

# 1st OFFICIAL GYMNASTIC TRYOUTS FOR MEN AND WOMEN

To represent

The United States at the XVth World's Gymnastic Championships  
Prague, Czechoslovakia, July 3 to 8, 1962

Held at

The National Gymnastic Clinic, Sarasota, Florida  
December 26 and 27, 1961

Conducted by

National AAU Gymnastic Committee

Sanctioned by

Florida Association of the Amateur Athletic Union

Competition consists of  
Compulsory and optional exercises in the international all around.

## Schedule of events

Tuesday, Dec. 26, 1961 at  
Sarasota High School  
9 AM

All compulsory exercises for  
men and women

1 PM

Optional exercises for men  
Long Horse and Rings

Optional exercises for women  
Side Horse Vault and Bal.  
Beam

Wednesday, Dec. 27, 1961 at  
Municipal Auditorium  
8 PM

Optional exercises for men  
Side Horse - Parallel Bars  
Floor exercise - Horizontal Bar

Optional exercises for women  
Uneven Parallel Bars and  
Floor exercise

AAU/FIG RULES TO GOVERN

NO POST ENTRIES WILL BE ACCEPTED

ALL ENTRIES close on Saturday, December 9, 1961 with Frank  
Cumiskey, President National Gymnastic Clinic.  
All entries should be sent to:

Mr. Frank Cumiskey  
RFD-1,  
Northvale, New Jersey

# Amateur Athletic Union

of the United States

## Gymnastics Guide

### 1962—1963

## Official Rules

**MEN and WOMEN**

COLORADO HIGH SCHOOL ACTIVITIES  
ASSOCIATION  
11351 MONTEVIEW BOULEVARD  
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TECHNICAL COMMITTEE — FEMININE DIVISION

PROGRESSION OF PRINCIPAL DIFFICULTIES

FEMININE GYMNASTIC COMPETITION  
IN WORLD CHAMPIONSHIP MATCHES, OLYMPIC GAMES, ETC.

1) Floor Exercises

2) Beam

3) Uneven Bars

EDITION OF 1961

Published by the Feminine Technical Executive Commission



## INTERNATIONAL GYMNASTIC FEDERATION

### Foreword

In order to unite points of view on the degree of difficulty of the elements comprising artistic gymnastics, and to evaluate the present technique, the executive committee of the F.I.G. has published a progression of these difficulties, which has been separated, for each category, into

- a) So-called "basic" exercises for normal difficulties.
- b) International grouping of higher difficulties.

This pamphlet does not claim to be complete; we have simply tried to delineate the most classic components.

It is a delicate matter to evaluate the degree of normal difficulties contained in these gradations, because of the evolution in feminine technique. The beauty of transitions equal to, if not greater than, the difficulties themselves, the originality of the bridges that come before and between the component parts, can, through their form, transform a simple maneuver into a genuine difficulty.

The technicians of the different federations will not fall into error on that score, and will be able to evaluate the components without losing sight of this important point. The description of certain transitions to be found in this collection will be of help to them in this matter.

Here one must point out again that the unrestricted individual exercises are to contain five elements of difficulty, of which only one may be of highest difficulty.

For the over-all beauty of movement, we particularly recommend that the level corresponding to the maximum score of 10 points should not be surpassed, in order to avoid reprehensible excesses.

It is only fitting to remain within the international norms and to avoid uselessly risking penalties which, however tiny they may be, can be heavy in their consequences.

For The Feminine Executive Commission  
The President: Berthe Villancher

## FLOOR EXERCISES

Floor exercises must make use of the entire body, must contain artistically performed movements and leaps, with liveliness, poses, balance, changes of pace, expression.

The 12 x 12 meter area accorded to the gymnast must be utilized in its entirety.

The voluntary exercise, like the required one, must be accompanied by music. The nature of the music should harmonize with the exercise performed.

The duration of the exercise is from a minute to a minute and 30 seconds.

## GROUPING OF COMPONENT DIFFICULTIES

## I. Basic

## 1. Turns using momentary handstand:

Side turns around the axis of depth.

1. From starting position: turn sideward to momentary handstand, placing hands, then feet, on the floor (sideward cartwheel).
2. The same exercise but from a starting position on one knee.
3. The same exercise as in No. 1, but with a quarter-turn to the right or to the left.
4. The same as No. 1, but ending with squat position on one bent leg, the other leg stretched rearward, touching the floor (half-split).
5. Sideward cartwheel using one arm support.
6. Sideward cartwheel ending in scale sideward.
7. Sideward cartwheel utilizing a leap.
8. Half-cartwheel to handstand and

- a) Forward roll.
- b) Forward turn to "bridge" position.
- c) Bend the arms and roll rearward with abdominal support, body arched.

## 2. Forward turns using momentary handstand:

From starting position:

1. Turn forward using handstand to starting position.
2. Turn forward with momentary handstand to position on one leg, the other leg stretched forward.
3. Thrusting one leg rearward, and bringing up the other leg,

turn forward using momentary handstand while changing legs at the handstand position (scissors), to arrive at a stance on one leg, the other leg stretched forward.

4. Arabian cartwheel forward.
5. Turn forward using momentary handstand on one arm, the other arm free, to starting position.

## 2a. Forward turns using momentary handstand stretched after a leap or a spring (hand-springs).

1. Hand-spring forward, to starting position.
2. Hand-spring forward to stance on one leg, the other leg stretched forward.
3. Hand-spring forward, changing legs (scissors).
4. Arabian cartwheel forward carried out with a spring.
5. One-arm hand-spring forward to starting position.
6. One-arm hand-spring forward to stance on one leg, the other leg stretched forward.
7. Head-spring forward (with hand support) to starting position.
8. Head-spring forward (with hand support) to squat position, legs together or apart.
9. Head-spring forward (with hand support), to stance on one leg, the other leg stretched forward.
10. Head-spring forward (with hand support) and half-turn.

## 3. Rearward turns using momentary handstand:

1. From starting position.
2. With change of legs (scissors).
3. To front scale position.
4. From front or back scale position, flipping rearward.
5. From starting position, flip rearward and turn to momentary handstand. Bend arms and roll rearward with abdominal support, body arched.
6. Arabian cartwheel rearward.

## II. Pivots, Springs, and Rolls

## 1. Pivots:

1. Thrusting one stretched leg forward or rearward, pivot  $180^{\circ}$  ( $1/2$  turn) on the other leg.
2. Turn to right or left  $180^{\circ}$  or  $270^{\circ}$  ( $1/2$  or  $3/4$  turn) using a spring.
3. Pivot  $180^{\circ}$  on one leg ( $1/2$  turn) to front scale position.
4. Pivot  $180^{\circ}$  ( $1/2$  turn) in the front scale position.



## 2. Springs:

1. Straddle-jump.
2. Deer-spring.
3. Spring forward or rearward with change of legs (scissors).
4. "Jeté battu" spring
5. Deer-spring with half-turn.
6. Straddle-jump with change of legs.
7. Turning spring.
8. Revolving spring with added half-turn.
9. All springs from 1 to 8 in conjunction with immobile positions (position on one knee, forward scale, deep split, etc.).
10. Spring, with body arched, thrusting one leg stretched, then bent, rearward, foot at level of the nape of the neck.
11. Same spring as No. 10, but with both feet at level of the nape of the neck.
12. One or two sideward springs, spreading legs sideward, (at least 90°).
13. From handstand, with thrust of arms, spring rearward to starting position ("coubette").
14. From starting position: spring to handstand with semi-circular motion of arms rearward.

## 3. Rolls:

## a) Forward

1. From squatting position with hand-support, roll forward to same position.
2. The same roll, without hand support.
3. Roll from sitting position, legs crossed and bent.
4. Roll forward to inverted support on shoulder-blades.
5. Roll forward to sitting position, legs stretched and raised obliquely, arms sideward.
6. From forward scale, roll forward placing hands on the floor.
7. From starting position, spring and roll forward.
8. Same exercise as No. 7, but with arched spring prior to the roll.
9. Forward roll to split position.
10. Roll forward to sitting position, legs stretched and joined, body bent.
11. Roll forward from handstand.

## b) Rearward

1. From squatting position, roll rearward to same position.
2. Roll rearward to sitting position, legs stretched and joined.

3. Roll rearward with body half-bent, then arched, over one shoulder or the head, with abdominal support.
4. Roll rearward to temporary handstand.
5. Roll rearward to temporary handstand and, bending the arms, roll rearward with abdominal support, body arched.

## III. Static Positions

## 1. Balanced positions (hold for 3 seconds):

1. Balanced scale after a half-turn or a full turn.
2. Balanced position after a half-turn, grasping foot or knee with the hand.
3. Front scale after a rearward roll.
4. Balanced scale executed after various springs.
5. Balanced scale followed by a sideward cartwheel.
6. Backward scale.
7. Inverted support on shoulder-blades, arms stretched alongside the body.
8. Inverted support on chest, body arched (hold for 3 seconds).
  - a) By abdominal roll forward.
  - b) By rearward roll.
9. Rearward roll to inverted support on one shoulder (hold 3 seconds).

## 2. "The Bridge" (hold for 3 seconds):

1. Turning upside-down rearward, from starting position.
2. Turning forward from starting position through momentary handstand.
3. The "bridge," by support from one arm and one leg.
4. From inverted support on fore-arms, turn forward to the "bridge."
5. From sitting position with support of hands behind the body, raise yourself to "bridge" by a dislocation.
6. From kneeling position, abdominal roll forward, body arched to the "bridge."
7. From inverted support on head, turn forward, bending the legs, then stretch arms and legs to "bridge" position.
8. From semi-inverted support on shoulder-blades, swing into "bridge" position.

## 3. Deep split "spagat" (hold for 3 seconds):

1. From starting-position, letting the feet slide on the floor.
2. From position on one knee, the other leg stretched forward

- foot touching the floor, let the foot slide, and come down in a deep-split.
3. From sitting-position on one bent leg, the other leg stretched rearward touching the floor, make a half-turn extending the bent leg, and finish in a deep-split.
  4. From forward prone support, pass one leg between the arms and finish in a deep-split.
  5. From position on both knees, hands on the floor, pass one leg between the arms, extending the other leg, and finish in a deep-split.
  6. From handstand, bend the body, pass one stretched leg between the arms, and come down into a deep-split.
  7. A spring, followed by a deep-split, with hand-support on the floor.
  8. Deep sideward split (count one second).
  9. Deep vertical split, standing on one leg, the other leg stretched vertically rearward.
  10. Sidward cartwheel, to deep-split position.
4. Inverted support on forearms (hold for 3 seconds).
    1. From erect starting-position.
    2. From sitting-position on one bent leg, the other leg stretched rearward on the floor, assume inverted support on forearms by a thrust of the stretched leg.
    3. From sitting-position on knees.
  5. Handstand (hold for 3 seconds):
    1. From starting-position, by rearward thrust from one leg.
    2. From starting-position, by bringing up ("appel") both feet.
    3. From sitting-position on knees.
    4. From sitting-position on one bent leg, the other stretched rearward on the floor.

#### INTERNATIONAL GROUPING

- I. Turns, Using Supports, and Connected Movements.
1. Sideward turns (cartwheels)
  1. Half-cartwheel to handstand and:
    - a) Bend the body and pass one stretched leg between the arms, and come down into deep split.
    - b) Abdominal roll, body arched, through temporary position on knees, ending in the "bridge."

- c) 1/4 turn to right or left and roll forward to sitting-position, legs stretched and joined, raised obliquely, and arms sideward.
  2. Sideward cartwheel ending in deep-split.
2. Forward Turns:
    1. Bringing up ("appel") both feet, execute forward hand-spring:
      - a) To erect position,
      - b) To position on one leg, the other leg stretched forward,
      - c) To sitting position, legs stretched, and either spread apart or joined.
    2. Succession of two forward hand-springs, similar or different, from paragraph 2a of the basic exercises.
    3. Forward Arabian cartwheel, executed with a spring, arms in downward circle.
    4. Forward Arabian cartwheel with support from one arm, executed with a spring.
    5. Forward hand-spring, with support from one arm, and change of legs (scissors).
    6. Forward Arabian cartwheel, executed with a spring, after any forward hand-spring.
    7. Succession of three consecutive Arabian cartwheels, in the same spot.
    8. From handstand, with impetus from the hands, spring to starting position and immediately execute hand-spring forward, bringing up ("appel") the feet.
    9. Hand-spring forward with half-turn right or left, into deep split.
    10. Hand-spring forward into deep-split, with simultaneous placement of the feet ("pose des pieds").
    11. Succession of two hand-springs, bringing up ("appel") the feet.
  3. Through inverted bending rearward
    - a) Slowly:
      1. Into deep-split.
      2. Passing stretched and joined legs between the arms, into sitting-position.
      3. Passing legs, spread apart, then joined again, into sitting-position.
      4. Into support separated from and outside of the grasp ("equerre").
      5. Into handstand, bend the arms to come down into inverted support on the shoulder-blades and swing into the "bridge."

6. Into handstand, roll forward into semi-inverted support on shoulder-blades, and on the rebound movement extend the body into handstand.

b) Quick back hand-spring ("flic-flac").

1. Simple "flic-flac."
2. "Flic-flac" into position on one leg, the other stretched rearward, and immediate half-turn right or left on supporting leg.
3. Quick back hand-spring ("flic-flac") through bringing up one foot, thrusting the other leg forward.

4. Connected movements.

1. Arabian spring or "rondade": from starting-position, with a thrust, place left leg forward; through a 1/4 turn to the left, place hands on the floor and twist into temporary inverted support, legs joined; through a 1/4 turn to the left with impetus from the arms, bend the body, spring to half-bent position, and "flic-flac."
2. From handstand, bending the body with impetus from the arms, spring to half-bent stance, and "flic-flac."
3. Two or three consecutive "flic-flacs."
4. "Flic-flac" into deep crossward split.
5. "Flic-flac" into deep sideward split.
6. "Flic-flac" somersault, rearward.
7. "Flic-flac," and, from handstand, pass the legs, stretched and joined together, between the arms.
8. "Flic-flac," and pass stretched and spread legs outside of the grips.
9. "Flic-flac" and, bringing up both feet, spring to the stretched upside-down position.
10. "Flic-flac" and abdominal roll, body arched, arms bent or stretched.
11. Arabian spring and, bringing up one foot, while thrusting the other leg forward, "flic-flac."
12. Two or three Arabian cartwheels rearward in the same spot, carried out in rapid succession.

## II. Somersaults, Supported Turns, and Their Connecting Movements

### 1. Somersault

a) Forward:

1. Forward somersault, body and legs bent.

2. Forward Arabian somersault, bringing up one foot with a thrust, the other leg rearward, body arched.
3. Forward somersault, body stretched, with half-turn to the right or left.

Connecting movements:

1. Forward hand-spring and forward somersault.
2. Forward roll and forward somersault.
3. From handstand, bending the body, with impetus from the hands, spring to starting-position and execute immediate forward somersault.
4. With a thrust: sideward cartwheel, quarter-turn, and forward somersault, body stretched.
5. With a thrust, sideward cartwheel, quarter-turn to the right or left and forward somersault, body stretched, with half-turn lengthwise.
6. With a thrust, sideward cartwheel, quarter-turn, forward somersault, body stretched, and sideward cartwheel.

b) Rearward:

1. Rearward somersault, body and legs bent.
2. Rearward somersault, body arched.
3. Rearward somersault with half-turn, body arched.
4. Somersault with delayed rotation ("slow-motion somersault").

Connecting movements:

With a thrust:

1. Arabian spring followed by rearward somersault, body and legs bent.
2. Arabian spring followed by rearward somersault, body arched.
3. From handstand, bending the body with impetus from the hands, spring to starting position, and somersault rearward.
4. "Flic-flac" followed by rearward somersault.
5. Rearward somersault with deep-split.

## III. Springs, Pivots, and Rolls

### 1. Springs

1. Twisting spring with extra half-turn en route and fall inverted and rearward into the "bridge."
2. Spring with body arched, touching the tips of the toes to the nape of neck.

3. With a thrust, spring forward, body extended, arms upward, and, bending the body, roll forward.
  4. Twisting spring, body horizontal,
    - a) Forward, b) Rearward.
  5. Bringing up both feet, spring into handstand, followed by a forward roll and see-saw into starting-position.
  6. Spring, turning rearward, to semi-inverted bent support on the shoulder-blades, and see-saw into starting-position.
  7. Spring, turning rearward, to half-bent inverted support on shoulder-blades, and extend body and arms into handstand.
  8. Spring, turning rearward, to upside-down support on forearms. (Hold for 3 seconds.)
  9. Spring, turning rearward, to bent inverted support on the head. (Hold for 3 seconds.)
  10. Spring, turning rearward, into handstand (count one second).
  11. Spring, turning rearward, with half-turn lengthwise, and roll forward.
2. Pivots and turns.
1. On position on one knee, pivot on the tip of the foot  $540^{\circ}$  (1-1/2 turns).
  2. Pivot  $360^{\circ}$ , then come down into a deep-split.
  3. On the tip of one foot, pivot  $360^{\circ}$ , the body bent forward, and immediately pivot  $360^{\circ}$  on the tip of the other foot, then come down into a deep-split.
  4. On the tip of one foot, pivot  $720^{\circ}$  (2 turns).
  5. Spring, turning to the right or left,  $540^{\circ}$  or  $720^{\circ}$ , to position on one leg.
  6. On the tip of one foot, pivot  $720^{\circ}$ , to balanced scale on one leg (temporary position).
3. Series of rolls ("roulades").
1. From handstand, roll forward and see-saw into position on one leg.
  2. From kneeling position, sit on the heels, extending the legs, thrust them rearward, and, separating them, pass them forward and bring them together again, forward. (Spread-out "coupe," rearward roll to temporary handstand.)
- Rearward roll to temporary handstand and:
1. Bend the body and pass one stretched leg between the arms, come down into a deep-split.
  2. Turn sideward lengthwise, and come down into deep-split.
  3. Bend the body, passing the stretched-out and separated legs outside of the arms, to the "square."

4. Bend the body and pass the stretched out and joined legs between the arms.
5. Bend the arms and come down into inverted support on the forearms.
6. Abdominal roll, body arched, arms stretched out.

#### IV. Static Positions

1. Balanced scales on one leg (hold for 3 seconds).
  1. Twisting spring to the balanced scale.
  2. On the tip of one foot, pivot  $450^{\circ}$  or  $540^{\circ}$  or  $720^{\circ}$  to balanced scale.
  3. Sideward cartwheel followed by a 1/4 turn to back balanced "planche."
  4. Turn forward through temporary handstand to end in forward scale, without an extra step.
  5. Arabian cartwheel forward to forward scale without an extra step.
  6. Turn forward through temporary handstand, and 1/4 turn to the right or left to a side scale.
  7. Turn forward through temporary handstand to back scale.
  8. From handstand, bending the body and with impetus from the hands, spring to front scale.
  9. "Flic-flac" and front scale.
  10. Rearward somersault and front scale.
2. Deep-splits.
  1. From starting-position, turn forward or rearward through a temporary handstand to a vertical deep-split, position on one leg, the other leg stretched vertically (hold for 3 seconds).
  2. Sideward deep-split carried out after a somersault, "flic-flac," inverted fall rearward, or a spring.
3. Inverted stands on the forearms (hold for 3 seconds).
  1. Handstand (count one second) and come down into inverted stand on forearms.
  2. From starting-position, half-cartwheel to a temporary handstand, bend the arms and come down into inverted stand on the forearms.
  3. Rearward roll with extension of the body to inverted stand on forearms.
  4. Bringing up the feet, spring to a temporary handstand and bend arms to come down into inverted stand on forearms.

5. Rearward roll with extension of the body to a temporary handstand and bend arms to come down into inverted stand on forearms.
  6. From handstand, half-turn to right or left and bend arms to come down into inverted stand on forearms.
  7. From kneeling position, abdominal roll forward, body arched to inverted stand on forearms.
4. Handstands—sustained stance.
1. From kneeling position, abdominal roll forward, body arched, to handstand.
  2. From starting-position, place hands on the floor, arms stretched, body bent. Come up into handstand.
  3. Rearward roll extending the body into handstand.
  4. Bringing up the feet, spring to handstand.
  5. In a handstand, half-turn to the right or left.
  6. From starting-position, fall rearward and turn into handstand.

## BEAM

Exercises on the beam must be lively, must put into action all parts of the body, must contain sitting positions, prone positions, steps, running, springs, turns, some sustained positions, without, however, these last mentioned predominating over the other components.

Execution must be continuous. Monotony of rhythm must be avoided, and the sustained positions respected. Finally, the exercise will be executed with sweep, suppleness, elegance, and expressiveness.

Duration of exercise from 1 min. 30 sec. to 2 minutes.

## BASIC

### I. Mounts

1. With or without a take-off, bringing up the feet, jump to front support sideways, make a half-turn to the left, and bring the left leg rearward and over the beam by shifting the grip, to sideward split support.
2. From the oblique stand, take-off, bring up the feet, and jump to squat-support, crossways.
3. From oblique stand, take-off, bring up one foot, thrusting the other leg forward and passing it over the beam with manual support, to a split sitting position, crossways.
4. From side stand frontways, take-off, bring up the feet, spring to the support sideways, passing one stretched leg sideward to split support, sideways.
5. Take-off and, bringing up the feet, jump to kneeling position, hands on the beam.
6. From sidestand frontways, jump to front support, passing one bent leg between the arms, to a split-support.
7. From sidestand frontways, jump to squat-support on one leg, the other leg stretched sideward, foot on the beam.
8. From an oblique stand, take-off, jump, passing the stretched out and joined legs over the beam (through a temporary rear support) to the "Amazon" sitting position (one leg bent, the other leg stretched rearward).
9. From a front-sideways stance, spring to a squat-support, sideways.
10. From sidestand frontways, jump to split-stand, sideways, body bent, hands on the beam.
11. From sidestand frontways, place the hands on the beam and jump, passing the bent legs between the arms, to rear support sideways.



12. From sidestand frontways, take-off, place the hands on the beam, thrusting the stretched and joined legs rearward, then raise them to the straddled support, outside of the grips.
13. From sidestand frontways, jump, thrusting the stretched and joined legs rearward, to an inverted support on the chest.

## II. Turns and Pivots

1. From starting-position, half-turn to the right or left on the tips of the feet.
2. From a squat-stand, half-turn to the right or left.
3. From stand on one leg, 1/4 turn to the right or left, on the tip of the foot.
4. From stand on one leg, thrust the other stretched leg forward with a 1/2 turn to the right or left on the tip of the supporting foot.
5. Same exercise as No. 4, but with a thrust of the leg rearward.
6. Same exercise as No. 4, but with a semi-circular thrust of the stretched leg from front to rear.
7. From a squat-support sideways on one leg, the other leg stretched sideward, tip of the foot on the beam, thrust the stretched leg forward or rearward with a 1/4 turn, to the squat-support, crossways.
8. From the starting-position, hop with a 1/4 turn to the right or left.
9. From a deep-split, a 1/2 turn to the right or left.
10. From a squat-stand on one leg, 1/2 turn to the right or left.
11. From a bent forward split (half-split), the other leg stretched rearward on the beam, 1/2 turn to the right or left, into a deep-split.
12. From a cross-stand on one knee, the other leg bent, foot forward on the beam, 1/2 turn to the right or left into a half-split.
13. From a stretched support, the legs stretched and separated outside of the grips, in a straddle, 1/2 turn to the right or left.
14. From stand on one leg, pivot lengthwise (1/2 turn) to a front balance-stand.
15. From starting-position, hop with 1/2 turn to right or left.

## III. Jumps

1. Hop to starting-position.
2. Large straddle-jump.

3. From stand crossways, spring forward to stand on one leg.
4. From stand crossways on one leg, spring forward to stand on both legs.
5. From stand crossways, one foot in front of the other, jump with change of legs.
6. From stand crossways jump, thrusting the stretched legs forward, one after the other (scissors).
7. From stand crossways, jump, thrusting bent legs forward, one after the other ("cat-jump").
8. Jump on one leg, the other leg bent and forward, tip of the foot against the knee of the stretched leg ("deer-spring").
9. From starting-position, jump in place, bending the legs in front of the body ("grouped-jump").
10. From stand crossways, one step forward and hop, thrusting the other leg forward and rearward.
11. From starting-position, hop in place, spreading the legs crossward or sideward.
12. Hop with "scissors" of the legs rearward.
13. From kneeling stand, hop to an erect stand.
14. Different hops preceding the front balance-stand.
15. Several different or similar jumps, connected.
16. Dance-steps: waltz, polka, mazurka.

## IV. Balance-stands and Sustained Positions

1. Crossways prone position, arms sideward, legs stretched rearward.
2. Balance-stand on one leg, the other leg bent or stretched forward, rearward, or sideward, with or without bending the body.
3. Same balance-stands as in No. 2, but grasping the raised leg or foot with the hand.
4. Same balance-stands as in No. 3, but standing on the tip of the foot.
5. Squat-position on the tip of the foot, the other leg stretched obliquely forward.
6. Sitting-position crossways, the legs joined and stretched obliquely forward, arms sideward (balance-stand on buttocks).
7. Same balance-stand as in No. 6, but grasping the feet with the hands.
8. Deep-split.
9. Inverted support on shoulder-blades.
10. Inverted support on one shoulder.
11. Headstand.
12. Inverted support on the chest.

## V. Rolls

1. Roll forward.
2. Roll rearward over one shoulder.
3. Roll rearward over the head.

## VI. Dismounts ("Sorties")

1. Spring Forward body arched to stand rearways (arched spring).
2. Spring forward, body arched, legs stretched, separated, then rejoined, to stand rearways.
3. Spring forward, body arched, legs bent rearward, to stand rearways.
4. Spring forward, bend the body, separating the legs, hands touching tips of the feet, rejoin legs and stretch out the body before dismounting to stand rearways (saut carapé).
5. Dismount with a deer-spring ("saut de biche").
6. From stand crossways on one knee, hands on the beam, one leg stretched rearward, thrust rearward, rejoin stretched legs in temporary inverted support, and come down to side-stand.
7. Same dismount as in No. 6, but from a squat-position on one leg.
8. Dismount swinging from half-bent inverted support.
9. From a handstand crossways, dismount to side-stand.
10. From cross or side stand, dismount, twisting forward through a handstand, to a side or stand rearways.

## INTERNATIONAL GROUPING

### I. Mounts

1. From sidestand frontways, with or without a take-off, spring to stand with body bent, legs joined and stretched between the grips.
2. Spring to stretched support, legs stretched and separated outside of the grips at a right-angle.
3. Spring to sideways deep-split.
4. From sidestand frontways, with or without a take-off, place hands on the beam and spring, passing the stretched and joined legs sideward, with a 1/2 turn, to front-side support.
5. Placing hands on the beam, spring to inverted support on the head or on one shoulder.
6. With or without a take-off, place hands on the beam and

spring to squat-position on one leg, the other leg stretched sideward; release the grip and make a 1/2 or 3/4 turn on the tip of the foot of the bent leg.

7. Take-off, bringing up one foot, and without support of hands, spring to squat-position on one leg, the other leg stretched forward.
8. From cross stand, take-off, bringing up the feet, placing hands on the beam, roll forward to half-inverted support on the shoulder-blades.
9. Same entrance as in No. 8, but with a full roll.
10. From sidestand frontways, take-off, placing hands on the beam, pass stretched and joined legs between the arms, to rear support sideways.
11. From sidestand frontways, take-off, placing hands on the beam, pass bent and joined legs between the arms to rear support, the legs stretched and raised obliquely forward.
12. From sidestand frontways, take-off, bringing up one foot and throwing the other stretched leg forward, pass the legs over the beam to a stretched rear support.
13. Spring to handstand.

### II. Turns and Pivots

1. From stand on one leg, turn lengthwise, 3/4 turn, full turn, and further.
2. Same pivots as in No. 1, but in squat-position, and without support of hands.
3. From starting-position, hop with a 3/4-turn.
4. From stand on one leg, pivot 3/4-turn or a full turn to any balance-stand on one leg.
5. From stand on one leg, 3/4-turn or a 1-1/2-turn, and come down in a deep-split.

### III. Springs or Jumps

1. Spring, bending the legs in front of the body ("grouped spring").
2. Spring on one leg, the other leg bent forward, tip of the foot against the knee of the stretched leg ("deer-spring").
3. Spring with rearward bending of the joined legs.
4. Spring with double or triple scissors.
5. Turning-spring.
6. "Deer-spring" with a 1/2-turn.
7. Spring with scissors and 1/2-turn.
8. Spring with leg-split and 1/2-turn.
9. "Grouped spring," 1/2-turn.



#### IV. Balance-stands, Sustained Positions, and Connecting Movements

1. Inverted support on one shoulder (hold for 3 seconds).
  - a) From split sitting-position crossways, thrust rearward to upside-down support on one shoulder.
  - b) The same movement executed without take-off, bending the body.
  - c. From split sitting-position crossways, with an abdominal roll forward, come up into inverted support on one shoulder.
2. From split sitting-position crossways, place head on the beam, elevate legs to inverted support on the head.
3. Inverted support on the chest (hold for 3 seconds).
  - a) From handstand.
  - b) From inverted support on one shoulder.
4. From kneeling stand, swing arms upward, hop and go into deep-split.
5. From half-split, without support of hands, 1/2-turn into deep-split.
6. Sideward deep-split.
7. Without support of hands, vertical deep-split into stand on one leg (hold for 3 seconds).
8. From cross stand, place hands on the beam and take-off rearward to temporary handstand and:
  - a) Come down into cross sitting-position, legs stretched, joined, and raised obliquely forward.
  - b) Bending the arms, roll forward.
9. Front balance-stand on one leg (hold for 3 seconds)
  - a) After the "deer-spring".
  - b) After a scissor-hop of the legs rearward.
  - c) After a spring with 1/2-turn.
10. From starting-position, a 1/2 balance-turn on one leg, holding the other stretched, obliquely-raised leg by the foot.
11. The "bridge":
  - a) From cross stand, with rearward inverted bend.
  - b) From half inverted support, through a see-saw.
  - c) From cross stand, turning forward through a temporary handstand.
  - d) From handstand crossways, turning forward.
  - e) From front balance-stand, inverted bend rearward.
12. From the "bridge," come up again to starting-position.
13. Handstand (hold for 3 seconds).
14. From handstand, come down, passing the bent and joined legs, or one stretched leg, or the legs separated outside of the grips, between the arms.

#### V. Rolls and Support-turns

1. Forward roll:
  - a) From inverted support on the head or on one shoulder.
  - b) To cross sitting-position, legs raised obliquely forward.
  - c) Through the temporary handstand to any position.
  - d) Through a spring.
  - e) From squat-support to squat-support or squat-position.
2. From a cross sitting-position, rearward roll:
  - a) To inverted support on one shoulder.
  - b) Turn rearward through inverted support on one shoulder, and abdominal roll.
  - c) To kneeling position (on both knees, or only one).
  - d) To inverted support on the head.
  - e) Through inverted support on the head.
3. From the "bridge," turn rearward through a temporary handstand.
4. From cross stand, inverted bend rearward and turn through temporary handstand.
5. From cross stand, Arabian cartwheel rearward.
6. Sideward cartwheel with 1/4-turn.
7. Sideward cartwheel.
8. Sideward cartwheel with support from one hand.
9. From cross stand, turn forward through temporary handstand.
10. Forward Arabian cartwheel.

#### VI. Dismounts ("Sorties")

1. From cross stand, turn obliquely forward through momentary handstand to side-stand.
2. From cross stand, turn forward through an Arabian cartwheel to side-stand.
3. From cross stand, turn obliquely forward through temporary handstand on one arm, to side-stance.
4. From side-stand, half-wheel with one-arm support to temporary handstand, and dismount with 1/4-turn to side-stand.
5. From handstand crossways, turn sideward to side-stand.
6. Handstand sideways and dismount:
  - a) Turning forward with a 1/2-turn to the right or left.
  - b) Passing the stretched and joined legs between the arms, to stand rearways.
  - c) Passing the legs in a split outside of the grips to stand rearways.
  - d) Shift one hand, with 1/4-turn and 1/2-turn, to side-stand.

7. From cross stand, inverted bend rearward and turn rearward through temporary handstand to side-stand.
8. Roll rearward through handstand to front or side-stance.
9. 1/2-turn to handstand and turn forward or sideward to starting-position.
10. From cross stand in the center of the beam, turn forward through handstand from one arm to side-stand.
11. From cross stand at the end of the beam, turn forward through handstand on one arm, and 1/4-turn to side-stand.
12. Dismount through somersault forward or rearward.
13. Dismount through "flic-flac."

## UNEVEN PARALLEL BARS

### BASIC

Exercises involving suspension and take-offs must predominate. Exercises involving supports will only be utilized as temporary positions.

Balanced movements are acceptable provided that they be specially suited to the bars.

On the whole, avoid with this apparatus movements particular to floor exercises and to the beam (for example, the deep-split and the "bridge").

Only exits requiring a hand-grip will be considered real difficulties.

### Mounts

1. From a stretched suspension on the upper bar, feet on the lower bar, legs bent; take position with impetus from the legs in a sideways stretched support on the upper bar.
2. From a mixed arm-support crossways (one hand on the upper bar):
  - a) Swing to a stretched mixed support.
  - b) Thrust forward and take position in a stretched mixed support.
  - c) Roll rearward with 1/4-turn to side sitting-position (split or joined) on the lower bar, hands on the upper bar.

### Mounts using rearward turn.

1. From stretched suspension on upper bar, bringing up the thighs to lower bar, thrust upward with legs and turn rearward to front stretched support on upper bar.
2. From a stand in front of lower bar, with dorsal grip, take-off, legs stretched, and turn rearward around the bar to front stretched support.
3. From sideways sitting-position on lower bar, hands on upper bar, bend, then extend arms and turn rearward around upper bar to front stretched support.
4. From stretched suspension on upper bar, thrust forward and turn around the lower bar to front stretched support.
5. Turn rearward around lower bar to front stretched support and 1/4-turn to the right or left to stretched mixed support crossways.

From suspension on one knee-joint between the grips.

1. The other leg stretched rearward, back grip, swing forward and take position in split support sideways.
2. With one swinging motion (from suspension on lower bar), shifting grips to upper bar.
3. Same installation, but from suspension on one knee-joint outside of the grips.
4. From side-stance on lower bar, slide and descend to suspension on one knee-joint between the grips and take position in split-support sideways.
5. From suspension on one knee-joint between the grips, swing rearward and take position in split-support sideways.

From stretched split-support sideways:

1. Turn rearward to half-inverted suspension, and, swinging back again, take position again in stretched split-support.
2. Same exercise but with a shift of the grips to upper bar.
3. On lower bar, bringing up the feet (2 running-steps), stretched suspension, pass one stretched leg between the grips and take position in split-support sideways, either with a 1/2-turn to the right or left, or with a shift of the grips on the lower bar.
4. From rear support, swing downward, rearward to half-inverted suspension, pass one stretched leg between the arms, and, swinging back again, take position again in split-support.

#### Turns

Forward

1. By suspension on one knee-joint between the grips.
2. Same exercise, but with shift of the grips to upper bar.
3. From stretched split-support sideways.

Rearward

1. By suspension on one knee-joint between the grips.
2. From stretched split-support sideways.
3. Same turn, but with a 1/2-turn to the right or left at end of this turn.

Side

1. From split-support crossways.
2. By suspension on one knee-joint on upper bar, to mixed support crossways.

#### Components

1. From side-support frontways on lower bar, one hand on upper bar, swing rearward with 1/4-turn to mixed support crossways.
2. Dislocation from stretched rear suspension on upper bar, feet on lower bar, legs bent.
3. From stretched support frontways, pass one bent leg between the arms to split-support.
4. From stretched split-support sideways, right leg forward, 1/2-turn to the right to front support, passing left leg over the bar.
5. From front support, swing rearward and place one or both feet between the arms in squat-support.
6. From stretched rear support, place the feet on the bar between the grips in squat-support.
7. From prone suspension on lower bar, hands on upper bar:
  - a) Circle one leg over lower bar.
  - b) Circle both legs over lower bar.
  - c) Scissors and passage of one leg over lower bar.
8. From half-inverted stretched suspension on upper bar, bring up the thighs on lower bar, and, releasing one grip, 1/2-turn to the right or left.
9. Same 1/2-turn but through a temporary prone split-suspension.
10. From sitting-position on lower bar, hands on upper bar, thrust forward to suspension, and a 1/2-turn to the right or left, shifting one grip.
11. Same exercise, but from squat-suspension, feet on the lower bar, hands on upper bar.
12. From sitting-position on lower bar, hands on upper bar, swing forward, 1/2-turn and thrust forward, then turn rearward around lower bar to stretched front support.
13. From front support on lower bar, facing inward, thrust forward under the bar and pass one or both legs over upper bar to a suspension on knee-joints.
14. From stretched side-support frontways on lower bar, thrust rearward and pass the stretched legs over lower bar, shifting one grip to upper bar in mixed support.
15. From rear support on upper bar, facing outward, swing downward to half-inverted suspension, pass the stretched and joined legs sideward to stretched suspension.
16. From stretched suspension on upper bar, facing inward, pass the legs, stretched and either joined or separated, over the bar and:
  - a) 1/2-turn to sitting-position.
  - b) Bring up the thighs on lower bar and turn rearward around upper bar to side-support frontways.

17. Same exercise, but from split "el" support (lowering downward, rearward to a half-upside-down suspension).
18. From a prone suspension, circle of both legs or scissors, bring up the thighs on lower bar and turn rearward to front support on upper bar.
19. From a front support, with swing:
  - a) Place feet on the bar outside of the grips, legs stretched.
  - b) Pass the separated legs over the bar to split "el" support.
20. From front support on upper bar, 1/2-turn to the right, passing the right leg rearward over the bar to a split-support.
21. From stretched suspension on the upper bar, pass the legs, bent or stretched, between the arms to rear half-inverted suspension.
22. From stretched front support on upper bar, thrust rearward to stretched suspension.
23. From front support on lower bar, thrust rearward to stretched suspension, legs raised forward.
24. From side-support frontways on lower bar, one hand on upper bar, thrust the joined legs over the bar with a 1/4-turn to mixed support crossways and swing forward, in order to pass the joined legs over the bar to a rear prone suspension, followed by other turns or components.

#### Inverted Supports

1. Crossways upside-down support on one shoulder, one hand on upper bar.
2. Stretched upside-down support crossways, one arm bent.

#### Dismounts

1. From front support on lower bar, pass the bent legs between the arms and spring to stand rearways.
2. From side stand on lower bar, hands on upper bar, pass the bent legs between the arms and spring to stand rearways.
3. From front support on lower bar, pass the legs in sideward split and spring to stand rearways.
4. In suspension from knee-joints, turn rearward and spring to stand rearways.
5. Same dismount but with a 1/4-turn.
6. From side-stand backward on lower bar, spring rearward, passing the stretched legs sideward over the upper bar to stand frontways.

7. From front support on upper bar, pass the stretched legs in sideward split over upper bar and spring to stand rearways.
8. From rear support on upper bar, swing downward, rearward to half-upside-down suspension and pass the joined legs sideward with a 1/4-turn, in order to spring to stand frontways.
9. From front support on upper bar, shift hands on lower bar, thrust rearward to handstand, pass the bent legs between the arms and spring to stand rearways.
10. From front support on lower bar, place feet on the bar between or outside of the grips, swing downward, rearward to half-inverted suspension and extend the body in order to spring forward to stand rearways.
11. Same dismount but with a 1/-turn to the right or left.
12. From front support on lower bar, pass the joined legs sideward and spring to sidestand rearways or, with a 1/4-turn to the cross stand.
13. From front support on upper bar, place feet on the bar outside of the grips and turn rearward to spring to stand rearways.

### INTERNATIONAL GROUPING

#### Mounts

1. From the inverted:

From a suspension on the upper bar, bending the arms, raise the legs forward over the bar, to turn rearward to a stretched front support.

2. Mounts in a split-support:

1. From rear support on lower or upper bar, swing rearward to half inverted suspension, pass one leg under the bar, and, by swinging back, take position in a split-support.
2. From starting-position on lower bar, hands on upper bar, bend the body and shift hands on lower bar, using a dorsal grip, swing downward, rearward to split half-inverted suspension, and, swinging back, take position in stretched split-support on lower bar.
3. From stretched suspension on lower bar, legs raised forward, thrust forward to half-inverted suspension in order to pass one stretched leg between the arms and take position in stretched split-support on lower bar, shifting the grips to upper bar.

3. From split support on lower or upper bar, one turn forward with a 1/2-turn to the right or left.
  4. From rear support on upper bar, facing inward, pass to split support on lower bar, palm grip, and one turn forward.
  5. From split support on lower or upper bar, one turn rearward with a 1/2-turn to the right or left.
2. Turns from front support.
- a) Forward.
1. From front support on lower or upper bar, one turn forward.
  2. From front support on lower or upper bar, one turn forward, releasing the grips, and resume them on the end of the turn.
  3. From front support on lower bar, releasing the grips, one turn forward, resume grips at end of the turn on upper bar, in stretched suspension.
  4. From front support on lower or upper bar, one turn forward in conjunction with another component.
  5. From rear support on lower bar, palm grip, one turn forward.
  6. Same exercise as No. 5, but shifting the grips to upper bar.
  7. From rear support on upper bar, palm grip, one turn forward.
  8. From split support on lower or upper bar, one turn forward passing one leg between the arms to stretched rear support.
  9. From rear support on lower or upper bar, one turn forward followed by a 1/2-turn to the right or left to front support.
  10. From rear support on lower or upper bar, one turn forward passing the separated legs over the bar to a stretched suspension.
- b) Rearward:
1. From front support, one turn rearward.
  2. From front support on lower bar, one turn rearward with a 1/4-turn to the right or left, shifting one hand to upper bar (mixed support crossways).
  3. From front support on lower or upper bar, one turn rearward with a 1/2-turn to the right or left to a rear support.
  4. From front support on lower bar, one turn rearward, releasing the grips, with a 1/2-turn to the right or left to a stretched suspension on upper bar.

5. One turn rearward to suspension from the knee-joints on lower bar.
6. From rear support on lower or upper bar, one turn rearward.
7. From split-support on lower or upper bar, one turn rearward passing one leg between the arms to a rear support.
8. From a support in split-stand on lower bar, one turn rearward.
9. From split-support outside of the grips, "el," one turn rearward.
10. From front support on lower bar, one turn rearward to temporary handstand.
11. From rear support on upper bar, one turn rearward, shifting the grips to lower bar, in stretched suspension, legs raised forward.
12. From rear support on upper bar, one turn rearward, shifting the grips to rear support on lower bar, swing downward, rearward to a half-inverted suspension, and, on the return swing, take position again forward in rear support on lower bar.

#### Components

1. From stretched front support on U.B., facing outward, large thrust forward under the bar with a 1/2-turn (swing downward, rearward to a half-inverted suspension, extend the body to thrust forward with a 1/2-turn to the R or L, shifting one grip to a stretched suspension, mixed grip).
2. From front support on U.B., facing inward, thrust forward under the bar with a 1/2-turn to arrive in split-support on L.B., shifting the grips to L.B.
3. From sitting-position on L.B., grips on U.B., thrust forward under bar with a 1/2-turn, thrust forward under L.B., shifting hands to L.B. to turn rearward to stretched front support.
4. From stretched front support on U.B., facing outward, thrust forward under bar with a 1/2-turn, thrust forward under L.B. shifting the grips to turn rearward to front support on L.B.
5. From stretched front support on U.B., facing outward, thrust forward under bar with a 1/2-turn, thrust forward in stretched suspension, to turn rearward around L.B. releasing the grips, 1/2-turn to R or L on end of turn in order to shift hands to U.B. in a stretched suspension.
6. From stretched front support on U.B., facing outward, thrust forward to turn rearward around L.B. to stretched front support, and make immediate 1/2-turn to R or L to rear support.



7. From front support on U.B., facing outward, thrust forward in stretched suspension, a 1/2-turn to turn rearward around L.B., and at end of turn forearm grips on U.B., in stretched suspension.
8. From front support on U.B., facing outward, thrust forward under bar with a 1/2-turn, thrust forward in stretched suspension, bring up legs against L.B., shift grips to L.B. to pass onto that bar in stretched suspension, legs stretched and joined, raised forward.
9. From sitting-position on U.B., facing inward, thrust rearward under bar with dislocation and come down into stretched suspension, forearm grip, thrust forward to turn rearward around L.B. to a front support on that bar.
10. From side-stand on L.B., facing outward, hands in forearm grip on U.B., bend body forward to thrust rearward with dislocation, in stretched suspension.
11. From stretched support on U.B., legs separated outside of grips, ("el"), swing downward, rearward to half-inverted suspension and pass legs under bar to rejoin them and thrust forward with a 1/2-turn R or L to stretched suspension.
12. Same exercise as No. 11, but from support in split-stance sideways, feet on bar outside of grips.
13. From starting-position on L.B., hands on U.B., bend body forward and shift grips to L.B., swing downward, rearward to thrust forward under bar, shifting grips to U.B. in stretched suspension.
14. Same exercise as No. 13, but with a 1/2-turn R or L.
15. From sitting-position on U.B., facing outward, thrust rearward U.B. and over L.B. with dislocation to stretched suspension, shift grips to L.B. and turn rearward to front support on that bar.
16. From front support on U.B., facing inward, thrust forward under U.B. and over L.B. with a 1/2-turn R or L to arrive at stretched suspension, turn rearward around L.B. to stretched front support (alternating shift of grips on L.B.).
17. From bent half-inverted support on nape of neck on U.B., extend body to thrust forward with a 1/2-turn R or L to stretched suspension, thrust forward to turn rearward around L.B. to front support on that bar.

#### Passing of Legs

1. From stretched front support on L.B. or U.B., pass bent legs between grips to rear support.
2. From front support on L.B. or U.B., pass stretched legs between grips to rear support.

3. From front support on L.B. or U.B., releasing one grip (R), pass one leg (R) over bar with a 1/2-turn to stretched support, legs stretched and separated outside of grips ("el").
4. From front support on U.B., thrust rearward and 1/2-turn to R or L, bending body, and place feet alternately on U.B. outside of grips in split-stand.
5. From stretched rear support, pass the bent legs between grips, and extending them, pass the legs outside of arms at right-angle.
6. From stretched rear support on U.B., swing downward, rearward to half-inverted suspension and pass the stretched and joined legs sideward to stretched suspension, releasing, then resuming, the grips.
7. From front prone suspension, hands on U.B., pass the stretched and joined legs sideward to stretched suspension, thrust forward, and 1/2-turn to R or L, shifting one grip.
8. From front prone suspension, hands on U.B., pass the bent legs over bar to stretched suspension, thrust forward, and 1/2-turn to R or L, shifting one grip, thrust forward and turn rearward around L.B. to a front support on that bar.
9. From front prone suspension, hands on U.B., pass the legs stretched and either joined or separated, over L.B. to stretched suspension, thrust forward and 1/2-turn to R or L, shifting one grip, thrust forward and turn rearward around L.B. to front support on that bar.
10. From side-stand frontways on L.B., hand grip on U.B., and, bringing up both feet, spring over U.B. passing the stretched and joined legs sideward with a 1/2-turn to R or L, to arrive at stretched suspension on U.B.
11. From side-stand rearways on L.B., hand grips on U.B., and, bringing up the feet, spring with legs separated over U.B., releasing and resuming grips, to stretched suspension on U.B.
12. From side-stand frontways on L.B., hand grips on U.B., and, bringing up the feet, spring with legs separated over U.B. with 1/2-turn to R or L, to stretched suspension on U.B.
13. From stretched rear support on U.B., swing downward, rearward to half-inverted suspension, pass the separated legs, releasing, then resuming grips, to arrive at stretched suspension.

#### Inverted Supports

1. Roll rearward to inverted support crossways on one shoulder on L.B., hand grip on U.B.
2. From stretched inverted support crossways on L.B., hand

- grip on U.B., bend the supporting arm and come down into inverted support crossways on one shoulder.
3. Inverted support crossways or sideways, one hand grip on U.B., the other on L.B.
  4. From inverted support crossways, left grip on L.B., right grip on U.B., thrust forward with a 1/4-turn to L, shifting right grip to L.B., pass stretched right leg over L.B. and under left hand with 1/4-turn to L, shifting left grip to U.B., and arrive at mixed support crossways (circular motion of the right leg, or in reverse).
  5. The same exercise but with circular motion of both legs, joined.
  6. From mixed inverted support crossways, bending the supporting arm, roll forward to sitting-position crossways on L.B.
  7. From stretched inverted support sideways on one bar, lower the body to a front support and turn rearward around the bar.
  8. Stretched inverted support sideways on L.B., hold for one second.
  9. From stretched inverted support sideways on L.B., bend the body and pass one stretched leg between arms to split-support.
  10. From stretched inverted support sideways on L.B., bending the body, pass the spread legs under U.B. and come down to front support.
  11. Same exercise as No. 10, but come down to side support, legs at right-angle outside of the grips.
  12. From stretched inverted support sideways on L.B., bend the body and pass the joined and stretched legs between arms to rear support.
  13. In stretched inverted support sideways on L.B., a 1/2-turn lengthwise, shifting the grips.

#### Dismounts

1. With forward thrust under the bar.
  1. From stretched support, legs joined or spread outside of the grips, feet placed on L.B., swing downward, rearward through a half-inverted suspension to thrust forward under the bar and spring to stand rearways.
  2. Same dismount as No. 1, but with 1/2-turn to R or L to stand frontways.
  3. From stretched front support on U.B., facing inward, swing downward, rearward to half-inverted suspension to thrust forward under U.B. and spring to stand rearways over L.B.

4. Same dismount as No. 3, but with 1/2-turn to R or L to stand frontways.
5. From sideways sitting-position on U.B., facing inward, palm grips, thrust rearward under bar with dislocation, to spring to stand frontways.
6. From sideways sitting-position on U.B., facing outward, palm grips, thrust rearward under U.B. and over L.B. with dislocation, to spring to stand frontways.
7. From front support on U.B., feet placed on the bar outside of grips, swing downward, rearward to thrust forward under bar and spring, joining the legs and extending the body, to stand rearways.
8. Same dismount as No. 7, but with 1/2-turn to R or L to stand frontways.
9. Same dismount as No. 8, but bending the body during the flight and arching it again before reaching the floor.
10. From temporary half-inverted bent support on U.B., extend the body, with a swinging motion, to spring forward to stand rearways.
11. Same dismount as No. 10, but with 1/2-turn to R or L to stand frontways.

#### 2. From support

##### a) From front support:

1. Dismount passing the stretched and joined legs sideward over U.B. to stand rearways.
2. Dismount passing the bent legs between grips to stand rearways.
3. Spring forward to stand rearways, passing the sideward-spread, or stretched and joined, legs between the grips over U.B.
4. From stand frontways on L.B., grips on U.B., bringing up both feet, spring forward over U.B. passing the joined legs sideward with 3/4-turn to side-stand.
5. From front support on U.B., facing inward, spring forward over both bars passing the joined legs sideward to stand rearways, or with 1/4-turn to side-stand.
6. From front support on U.B., spring forward over both bars, passing the bent and joined legs between the arms to stand rearways.
7. From front support on U.B. spring forward over both bars, passing the spread legs sideward to stand rearways.
8. Same dismount as No. 7, but passing the stretched and joined legs between the arms.



## b) From rear-support:

1. From rear support on U.B., facing inward, swing downward, backward to half-inverted suspension, and, swinging back, extend the body and spring with 1/4-turn to R or L over L.B. to side-stand.
2. Same dismount as No. 1, but with 3/4-turn.
3. From rear support on U.B., swing downward, rearward to half-inverted suspension and, swinging back, spring rearward passing the spread legs sideward over the bar to stand frontways.
4. Same dismount as No. 3, but with 1/2-turn to R or L to stand rearways.
5. From rear support on U.B., palm grip, turn forward around bar to temporary rear support and spring forward to stand rearways.
6. From sitting-position on U.B., facing inward, turn forward around U.B. and spring rearward, passing the spread legs sideward over the bar to stand frontways.
7. Same dismount as No. 6, but with 1/2-turn to R or L to stand rearways.
8. From stand rearways on L.B., spring rearward, spreading the legs sideward over U.B. to stand frontways.

## 3. From inverted support

1. From front support on U.B., shift one grip on L.B. and spring forward through temporary handstand with 1/4-turn to side-stand.
2. From mixed inverted support crossways, turn sideward 1/2-turn and spring to side-stand.
3. From front support on U.B., shift grips to L.B. and turn forward through temporary handstand to stand rearways.
4. From side handstand on L.B., spring, passing the bent legs between the arms to stand rearways.
5. From front-support on U.B., facing inward, place the grips on L.B. and, thrusting rearward to temporary handstand while passing the legs, stretched and joined between the arms, or spread sideward, over L.B., spring forward to stand rearways.
6. From front-support on U.B., shift one grip to L.B. and turn forward through temporary handstand on one arm, to stand rearways.
7. Same dismount as No. 6, but with 1/4-turn to arrive on the floor in side-stand.
8. From side handstand on L.B., 3/4-turn lengthwise, shifting one grip (crossed) and releasing the other grip, turn sideward to side-stand.

9. From side handstand on U.B., release one grip with 1/4-turn and spring to side-stand.
10. From side handstand on U.B., turn forward and spring to stand rearways.
11. From side handstand on U.B., spring forward, passing the legs, either stretched and joined between the arms, or spread sideward, over the bar to stand rearways.