


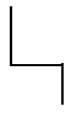



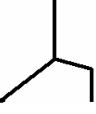









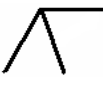

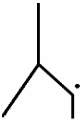



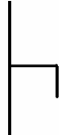

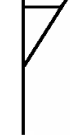
















































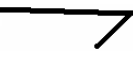










Appendix 5

Shorthand Notation




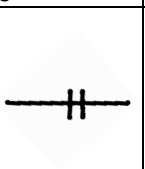



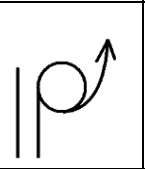

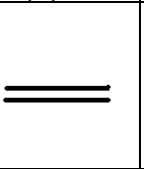
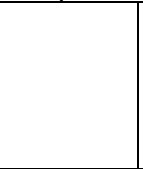


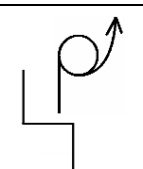

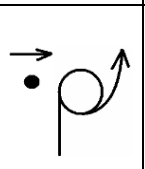

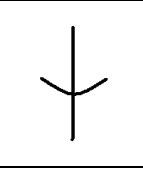

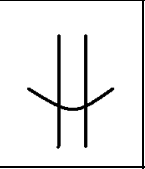
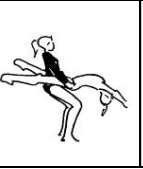
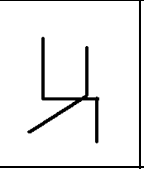



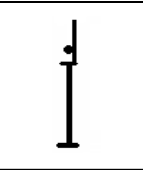
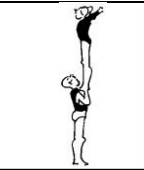
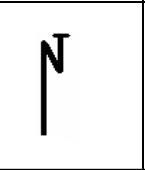

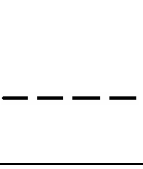
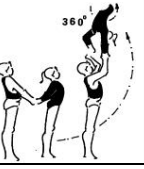
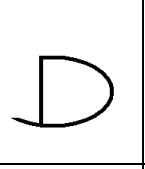
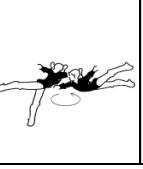
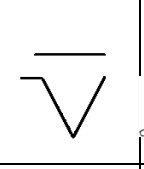
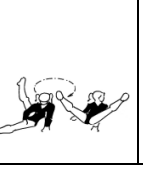
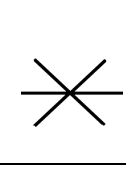
1. Stand							
basic stand		chair		free chair		lunge	
							
feet astride		front support		bridge		tripod	
							
free tripod		half needle					
							
2. Arabesque							
arabesque		attitude		wine glass		wine glass split	
							
back bend		deep back bend		back scale		eye	
							
needle stand		front needle					
							
3. Split							
box/side split		straight/side split					
							

4. Sit							
leg straight		feet astride		Japanana		stand on knees	
sit on knees		1 knee		knee arch			
5. Lying							
back		front		right angel		front angel	
back angel							
6. Head							
head stand		head support					
7. Shoulder/chest							
shoulder stand		chest stand		big C			

8. Arm							
half arm		half 1 arm		long arm		long 1 arm	
							
hands knotted		Y support		free			
							
9. Handstand							
2 hands straight		1 hand straight		hands knotted		2 hands mexican	
							
1 hand mexican		2 split		2 disloc		2 flag	
							
planche		2 crocodile		2 straddle		lever	
							
russian lever							
							

10. Jump							
side		split		split change leg		ring 1 foot	
ring 2 feet		straight		180°		360°	
540°		720°		straddle			
11. Swing							
cannonball/...							
12. Roll							
forward		back		side		dive/swallow roll	
13. Wheel							
cartwheel		1 arm cartwheel		aerial wheel		back walkover	
1 arm back		forward walkover		free walkover		Russian walkover	
Valdez		kip to stand					

14. Spring							
handspring		flic		headspring		round off	
handspring 1-2		fly spring 2-2					
15. Salto's							
whip		back		double back		triple back	
pike back		double piked		straight back		double straight	
180°		full in back out		front		double front	
pike front		straight front		side		barani	
16. Spin							
180°		360°		540°		720°	
900°		sit spin		needle spin			

17. Log rolls							
180°		360°					
							
18. Pitch							
2 hand pitch		pair pitch		basket (2)		platform (3)	
							
lap pitch		pitch over head		boost			
							
19. Catch							
arms		arms (group)		wrap front		wrap back	
							
on shoulder		in hand					
							
20. Miscellaneous							
steps		Diamidov		Butterfly		flairs	
							
cut to		cut back					
