

Date of Achiev- ment	Exercise (Cont'd)
8.	Double cut in
9.	Double cut out
10.	Forward shoulder roll
11.	Upper arm hang-backward roll
12.	Shoulder balance
13.	Upper arm hang upstart
14.	Upper arm hang front uprise
15.	Upper arm hang rear uprise
16.	Short underswing upstart
17.	Long underswing upstart
18.	Shoulder rolls backward
19.	Shoulder rolls forward
20.	Long underswing upstart shoulder balance
21.	Hand walk
22.	Hand balance
23.	Long underswing upstart hand balance
24.	Hand balance and pirouette
25.	Swing-double rear vault dis- mount
26.	Hand balance-backward somersault to upper arm hang.

FLYING RINGS

1.	Swing two beat rhythm
2.	Swing-one-half turn at each end
3.	Swing one full turn at each end
4.	Swing inverted hang
5.	Swing bird's nest
6.	Swing bird's nest release one hand and opposite foot
7.	Swing bird's nest drip dismount
8.	Backward cut-off on front swing
9.	Front cut off on rear swing
10.	Upstart at front end of swing
11.	Upstart at rear end of swing
12.	Dislocate on rear swing
13.	Dislocate on forward swing
14.	Uprise on rear swing
15.	Uprise on forward swing
16.	Inlocate at rear end of swing
17.	Swing forward hip circle-front end
18.	Swing-cut off and catch rear swing
19.	Swing-bird up to hand stand
20.	Fly away at forward end.