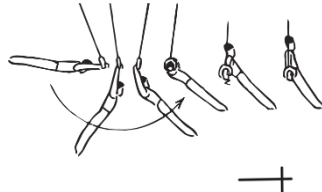
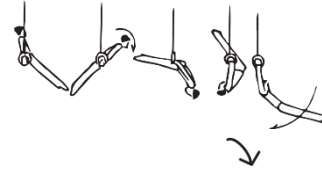
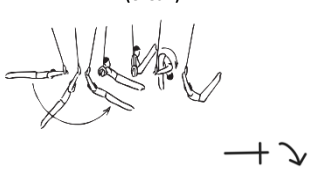
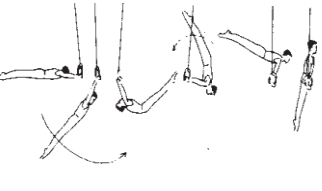
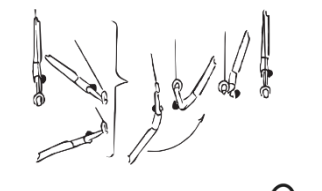

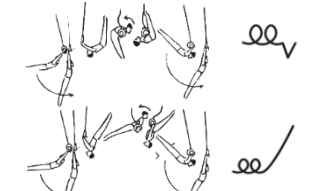
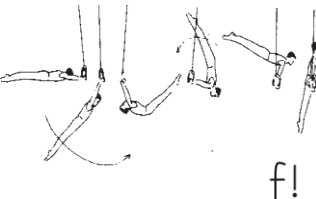
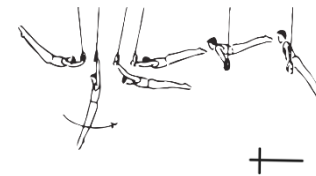
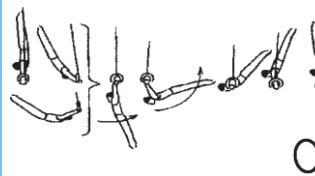
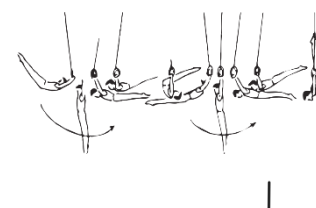
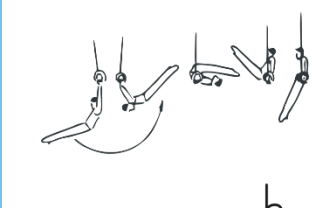
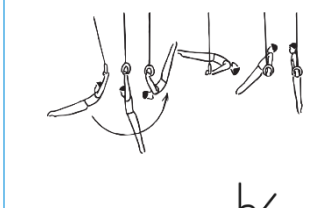
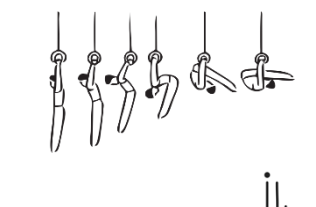
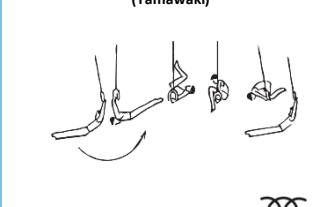
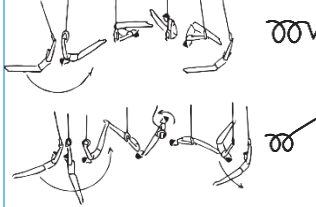


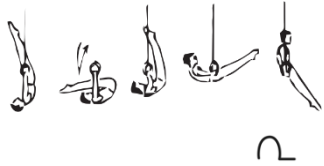
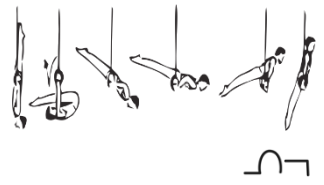
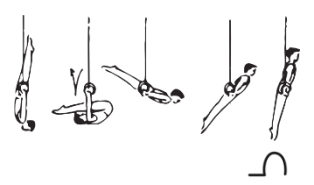
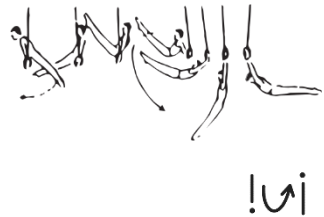
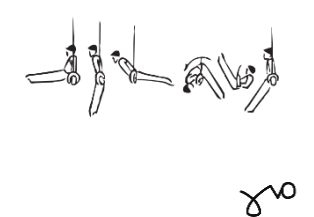
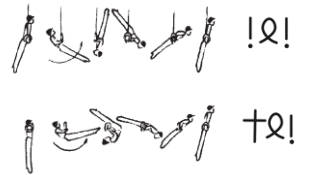
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG I: Kip and swing elements & swings through or to handstand											
1. Uprise fwd. to support. 		2.		3.		4.		5.		6.	
7. From any support scale, swallow or swing bwd in support, roll forward to bwd swing in hang. 		8. Uprise fwd and counter salto fwd. to bwd swing in hang. (Chechi) 		9.		10.		11.		12.	
13.		14.		15.		16.		17.		18.	
19. From hang, felge upward to support. 		20. Swing fwd. through hdst. 		21. Tucked double salto bwd. to hang (Guczoghy) 		22. Piked or straight double salto bwd. to hang. (O'Neill) 		23.		24.	

● Prohibited for juniors.

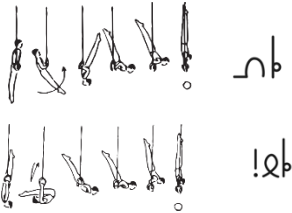
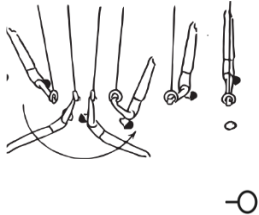
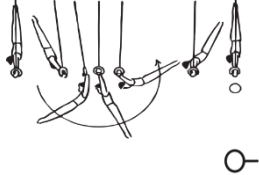
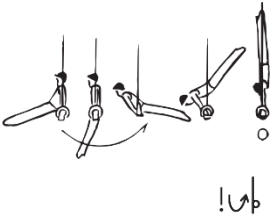
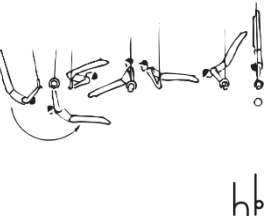



A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG I: Kip and swing elements &amp; swings through or to handstand</b>					
25. Dislocate bwd. piked or straight.  f!	26.	27.	28.	29.	30.
31. Uprise bwd. to support.  +	32. Uprise bwd. str. through handstand.  Q	33.	34.	35.	36.
37. Inlocate piked or straight.  L	38. Backward swing to salto fwd. piked to support (Honma)  h	39. Honma straight.  h	40.	41.	42.
43. Slow inlocate from hang.  il	44. Double salto fwd. tucked to hang. (Yamawaki)  oo	45. Double salto fwd. piked or straight to hang. (Jonasson)  oo v oo	46.	47.	48.

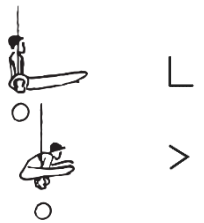


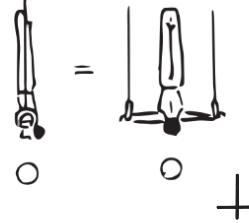

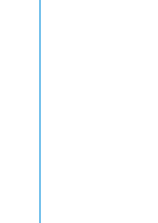
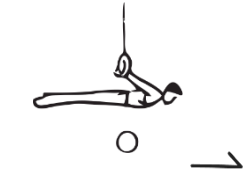

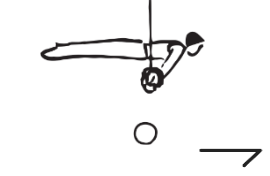
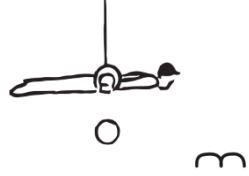
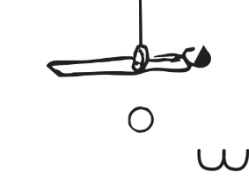
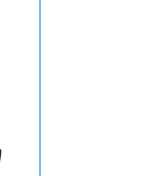
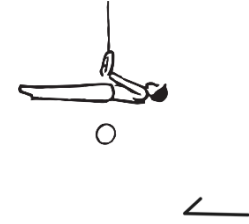

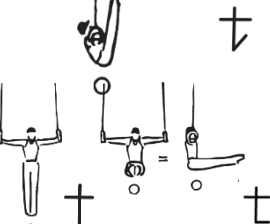


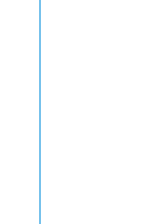
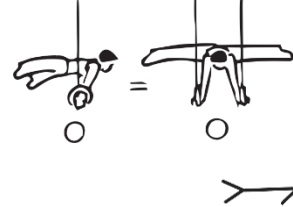



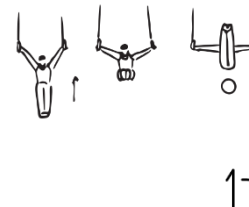



A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG I: Kip and swing elements &amp; swings through or to handstand</b>					
49. Kip to support. 	50.	51.	52.	53.	54.
55. Back kip with bent arms to support. 	56. Back kip to support. 	57.	58.	59.	60.
61. Fwd. swing to swing bwd. in hang. 	62.	63. Bwd. swing, salto piked to support. 	64.	65.	66.
67. From support or cross, fclge bwd. piked or straight with bent arms to support. 	68.	69.	70.	71.	72.

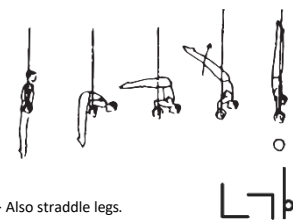
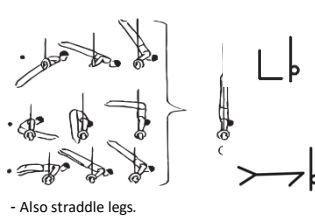
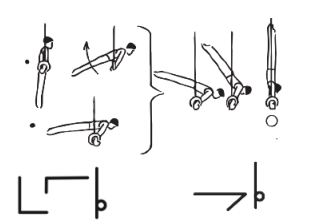
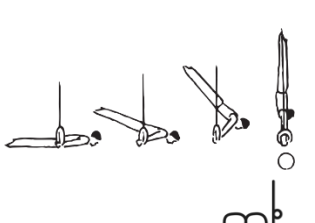
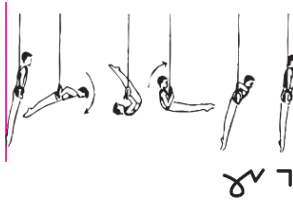
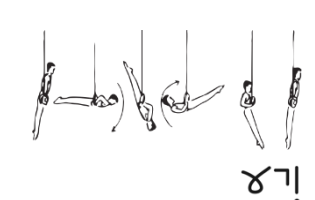
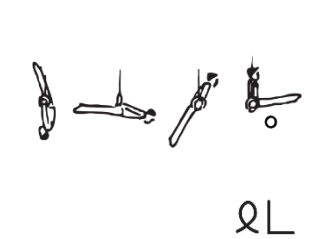
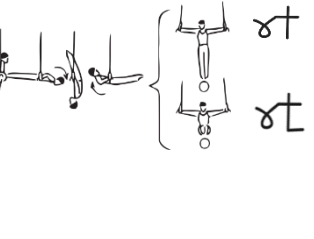


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG I: Kip and swing elements &amp; swings through or to handstand</b>					
73.	74. Back kip or roll bwd str. with bent arms to handstand (2 s.). 	75. Swing bwd. or giant swing bwd to handstand (2 s.). 	76.	77.	78.
79.	80.	81. Uprise bwd. or giant swing fwd to handstand (2 s.). 	82.	83.	84.
85.	86. From support swing bwd. to handstand (2 s.). 	87. Honma and swing bwd. to handstand (2 s.). 	88. Honma str. and swing bwd. to handstand (2 s.). 	89.	90.
91.	92.	93.	94.	95.	96.

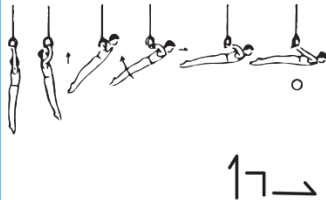
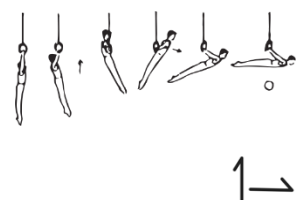
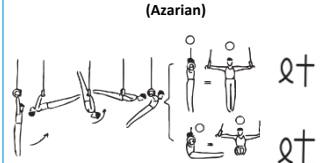
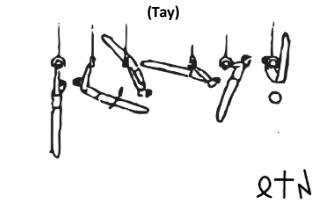
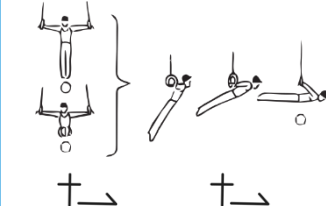
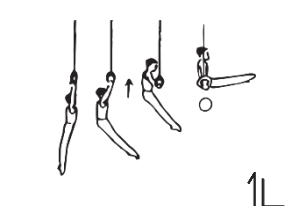
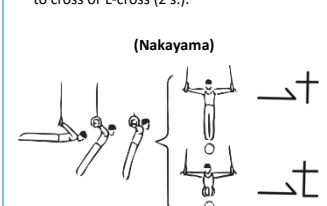
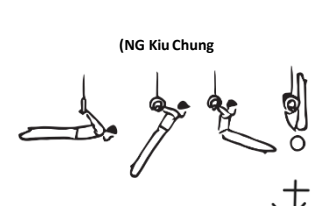
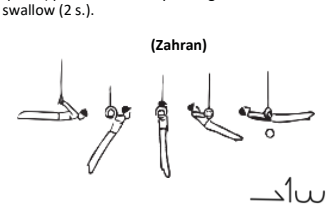
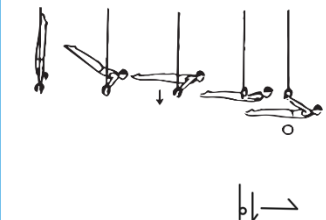
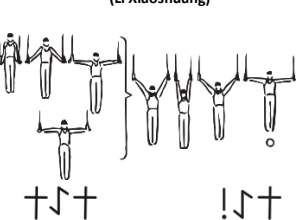
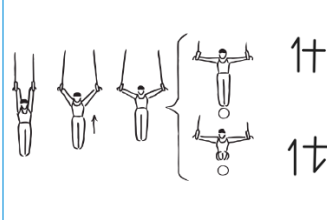
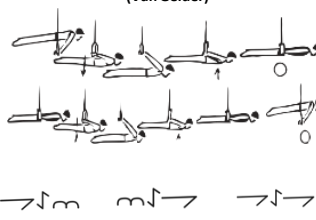
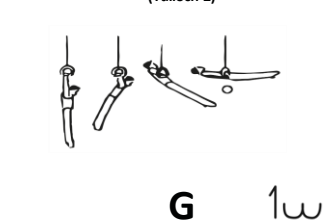
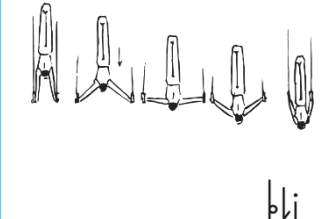
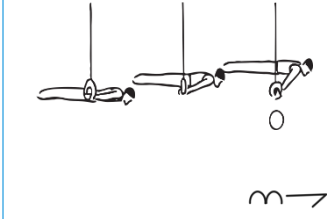
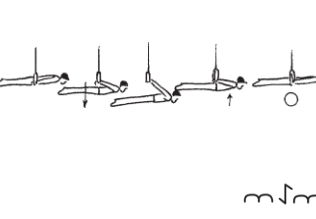
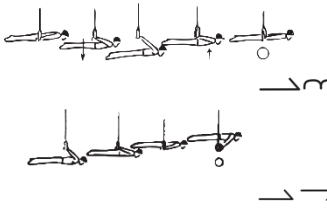


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG II: Strength elements and hold elements (2 sec.)</b>					
1. L-sit (2 s.) or straddled L-sit (2 s.). 	2. V-sit (2 s.). 	3. 	4. Inverted cross (2 s.) 	5. 	6. 
7. Hanging scale rearways (back lever) (2 s.). 	8. 	9. Support scale (planche) (2 s.). 	10. Support scale at ring height (swallow or maltese cross) (2 s.). (Hirondelle) 	11. Inverted swallow (2 s.). 	12. 
13. Hanging scale frontways (front lever) (2 s.). 	14.. 	15. Any cross (2 s.) or V cross (2 s.). 	16. 	17. 	18. 
19. Support scale straddled (2 s.). 	20. 	21. 	22. V Cross, press to V-sit (2 sec.). (Tsukahara 3) 	23. Vertical pull up with str. arms to V-cross (2 s.). (Colak) 	24. 

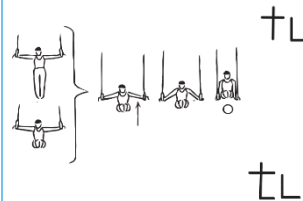
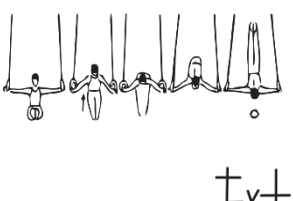
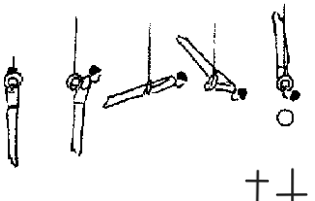

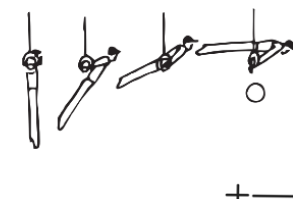
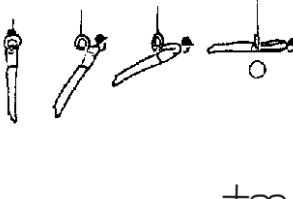
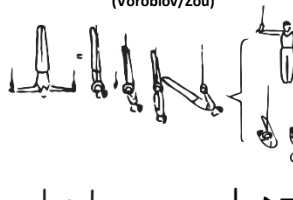
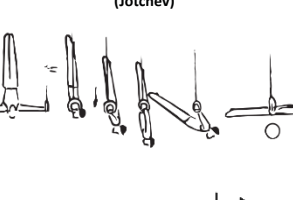


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG II: Strength elements and hold elements (2 sec.)</b>					
25. Press to hdst. with bent body and bent arms (2 s.)  - Also straddle legs.	26. Press to hdst. with str. body a. bent arms or b. body. a. str. arms, or fr. strad. sup. lever (2 s.).  - Also straddle legs.	27. Press to hdst. with str. body and str. arms from support or support scale (2 s.). 	28. Press to hdst. with str. body and str. arms from swallow (2 s.). 	29.	30.
31. Slow roll fwd. piked with bent arms, to support. 	32. Slow roll fwd. straight with bent arms, to support. 	33.	34.	35.	36.
37.	38. Slow roll bwd. slowly and straight. body to L sit (2 s.). 	39. Slow roll fwd. straight to cross or L-cross (2 s.). 	40.	41.	42.
43.	44.	45.	46.	47.	48.




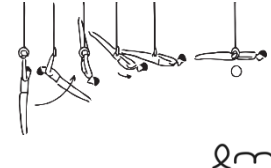
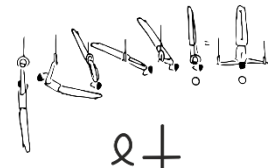
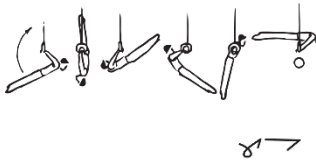
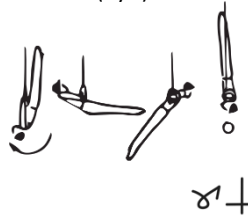
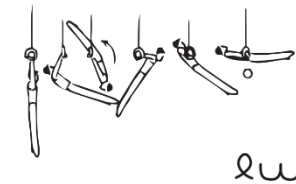
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II: Strength elements and hold elements (2 sec.)											
49.	50. Vertical pull up with bent arms to hanging scale rearways (2 s.).  1 7	51. Vertical pull up with straight arms to hanging scale rearways (2 s.).  1	52. Slow Roll bwd. with straight body to cross or L-cross (2 s.). (Azarian)  2+ 2+	53. Azarian to V Cross (2 s.). (Tay)  2+N	54.	55.	56. Fr. cross or L-cr., move fwd. to back lever (2 s.).  + +	57. Vertical pull up to L-sit (2 s.).  1L	58. From or through hanging scale rearways, pull to cross or L-cross (2 s.). (Nakayama)  →+ →+	59. Nakayama to V cross (2 s.). (NG Kiu Chung)  →+	60. Through hanging scale rearways (no hold required) pull with str. body through cross to inv. swallow (2 s.). (Zahran)  →1w
61.	62. From hdst., lower horiz. to back lever (2 s.).  b 7	63. From sup. or cross, lower slowly to hang, and pull with str. arms to cross (2 s.). (Li Xiaoshuang)  + + + + ! + +	64. Vertical pull up to cross or L-cross (2 s.).  1+ 1+	65. From planche, lower horiz. and slowly to hanging scale rw. and press to swallow (2 s.) or from swallow same to planche or planche to planche. (Van Gelder)  →m m →	66. From hang vertical pull up, slowly with straight arms through cross to inverted swallow (2 s.). (Tulloch 2)  G 1w	67.	68. From handstand, lower slowly through inverted cross to inverted hang.  b i	69.	70. From swallow, press to support scale (2 s.).  m	71. From swallow, lower slowly to hanging scale, press to swallow (2 s.).  m m	72. From hanging scale rw. press to swallow (also to Support Scale) (2 s.). (Zanetti)  →m →



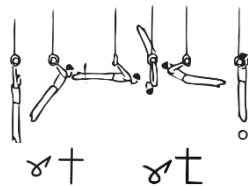
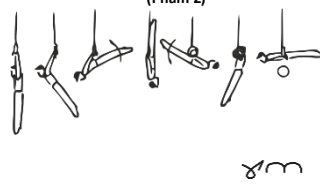
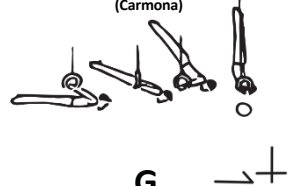
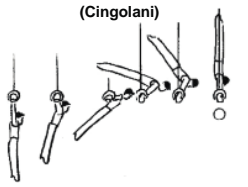
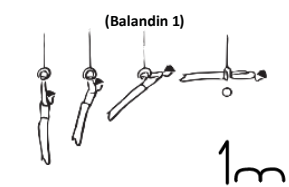
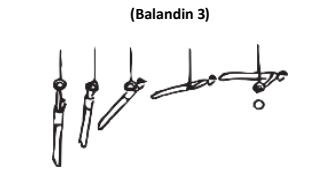
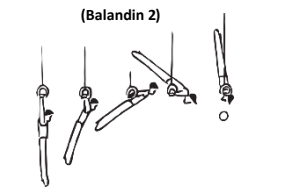
A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II: Strength elements and hold elements (2 sec.)											
73.		74.		75. From cross or L-cross, press to L-sit (2 s.).		76.		77. From L-cross, press to inverted cross (2 s.).		78. From cross, press with straight body to inverted cross (2 s.).	
79.		80.		81.		82.		83.		84. From swallow, press to inverted cross (2 s.).	
85.		86.		87.		88. From cross, press to planche without first going to support (2 s.).		89. From cross, press to swallow (2 s.).		90.	
91.		92.		93.		94. From inverted cross lower slowly to inverted hang and felge bwd. slowly to cross (2 s.) (Vorobiov/Zou)		95. From inverted cross lower slowly to inverted hang and felge bwd. slowly to swallow (2 s.) (Jotchev)		96.	



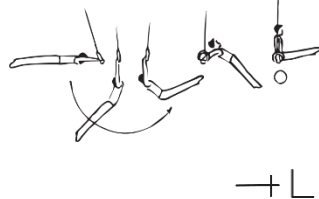
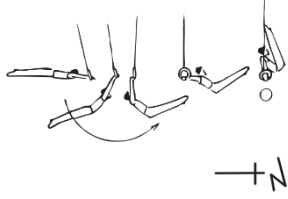
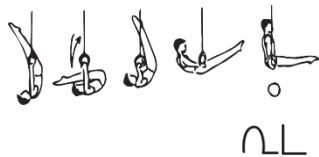


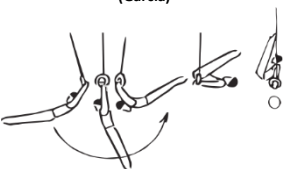
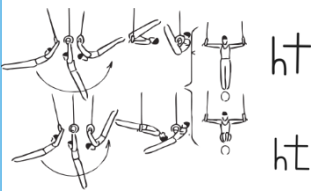
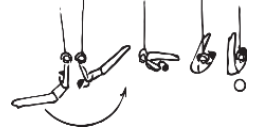
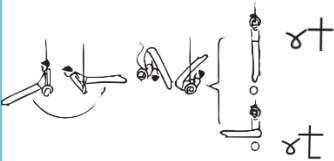


A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG II: Strength elements and hold elements (2 sec.)											
97.	98.	99.	100.	101. Roll bwd. slowly with str. arms and body to free sup. scale (2 s.). 		102.					
103.	104.	105.	106.	107. Slow Roll bwd. with str. body to swallow (2 s.). 		108. Roll backward slowly with straight arms and body to inverted cross through swallow. (Simonov) 					
109.	110.	111.	112.	113.		114.					
115.	116.	117.	118. Slow roll fwd. with straight body through cross and press to support scale without first going to support (2 s.). (Ng Kiu Chung 2) 		119. Slow roll fwd. with straight body through cross to inverted cross (2 s.). (Wynn) 		120. Azarian to inverted Swallow (2 s.). (Tulloch) 				

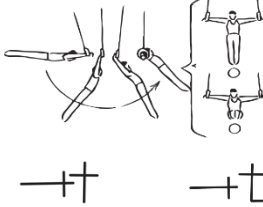
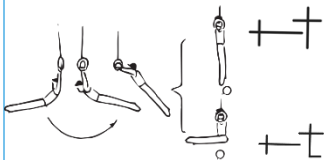
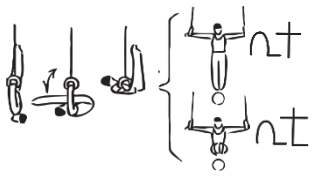
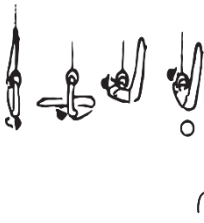
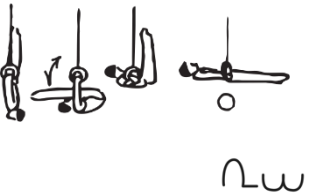
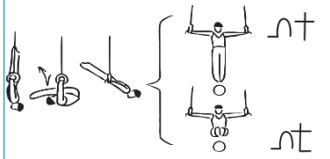
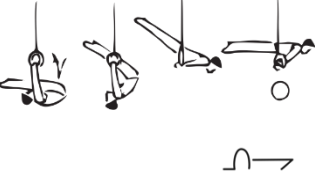
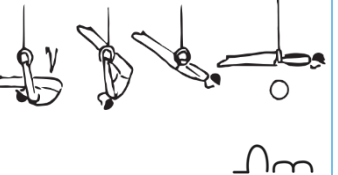


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG II: Strength elements and hold elements (2 sec.)</b>					
121.	122.	123.	124. Slow roll fwd. with str. body to Cross or L-Cross (2 s.), also from inverted hang.  (Davtyan) 	125. Slow roll forward with straight body through cross to swallow (2 sec.) wrong  (Pham 2) 	126. Through hang rearways press and straight body to inverted cross (2 s.)  (Carmona) 
127.	128.	129.	130. From hang vertical pull up support and press to hdst. with straight body and straight arms.  (Cingolani) 	131.	132. From hang vertical pull up to swallow (2 s.).  (Balandin 1) 
133.	134.	135.	136.	137. From hang vertical pull up thr. swallow to sup. scale (2 s.).  (Balandin 3) 	138. From hang vertical pull up to inv. cross (2 s.).  (Balandin 2) 
139.	140.	141.	142.	143.	144.

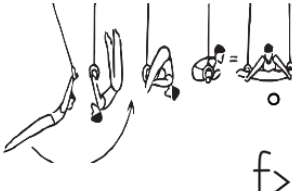
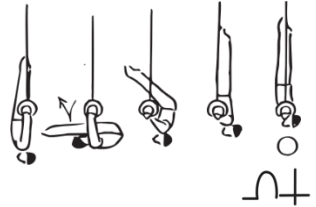
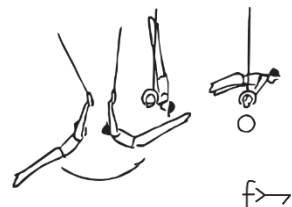
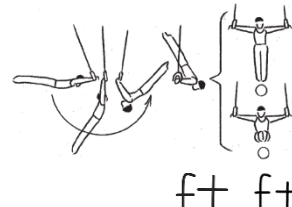
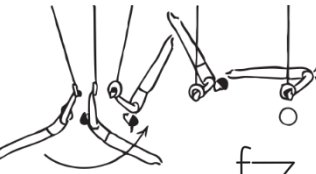
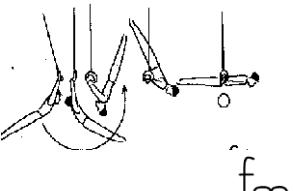
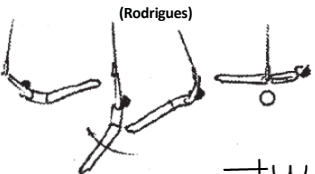
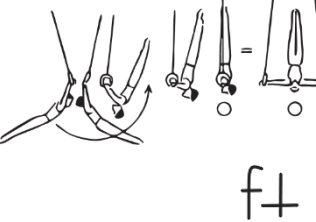
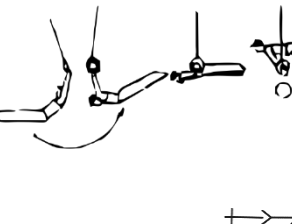
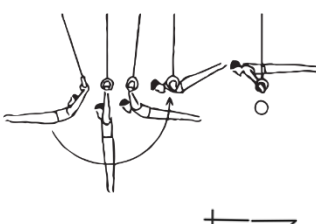
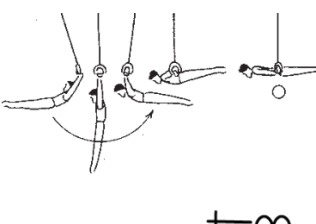


A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III: Swing to Strength hold elements (2 sec.)											
1.	2. Uprise fwd. to L-sit, (2 s.).		3. Uprise fwd. to V-sit (2 s.).		4.		5.		6.		
											
		+ L	+ N								
7.	8. Kip to L-sit (2 s.).		9. Kip to V-sit (2 s.).		10.		11.		12.		
											
		L	N								
13.	14. Honma to L-sit (2 s.).		15. Honma to V-sit (2 s.).		16. Honma to cross / L-cross (2 s.).		17. Honma to V cross (2 s.).		18.		
			(Garcia) 				(Tanaka) 				
		h L	h N		h + h -		h +				
19.	20.		21.		22. Bwd. swing, salto fwd p. to cross or L-cross (2 s.).		23.		24.		
											
					+ +						

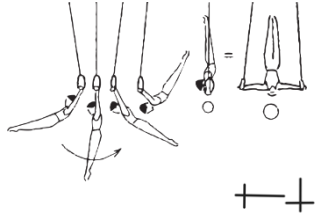
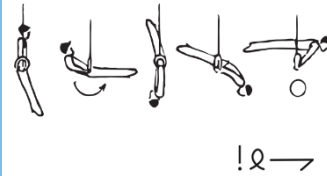


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG III: Swing to Strength hold elements (2 sec.)</b>					
25.	26.	27. Uprise fwd. to cross or L-cross (2 s.). 	28.	29.	30.
31.	32.	33. Uprise bwd. to cross or L-cross (2 s.). 	34.	35.	36.
37.	38.	39. Kip to cross, or L-cross (2 s.). 	40. Kip to V cross (2 s.). (Molinari) 	41.	42. Kip to inverted swallow (2 s.). 
43.	44.	45. Back kip to cross or L-cross (2 s.). 	46. Back kip to support scale (2 s.). 	47. Back kip to swallow (2 s.). 	48.

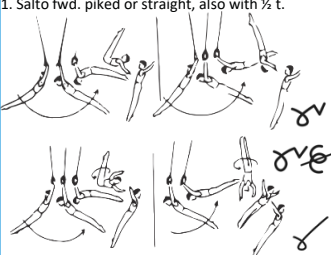
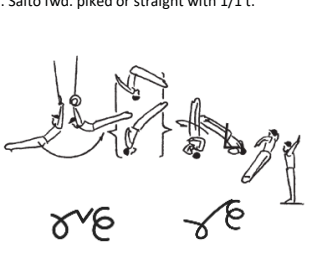
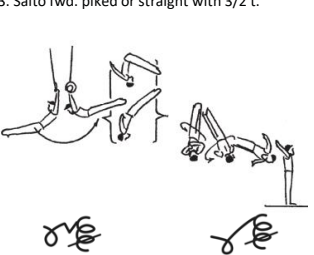
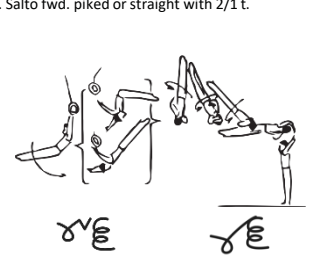
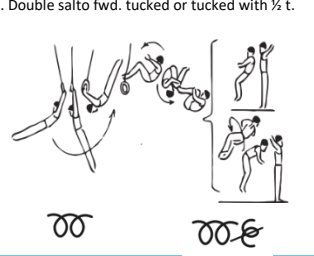
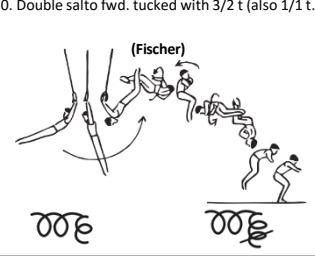
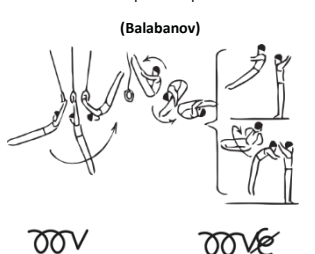
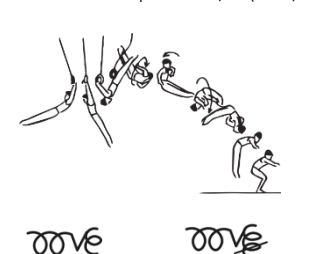


A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG III: Swing to Strength hold elements (2 sec.)											
49.	50. Felge upward to support with straddled legs supported above the rings (2 s.).  f>	51.	52.	53. Back kip to inverted cross (2 s.).  t	54.	55.	56. Felge upward to support scale straddled (2 s.).  f>	57. Felge upward to cross or L-cross (2 s.).  ft ft	58. Felge upward to support scale (2 s.).  f>	59. Felge upward to Swallow (2 s.).  fm	60. Uprise forward. to inverted swallow (2 s.).  (Rodrigues) tw
61.	62.	63.	64.	65. Felge upward to invert. cross (2 s.).  ft	66.	67.	68. Uprise bwd. to support scale straddled (2 s.).  t>	69.	70. Uprise bwd. to support scale (2 s.).  t>	71. Uprise bwd. to sup. scale at ring height (2 s.).  t3	72.


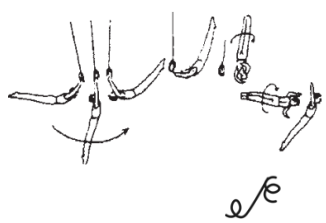
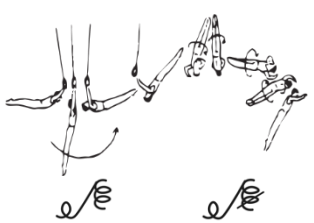
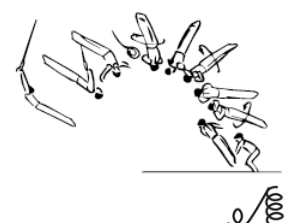


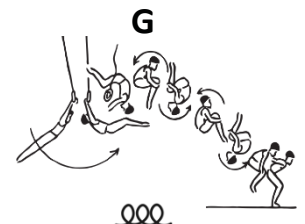
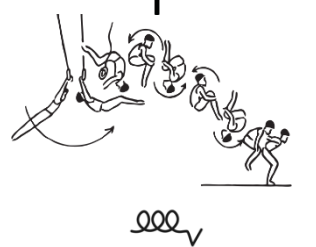


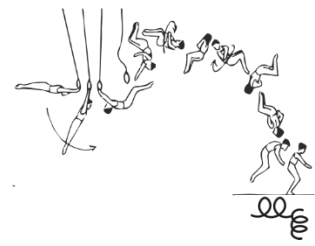
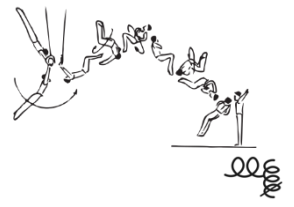


A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG III: Swing to Strength hold elements (2 sec.)</b>					
73.	74.	75.	76.	77. Uprise bwd. to inverted cross (2 s.). 	78.
79.	80.	81.	82. Felge bwd. straight to free sup. scale. (2 s.) 	83.	84.
85.	86.	87.	88.	89.	90.
91.	92.	93.	94.	95.	96.



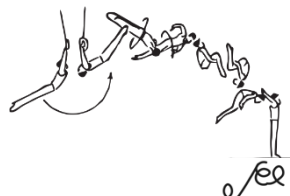
A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG IV: Dismounts</b>					
1. Salto fwd. piked or straight, also with ½ t. 	2. Salto fwd. piked or straight with 1/1 t. 	3. Salto fwd. piked or straight with 3/2 t. 	4. Salto fwd. piked or straight with 2/1 t. 	5.	6.
7.	8.	9. Double salto fwd. tucked or tucked with ½ t. 	10. Double salto fwd. tucked with 3/2 t (also 1/1 t.). 	11.	12.
13.	14.	15.	16. Double salto fwd. piked or piked with ½ t. 	17. Double salto fwd. piked with 3/2 t. (also 1/1 t.). 	18.
19.	20.	21.	22.	23.	24.



A = 0,1	B = 0,2	C = 0,3	D = 0,4	E = 0,5	F = 0,6 G = 0,7 H = 0,8
<b>EG IV: Dismounts</b>					
25. Salto bwd. piked or straight also with $\frac{1}{2}$ . 	26. Salto bwd. straight with $\frac{1}{2}$ t. 	27. Salto bwd. straight with $\frac{2}{2}$ t. or $\frac{3}{2}$ t. 	28.	29. Salto bwd. straight with $\frac{3}{2}$ t. 	30.
31.	32. Double salto bwd. tucked or piked. 	33. Double salto bwd. straight. 	34.	35.	36. Triple salto bwd. tucked. 
37.	38.	39.	40.	41.	42. Triple salto bwd. piked. 
43.	44.	45. Double salto bwd. t. with $\frac{1}{2}$ or $\frac{1}{1}$ t.  Double salto bwd. t. with $\frac{3}{2}$ t. 	46.	47. Double salto bwd. t. with $\frac{2}{2}$ t. 	48. Double salto bwd. t. with $\frac{5}{2}$ t. 





A = 0,1		B = 0,2		C = 0,3		D = 0,4		E = 0,5		F = 0,6 G = 0,7 H = 0,8	
EG IV: Dismounts											
49.	50.	51. Salto bwd. str. with 1/1 t. and salto t. 		52. Double salto bwd. straight with 1/2 or 1/1 t. 		53.		54. Double salto bwd. straight with 3/2 or 2/1 t. 			
55.	56.	57.		58.		69.		60.			
61.	62.	63.		64.		65.		66.			
67.	68.	69.		70.		71.		72.			

