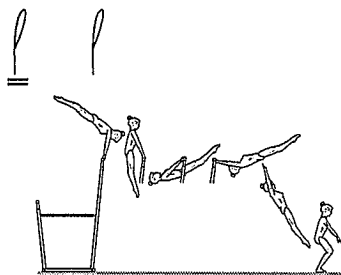
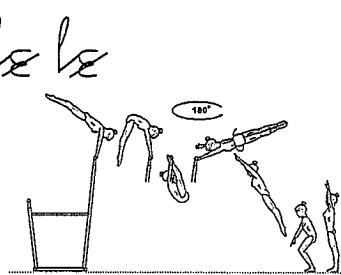
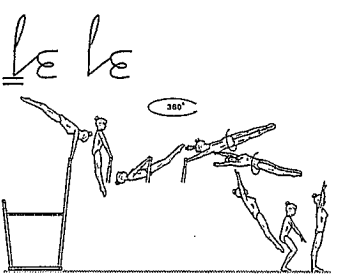
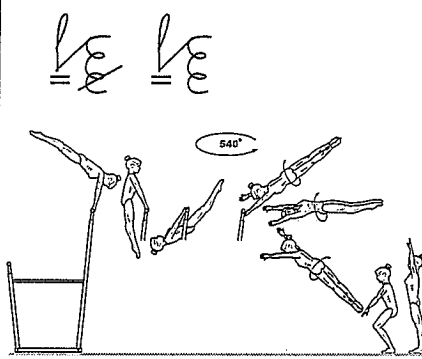
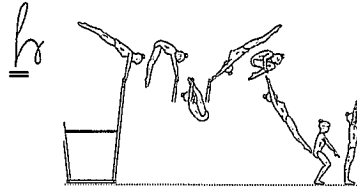
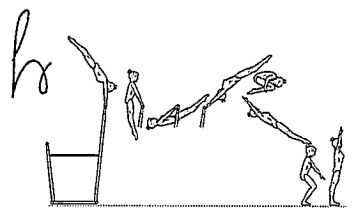

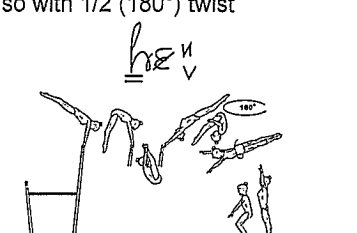
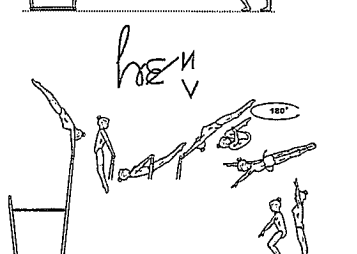
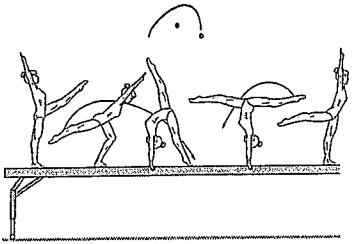
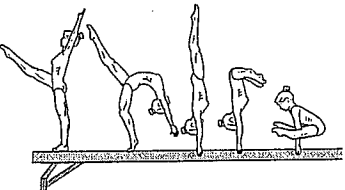
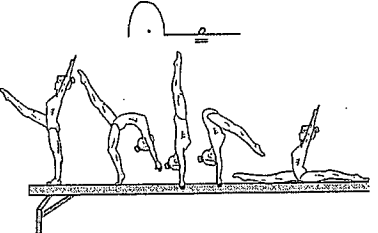
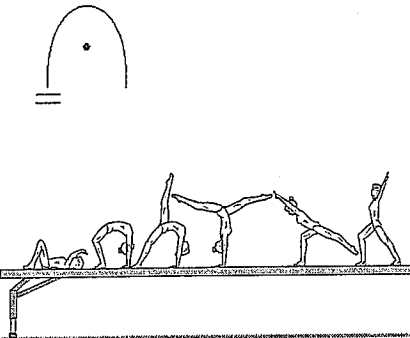
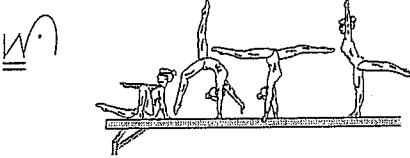
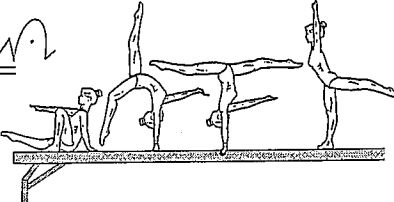
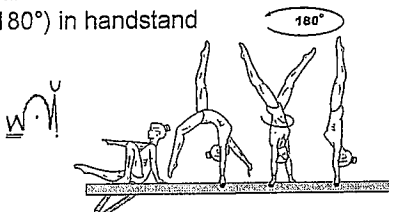
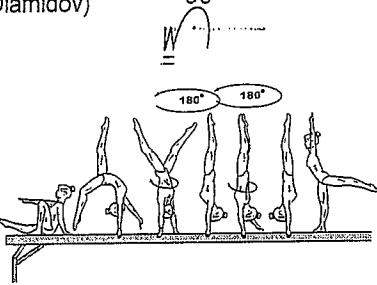
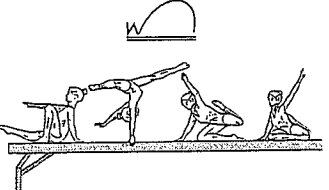
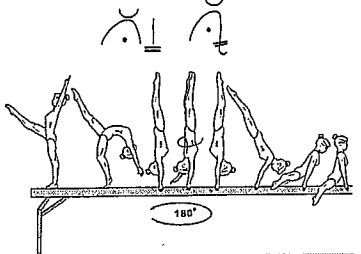
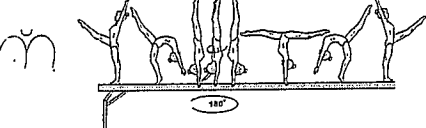
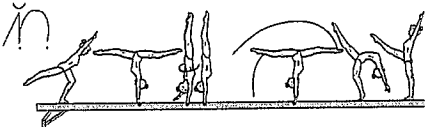
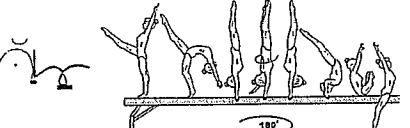


UNEVEN BARS ~ Skills Chart

Group 8 – Dismounts		
A	B	C
<p>8.101 From HB – underswing (toe-on or clear) to stand</p>  <p>with 1/2 (180°) or 1/1 (360°) twist to both sides</p>  	<p>8.201 From HB -underswing (toe-on or clear) with 1½ (540°) or 2/1 (720°) twist</p> 	<p>8.301 From HB – underswing (toe-on or clear) to salto forward tucked or piked</p>    <p>-also with 1/2 (180°) twist</p>  

BALANCE BEAM ~ Skills Chart

Group 7 – Walkovers, Cartwheels, etc...

A	B	C
<p>7.105 Walkover forward, backward (Tic-toc)</p> 	<p>7.205 Walkover backward – lower to clear straddle support</p> 	<p>7.305 Walkover backward with stoop through of one leg to cross split sit</p> 
<p>7.106 From back lying position, push up to bridge (support on head and/or hands), kickover backward</p> 	<p>7.206 From extended tuck sit – walkover backward (Valdez)</p>  <p>also with support on one arm</p>  <p>Valdez with 1/2 turn (180°) in handstand</p> 	<p>7.306 From extended tuck sit – walkover backward with 1/1 turn (360°) – 1/2 turn (180°) in handstand on one arm second 1/2 turn (180°) with late support of second arm (Diamidov)</p>  
<p>7.107 Walkover backward to handstand, 1/2 turn (180°) in handstand – lower to end position touching beam</p> 	<p>7.207 Walkover forward or backward with 1/2 turn (180°) in handstand and continuation of movement to walkover forward or forward roll</p>   	<p>7.307 All Walkovers forward, backward or cartwheels with 1/1 – 2/1 turn (360°- 720°) in handstand</p> 