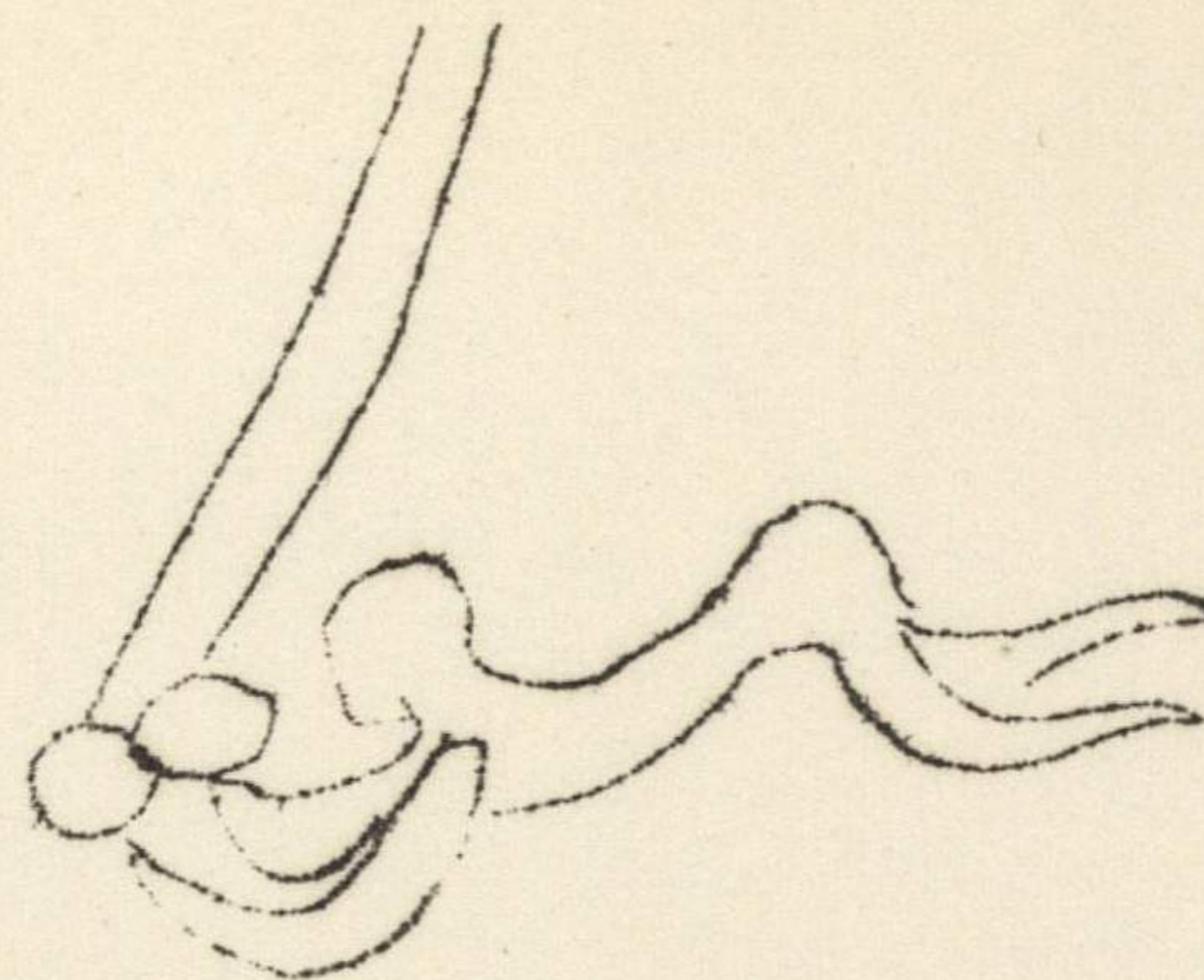


## GYMNASTICS



In all heavy apparatus work the stunts are either completed or not completed. How well, is a subjective evaluation by a judge. We have therefore omitted any reference to points for form or execution. The following stunts on different pieces of apparatus are designed to be progressive and are listed according to degree of difficulty.

Check date of achievement when stunt is completed.

### A HORIZONTAL BAR

| Date of<br>Achieve-<br>ment. | Exercise                           |
|------------------------------|------------------------------------|
| 1.                           | Skin the cat                       |
| 2.                           | Hang, backward hip circle to mat   |
| 3.                           | Hook upstart                       |
| 4.                           | Upstart swing                      |
| 5.                           | Backward hip circle to front rest  |
| 6.                           | Backward single knee circle        |
| 7.                           | Cross straddle crotch circle       |
| 8.                           | Backward double knee circle        |
| 9.                           | Forward crotch circle              |
| 10.                          | Swing-hook upstart                 |
| 11.                          | Upstart                            |
| 12.                          | Drop back upstart                  |
| 13.                          | Rear uprise to seat                |
| 14.                          | Forward heel circle                |
| 15.                          | Backward seat circle               |
| 16.                          | Uprise                             |
| 17.                          | Double outside knee mount          |
| 18.                          | Knee or hawk dismount              |
| 19.                          | Reverse grasp upstart              |
| 20.                          | Forward toe circle                 |
| 21.                          | Muscle grind                       |
| 22.                          | Free backward hip circle           |
| 23.                          | Reverse grasp, rear uprise to seat |
| 24.                          | Giant swings (ordinary)            |
| 25.                          | Reverse giant swings               |
| 26.                          | Combination giant swings           |
| 27.                          | Fly away                           |

### B PARALLEL BARS

|    |                               |
|----|-------------------------------|
| 1. | Series of straddles--forward  |
| 2. | Series of straddles--backward |
| 3. | Rear vault                    |
| 4. | Front vault                   |
| 5. | Cut-off--right and left leg   |
| 6. | Cut-in--right and left leg    |
| 7. | Combination left-in-right-out |