

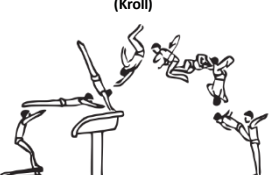

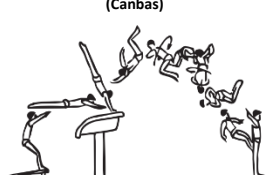









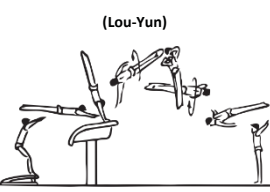

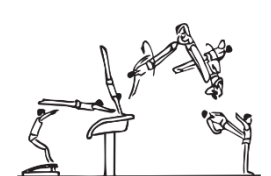

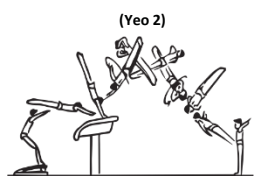



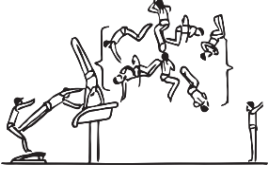

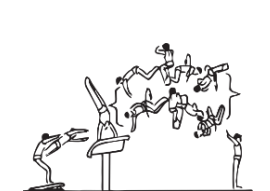




















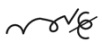


# EG I: Single salto vaults with complex twists

<p>101. Hdspr. fwd. and salto fwd. t. w. 1/1 t. (Cuervo t. w. ½ t.).</p>  <p><b>3.2</b> </p>	<p>102. Hdspr. fwd. and salto fwd. t. w. 3/2 t. (Cuervo t. w. 1/1 t.).</p> <p>(Kroll)</p>  <p><b>3.6</b> </p>	<p>103. Hdspr. fwd. and salto fwd. t. w. 2/1 t. (or Cuervo t. w. 3/2 t.).</p> <p>(Canbas)</p>  <p><b>4.0</b> </p>	104.	105.	106.
<p>107. Hdspr. fwd. and salto fwd. p. w. 1/1 t. (Cuervo p. w. ½ t.).</p>  <p><b>3.6'</b> </p>	<p>108. Hdspr. fwd. and salto fwd. p. w. 3/2 t. (Cuervo p. w. 1/1 t.).</p>  <p><b>4.0</b> </p>	109.	110.	111.	112.
<p>113. Hdspr. fwd. and salto fwd. str. w. ½ t. (Cuervo str.).</p>  <p><b>4.0</b> </p>	<p>114. Hdspr. fwd. and salto fwd. str. w. 1/1 t. (Cuervo str. ½ t.).</p>  <p><b>4.4</b> </p>	<p>115. Hdspr. fwd. and salto fwd. str. w. 3/2 t. (Cuervo str. w. 1/1 t.).</p> <p>(Lou-Yun)</p>  <p><b>4.8</b> </p>	<p>116. Hdspr. fwd. and salto fwd. str. w. 2/1 t. (Cuervo str. 3/2 t.).</p>  <p><b>5.2</b> </p>	<p>117. Handspring fwd. and salto fwd. str. w. 5/2 t. (Yeo 2)</p>  <p><b>5.6</b> </p>	<p>118. Handspring fwd. and salto fwd. str. w. 3/1 t. (Yang Hak Seon)</p>  <p><b>6.0</b> </p>
<p>119. Hdspr. sw. w. ¼ t. a. salto fwd. t. w. ½ t. or Tsuk. t. w. 1/1 t. (Kasamatsu)</p>  <p><b>2.8</b> </p>	<p>120. Tsukahara t. w. 3/2 t. or Kasamatsu t. ½ t.</p>  <p><b>3.2</b> </p>	<p>121. Tsukahara t. with 2/1 t. (Barbieri)</p>  <p><b>3.6</b> </p>	<p>122. Tsukahara t. with 5/2 t. (Shirai 3)</p>  <p><b>4.0</b> </p>	123.	124.

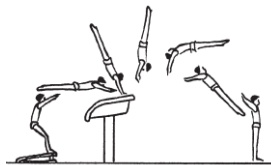
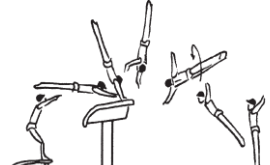

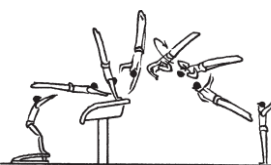
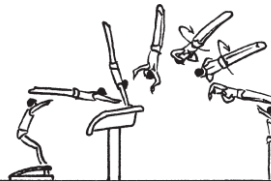
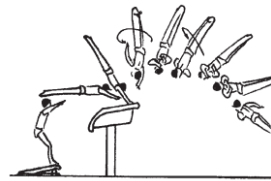








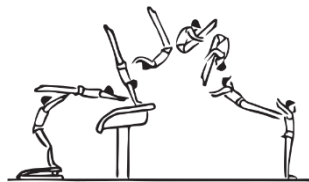





# EG I: Single salto vaults with complex twists







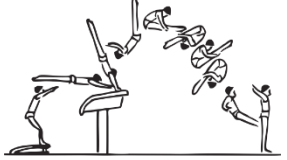

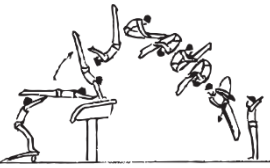

<p>125. Tsukahara str. w. 1/1 t. or Kasamatsu str.</p>  <p>4.0 </p>	<p>126. Kasamatsu str. with ½ t. or Tsukahara str. w. 3/2 t.</p>  <p>4.4 </p>	<p>127. Kasamatsu str. w. 1/1 t. or Tsukahara str. w. 2/1 t</p> <p>(Akopian)</p>  <p>4.8 </p>	128.	129.	130.
<p>131. Kasamatsu str. with 3/2 t.</p> <p>(Driggs)</p>  <p>5.2 </p>	<p>132. Kasamatsu str. with 2/1 t.</p> <p>(López)</p>  <p>5.6 </p>	<p>133. Kasamatsu str. with 5/2 t. or Tsukahara str. with 7/2 t.</p> <p>(Yonekura)</p>  <p>6.0 </p>	134.	135.	136.
137.	<p>138. Hdspr. fwd. and salto fwd. t. w. ½ t. (or Cuervo t.)</p>  <p>2.8 </p>	139.	140.	141.	142.
143.	<p>144. Hdspr. fwd. and salto fwd. p. w. ½ t. (Cuervo p.)</p>  <p>3.2 </p>	145.	146.	147.	148.



**EG II: Handspring salto vaults with or without simple twists, and all double salto fwd.**



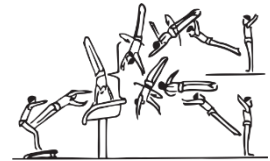

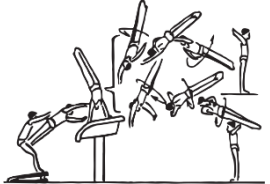



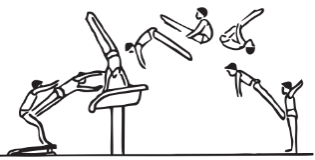





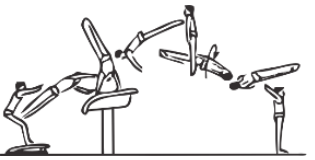

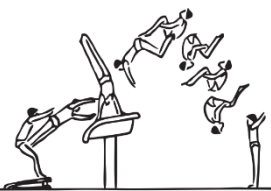

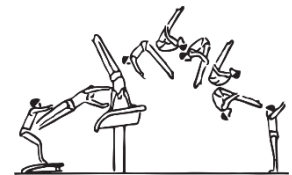



201. Forward handspring.	202. Forward handspring with ½ t.	203. Forward handspring with 1/1 t.	204. Forward handspring with 3/2 t.	205. Forward handspring with 2/1 t.	206. Forward handspring with 5/2 t. (Tsygankov)
					
1.6 	1.8 	2.0 	2.2 	2.4 	2.6 
207. Handspring fwd. and salto fwd. tucked.	208.	209.	210.	211.	212.
					
2.4 					
213. Handspring fwd. and salto fwd. piked.	214.	215.	216.	217.	218.
					
2.8 					
219. Handspring fwd. and salto fwd. str.	220.	221.	222.	223.	224.
					
3.6 					

**EG II: Handspring salto vaults with or without simple twists, and all double salto fwd.**

<p>225. Handspring fwd. and dbl. salto fwd. t. (Roche)</p>  <p><b>5.2</b></p> 	<p>226. Roche with ½ turn. (Dragulescu)</p>  <p><b>5.6</b></p> 	<p>227.</p>	<p>228. Handspring fwd. and salto fwd. t. w. ½ t. and salto bwd. t. (Zimmerman)</p>  <p><b>5.6</b></p> 	<p>229.</p>	<p>230.</p>
<p>231. Handspring fwd. and dbl. salto fwd. piked. (Blanik)</p>  <p><b>5.6</b></p> 	<p>232. Dragulescu piked. (RI Se Gwang 2)</p>  <p><b>6.0</b></p> 	<p>233.</p>	<p>234.</p>	<p>235.</p>	<p>236.</p>
<p>237.</p>	<p>238.</p>	<p>239.</p>	<p>240.</p>	<p>241.</p>	<p>242.</p>
<p>243.</p>	<p>244.</p>	<p>245.</p>	<p>246.</p>	<p>247.</p>	<p>248.</p>







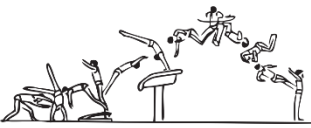



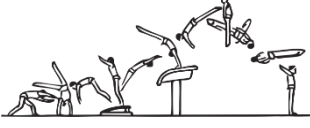








**EG III: Handspring sideways and Tsukahara vaults with or without simple twists, and all double salto bwd.**

<p>301. Handspring sw. with <math>\frac{1}{4}</math> t.</p>  <p><b>1.6</b> </p>	<p>302. Handspring sw. with <math>\frac{3}{4}</math> t.</p>  <p><b>1.8</b> </p>	<p>303. Handspring sw. with <math>\frac{5}{4}</math> t.</p>  <p><b>2.0</b> </p>	304.	305.	306.
<p>307. Handspring sw. w. <math>\frac{1}{4}</math> t. a. salto bwd. t. (Tsukahara)</p>  <p><b>2.2</b> </p>	<p>308. Tsukahara piked.</p>  <p><b>2.4</b> </p>	<p>309. Tsukahara t. with <math>\frac{1}{4}</math> t.</p>  <p><b>2.4</b> </p>	310.	311.	312.
<p>313. Tsukahara straight.</p>  <p><b>3.2</b> </p>	<p>314. Tsukahara str. with <math>\frac{1}{4}</math> t.</p>  <p><b>3.6</b> </p>		316.	317.	318.
<p>319. Tsukahara with salto bwd. t. (Yeo)</p>  <p><b>5.2</b> </p>	<p>320. Tsukahara with salto bwd. piked. (Lu Yu Fu)</p>  <p><b>5.6</b> </p>	<p>321. Double Tsukahara with <math>\frac{1}{1}</math> twist. (Ri Se Gwang)</p>  <p><b>6.0</b> </p>	322.	323.	324.



**EG IV: Round off entry and single salto vaults with complex twists.**

<p>401. Round off, handspring bwd.</p>  <p><b>1.6</b> <math>\lambda n</math></p>	<p>402. Round off, handspring bwd. with ½ turn.</p>  <p><b>1.8</b> <math>\lambda n e</math></p>	<p>403. Round off, handspring bwd. with 1/1 turn.</p>  <p><b>2.0</b> <math>\lambda n e</math></p>	<p>404.</p>	<p>405.</p>	<p>406.</p>
<p>407. Round off, hdspr. bwd. and salto bwd. t. (Yurchenko)</p>  <p><b>2.2</b> <math>\lambda n e</math></p>	<p>408. Yurchenko t. with ½ t.</p>  <p><b>2.4</b> <math>\lambda n e e</math></p>	<p>409. Yurchenko t. with 1/1 t.</p>  <p><b>2.8</b> <math>\lambda n e e</math></p>	<p>410. Yurchenko t. with 3/2 t.</p>  <p><b>3.2</b> <math>\lambda n e e</math></p>	<p>411. Yurchenko t. with 2/1 t.</p>  <p><b>3.6</b> <math>\lambda n e e</math></p>	<p>412.</p>
<p>413. Yurchenko piked.</p>  <p><b>2.4</b> <math>\lambda n e v</math></p>	<p>414. Yurchenko straight.</p>  <p><b>3.2</b> <math>\lambda n e /</math></p>	<p>415. Yurchenko straight with ½ t.</p>  <p><b>3.6</b> <math>\lambda n e / e</math></p>	<p>416. Yurchenko straight with 1/1 t.</p>  <p><b>4.0</b> <math>\lambda n e / e</math></p>	<p>417. Yurchenko straight with 3/2 t.</p>  <p><b>4.4</b> <math>\lambda n e / e</math></p>	<p>418. Yurchenko straight with 2/1 t.</p>  <p><b>4.8</b> <math>\lambda n e / e</math></p>
<p>419. Yurchenko straight with 5/2 t. (Shewfelt)</p>  <p><b>5.2</b> <math>\lambda n e / \text{triple}</math></p>	<p>420. Yurchenko Straight 3/1 t. (Shirai - KIM Hee Hoon)</p>  <p><b>5.6</b> <math>\lambda n e / \text{triple}</math></p>	<p>421. Yurchenko Straight 7/2 t. (Shirai 2)</p>  <p><b>6.0</b> <math>\lambda n e / \text{triple}</math></p>	<p>422.</p>	<p>423.</p>	<p>424.</p>



























**EG IV: Round off entry and single salto vaults with complex twists.**

425. Yurchenko and salto bwd. tucked. (Melissanidis)	426. Melissanidis piked. (Yang Wei)	427.	428.	429.	430.
 5.2 knee	 5.6 knee				
431.	432.	433.	434.	435.	436.
437.	438.	439.	440.	441.	442.
443.	444.	445.	446.	447.	448.



**EG V: Round off entry vaults with or without simple twists, and all double salto fwd. or bwd.**

<p>501. Round off, ½ t. and handspring fwd.</p>  <p><b>1.8</b>    <math>\lambda e n</math></p>	<p>502. Round off, ½ t. and hdspr. fwd. with ½ t.</p>  <p><b>2.0</b>    <math>\lambda e n e</math></p>	<p>503. Round off, ½ t. and hdspr. fwd. with 1/1 t.</p>  <p><b>2.2</b>    <math>\lambda e n e</math></p>	<p>504. Round off, ½ t. and hdspr. fwd. and salto fwd. tucked.</p>  <p><b>2.6</b>    <math>\lambda e n \sigma</math></p>	<p>505. Round off, ½ t. and hdspr. fwd. and salto fwd. tucked with ½ t.</p>  <p><b>3.0</b>    <math>\lambda e n e \sigma</math></p>	<p>506.</p>  <p></p>
<p>507. Round off, ½ t. a. hdspr. fwd. and salto fwd. p.</p>  <p><b>3.0</b>    <math>\lambda e n o v</math></p>	<p>508. Round off, ½ t. and hdspr. fwd. and salto fwd. p. with ½ t. (Nemov)</p>  <p><b>3.4</b>    <math>\lambda e n o v e</math></p>	<p>509. Round off, ½ t. and hdspr. fwd. and salto fwd. str.</p>  <p><b>3.8</b>    <math>\lambda e n e l</math></p>	<p>510. Round off, ½ t. and hdspr. fwd. and salto fwd. str. with ½ t. (Hutcheon)</p>  <p><b>4.2</b>    <math>\lambda e n e l e</math></p>	<p>511. Round off, ½ t. and hdspr. fwd. and salto fwd. str. with 1/1 t.</p>  <p><b>4.6</b>    <math>\lambda e n e l e</math></p>	<p>512. Round off, ½ t. and hdspr. fwd. and salto fwd. straight with 3/2 t.</p>  <p><b>5.0</b>    <math>\lambda e n e l e</math></p>
<p>513. Round off, ½ t. and hdspr. fwd. and salto fwd. straight with 2/1 t.</p>  <p><b>5.4</b>    <math>\lambda e n e l e</math></p>	<p>514. Round off, ½ t. and hdspr. fwd. and salto fwd. str. with 5/2 t. (Li Xiao Peng)</p>  <p><b>5.8</b>    <math>\lambda e n e l e</math></p>	<p>515.</p>  <p></p>	<p>516.</p>  <p></p>	<p>517.</p>  <p></p>	<p>518.</p>  <p></p>
<p>519. Round off, ½ t. a. hdspr. fwd. and double salto fwd. tucked.</p>  <p><b>5.4</b>    <math>\lambda e n o o</math></p>	<p>520.</p>  <p></p>	<p>521.</p>  <p></p>	<p>522.</p>  <p></p>	<p>523.</p>  <p></p>	<p>524.</p>  <p></p>

