Salto fwd) Salto by Salto fwd (UB) (Fixed by Salto by Salto fwd) Salto by Salto b | 90 91 92 93 | 263 |
| 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) Salto bwd stretched with 0.5 turn to hang on HB (UB) Salto bwd stretched with 0.5 turn to salto fwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Salto bwd stretched with 1 turn (UB) Double salto bwd ucked with 1 turn (UB) Double salto bwd ucked with 1 turn (UB) Double sa | 90 91 93 94 95 | 263 264 265 266 |
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| 454 455 456 457 458 459 460 461 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) (Cunter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter streked (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) Hip circle bwd on LB or HB, also clear – hecht with 1.5 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1.5 turn to salto bwd tucked with 1.5 turn to salto bwd tucked with 1.5 turn to salto bwd tucked with 1. | 90 91 92 93 | 263 |
| 454 455 455 457 458 459 460 461 462 463 464 465 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 | (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Counter piked- reverse hecht over HB to hang (UB) counter piked- reverse hecht over HB to hang (UB) Counter piked- reverse hecht over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched with 1.5 turn to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Transition flight from low bar to low bar (UB) Transition flight from low bar to low bar (UB) Transition flight from low bar to low bar (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn to salto fwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Hip circle bwd on LB or HB, also clear – hecht with 1 turn (UB) Bouble salto bwd tucked with 1 turn (UB) Bouble salto bwd tucked with 2 turn (UB) Bouble salto bwd tucked with 2 turn (UB) Double salto fow the tweed (UB) Double salto fwd tucked (UB) Double salto fwd tucked | 90 91 92 93 | 263 |
| 454 455 456 457 458 459 460 461 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 | (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) (Swing fwd with 0.5 turn) Pike vault over HB to hang (UB) (Cunter piked- reverse hecht over HB to hang (UB) (Swing bwd) salto fwd tucked over HB to hang on HB (UB) (Pike sole circle bwd) Counter streked (reverse hecht) in layout position over HB to hang (UB) (Swing forward or underswing with support of feet) Counter salto fwd straddled to catch on HB (UB) (Swing fwd) 0.5 turn and salto fwd straddled (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) Salto fwd straddled with 0.5 turn to hang on HB (UB) (Swing bwd) I turn to hang on HB (UB) (UB) (Swing bwd) I turn to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd piked to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing bwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto fwd stretched to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto fwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 0.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) (Swing fwd) Salto bwd stretched with 1.5 turn to hang on HB (UB) Hip circle bwd on LB or HB, also clear – hecht with 1.5 turn to salto bwd (UB) Hip circle bwd on LB or HB, also clear – hecht with 1.5 turn to salto bwd tucked with 1.5 turn to salto bwd tucked with 1.5 turn to salto bwd tucked with 1. | 90 | 263 |

| 489 | (UB) 0.5 turn to salto bwd tucked | - | - |
|-----|---|----|-----|
| 490 | (UB) Salto fwd tucked with 1.5 turn | - | 281 |
| 491 | (UB) Salto fwd tucked with 1 turn | - | - |
| 492 | (UB) Salto fwd tucked | - | - |
| 493 | (UB) Salto bwd tucked with 0.5 turn | - | - |
| 494 | (UB) Salto bwd tucked with 1 turn | - | - |
| 495 | (UB) Salto bwd tucked | - | - |
| 496 | (UB) Salto fwd tucked with 1 turn | - | - |
| 497 | (UB) Salto fwd tucked with 0.5 turn | - | - |
| 498 | (UB) Salto fwd tucked | - | - |
| 499 | (UB) 0.5 turn to salto bwd piked | - | - |
| 500 | (UB) Salto fwd piked with 0.5 turn | - | - |
| 501 | (UB) Salto fwd piked with 1 turn | - | - |
| 502 | (UB) Salto fwd piked | - | - |
| 503 | (UB) 0.5 turn to double salto fwd piked | - | - |
| 504 | (UB) Double salto bwd piked with 1 turn in first or second salto | - | - |
| 505 | (UB) Double salto bwd piked | - | 282 |
| 506 | (UB) Swing fwd to salto bwd piked | - | - |
| 507 | (UB) From support on HB, salto bwd piked | - | - |
| 508 | (UB) Salto fwd piked | - | - |
| 509 | (UB) Double salto fwd piked with 0.5 turn | - | - |
| 510 | (UB) Salto bwd stretched with 0.5 turn – into salto fwd stretched | - | - |
| 511 | (UB) Salto bwd stretched with 2.5 turn | - | - |
| 512 | (UB) Salto bwd stretched with 1.5 turn | - | - |
| 513 | (UB) Salto bwd stretched with 0.5 turn | - | - |
| 514 | (UB) Double salto bwd stretched with 2 turn | - | 283 |
| 515 | (UB) Double salto bwd stretched with 1 turn | - | 284 |
| 516 | (UB) Double salto bwd stretched | 98 | 285 |
| 517 | (UB) Salto bwd stretched with 3 turn | - | - |
| 518 | (UB) Salto bwd stretched with 2 turn | - | 286 |
| 519 | (UB) Salto bwd stretched with 1 turn | - | - |
| 520 | (UB) Salto bwd stretched | - | 287 |
| 521 | (UB) Salto fwd stretched with 2 turn | - | - |
| 522 | (UB) Salto fwd stretched with 1 turn | - | - |
| 523 | (UB) Salto fwd stretched | - | - |
| 524 | (UB) 0.5 turn to salto bwd stretched | - | - |
| 525 | (UB) From support on HB, Salto fwd stretched with 0.5 turn | - | - |
| 526 | (UB) Salto fwd stretched with 1.5 turn | - | - |
| 527 | (UB) Swing bwd to salto fwd stretched with 0.5 turn | - | - |
| 528 | (UB) 0.5 turn to stand | - | - |
| 529 | (UB) 1 turn to stand | - | - |

Table 3: List of all the element-level classes in *FineGym*. The relative class id in *Gym99* and *Gym288* is also provided.

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