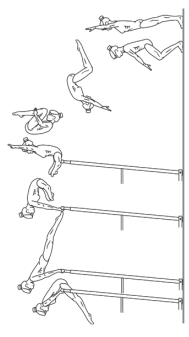
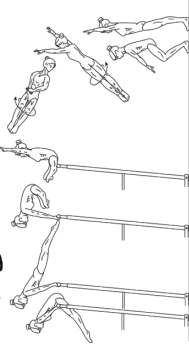
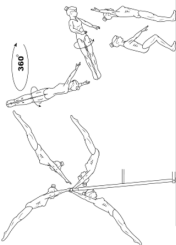
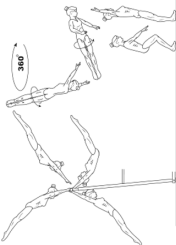



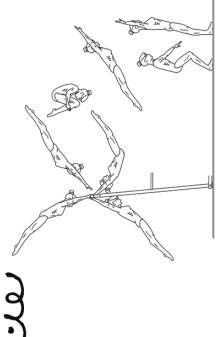
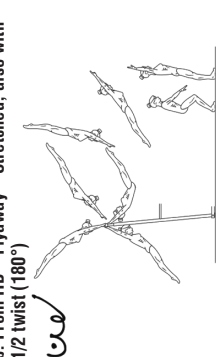
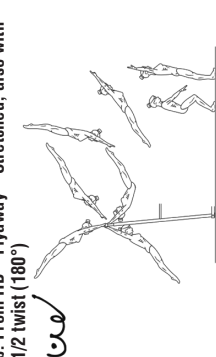
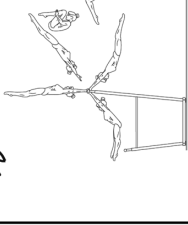
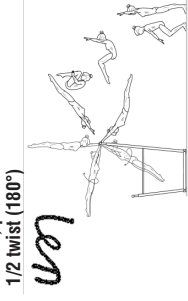


Medium		Superior		Group 9 – Dismounts		High Superior		Advanced High Superior	
9.104		<p>9.204 From front support on either bar, straddle cut over bar, back salto (Tanac)</p> 	<p>9.304 From front support on either bar, straddle cut over bar, back salto with 1/1 twist (360°) or more (Tanac 1/1)</p> 	<p>9.404</p>	<p>9.405 a. From HB – Flyaway – Tuck/pike with 1 1/2 twist (540°)</p>  <p>b. From HB – Flyaway – Stretched with 1/1 twist (360°) or more</p> 	<p>9.406 a. From HB – Flyaway – Any forward or backward double salto in any body position w/wo twist</p> 	<p>9.406 a. From HB – From swing backward, inward front salto with 1/1 twist (360°) or more</p>  <p>b. Front support on HB, cast to inward front salto</p> 		
9.105		<p>9.205 From HB – Flyaway – Swing down between bars, swing forward to salto backward (tuck/pike), also with 1/2 twist (180°)</p> 	<p>9.305 a. From HB – Flyaway – Tuck/pike with 1/1 twist (360°)</p>  <p>b. From HB – Flyaway – Stretched, also with 1/2 twist (180°)</p> 		<p>9.306 a. From HB – From swing backward, inward front salto (tuck/pike/stretched), also with 1/2 twist (180°)</p> 	<p>b. From HB – Swing down in regular grip between the bars with grip change to cross grip 1/2 (180°) turn in range of hang position and swing upward – backward to salto forward tucked, piked or stretched also with 1/2 twist (180°)</p> 			
9.106	9.206								

