



# Uneven Bars Skills

## Bar Skills

### Skill Set 1 - Mounts

A Mounts		
	Skill #	Skill Description
A	A-101RM	LB glide kip (also in reverse grip)
A	A-102RM	Glide ½ turn kip
A	A-103RM	Jump 1/2 turn to kip on LB
A	A-104RM	Glide on LB or swing forward on HB stoop through, back kip up to brief rear support also with grip change to hang on HB (with or without ½ turn)
A	A-105RM	Jump to brief hang on HB, also with reverse grip-kip to support
A	A-106RM	Jump 1/2 or 1/1 turn to hang on HB
A	A-107RM	Squat or straddle with hand support over LB to hang on HB
B Mounts		
B	B-101RM	Tuck or straddle jump over LB with no hand support to hang on HB
B	B-102RM	Glide kip on LB with grip change to hang on HB (also with ½ turn)
B	B-103RM	Jump with ½ turn, glide kip on LB with or without ½ turn and grip change to hang on HB
B	B-104RM	Jump 1/1 turn, kip to front support on LB
B	B-105RM	Glide on LB, stoop through, back kip up on LB through clear rear support w/grip change to hang on HB also with ½ turn
B	B-106RM	Glide on LB stoop through back kip up with straddle cut backward to hang on LB
B	B-107RM	Reverse kip from glide forward on LB OR swing forward on HB stoop through to kip hang, back kip swing or seat circle backwards to rear support (also with grip change to hang on HB)
B	B-108RM	Facing HB, jump 1/2 turn to kip on HB
B	B-109RM	Stretch jump over LB with no hand support to hang on HB
B	B-110RM	Tuck or straddle jump (no hand support) over LB to hang on HB
B	B-111RM	Hecht jump (legs together) with hand repulsion over LB to hang on HB
B	B-112RM	Round Off in front of LB, flight backward straddled through momentary clear straddle support on LB
B	B-113RM	Jump to HS on LB with hips bent, then extended
B	B-114RM	Jump to hang on HB-underswing with ½ turn and flight over LB to glide
C Mounts		
C	C-101RM	Glide kip on LB with 1/1 turn and grip change to hang on HB
C	C-102RM	Jump with ½ turn, glide kip on LB with 1/1 turn and grip change to hang on HB
C	C-103RM	Jump with 1/1 turn and kip on LB with grip change to hang on HB
C	C-104RM	Glide on LB, stoop through, back kip up with straddle cut backward to hang on H
C	C-105RM	Glide on LB, stoop through, back kip up over LB with 1/1 turn and grip change to hang on HB
C	C-106RM	Jump with ½ turn over LB-kip to support on HB
C	C-107RM	Facing HB-salto forward to brief hang on HB
C	C-108RM	Jump to brief hang on HB, salto roll backward tucked or straddled with grip change to hang on LB
C	C-109RM	Jump forward with free straddle over LB with ½ turn to catch HB in "L" grip (1/2 turn must be free)
C	C-110RM	Salto forward tucked, piked or straddled over LB to brief sit on LB (also over LB to L hang)
C	C-111RM	Jump to brief clear support on HB (with reverse, mixed, or regular grip)-clear hip circle to HS on HB
C	C-112RM	Round-off in front of LB-flight backward over LB with legs together or straddled to hang on HB
C	C-113RM	Jump to HS on LB with hips bent, then extended with ½ turn in HS phase
D Mounts		
D	D-101RM	Salto forward tucked or piked over LB to hang on HB without touching LB
D	D-102RM	Salto forward tucked over LB with ½ turn to grasp LB
D	D-103RM	Round-off in front of LB-flight backward over LB with 1/1 turn to hang on HB
D	D-104RM	Round-off in front of LB-tucked salto backward over LB to hang on LB
D	D-105RM	Round-off in front of LB-flic flac through handstand phase on LB

D	D-106RM	Round-off in front of LB-tucked or piked Arabian salto over LB to a momentary sit on LB
D	D-107RM	Jump to HS on LB with hips bent then extended and 1/1 turn in handstand phase
D	D-108RM	Jump with extended body to handstand on LB
D	D-109RM	Jump with ½ turn with extended body to handstand on LB
D	D-110RM	Jump to brief clear support on HB (w/reverse, mixed or regular grip)-clear hip circle to handstand with ½ turn in HS phase on HB
D	D-111RM	Jump to brief clear support on LB (with reverse grip)-clear hip circle forward to handstand with ½ turn in HS phase

**E Mounts**

E	E-101RM	Round-off in front of LB-tucked or piked Arabian salto over LB to a hang on HB without touching the LB
E	E-102RM	Round-off in front of the LB-flic flac with 1/1 twist to clear support (or through HS phase on LB)

**Skill Set 2 - Casts/Swings****A Casts/Swings**

	Skill #	Skill Description
A	A-101RC	Cast to 21 degrees to 45 degrees from vertical with ½ turn
A	A-102RC	Cast to squat on LB (any position) also with jump to grab HB

**B Casts/Swings**

B	B-101RC	Cast to handstand (within 20 degrees of vertical) straight or straddle (hips bent)
B	B-102RC	Front support on LB, squat, straddle or stoop with feet and legs free of the LB with grip change to hand on HB
B	B-103RC	Front support on HB-stoop with flight or free straddle forward over HB and ½ turn to hang on HB
B	B-104RC	Hang on HB-uprise backward to clear support on HB, also from HS on HB
B	B-105RC	Swing down with ½ turn and uprise backward to clear support on HB (turning uprise)
B	B-106RC	Hang on HB-swing backward with release and 1/1 turn to hang on HB
B	B-107RC	Hang on HB-counterswing backward in straddle or pike with flight over LB to hang on LB

**C Casts/Swings**

C	C-101RC	Cast to handstand with hop to reverse grip in handstand
C	C-102RC	Cast to handstand with ½ turn in HS phase
C	C-103RC	Cast to HS ½ turn to L or mixed L grip
C	C-104RC	Cast to HS with 1/1 turn on one arm after handstand to L or mixed L grip, also from cast with hop to reverse grip
C	C-105RC	Hang on HB uprise backward with straddle flight or with rear vault in flight over HB to L-hang or hang
C	C-106RC	Hang on HB-uprise backward to handstand on HB (also with ½ turn)
C	C-107RC	Hang on HB-uprise backward to handstand on HB with 1/1 turn on one arm after handstand to L or mixed L grip
C	C-108RC	From front support on HB-swing backward with release and 1/1 turn to hang on HB
C	C-109RC	Hang on HB-Counterswing backward in straddle or pike with flight to handstand on LB, also with ½ turn in HS
C	C-110RC	On HB-Counterswing to front salto in piked/straddle with ½ turn to catch LB

**D Casts/Swings**

D	D-101RC	Cast to HS with 1/1 or 1 ½ turn in HS
D	D-102RC	Cast to HS with hop to L-grip in HS
D	D-103RC	Cast to HS with 1 ½ turn to L or mixed-L grip
D	D-104RC	Outer front support on LB-cast with salto roll forward to hang on HB, also from inner front support
D	D-105RC	Handstand on HB-giant circle backward with ½ turn uprise backward with rear vault in flight over HB to hang
D	D-106RC	Hang on HB-uprise backward to HS on HB with 1/1 turn in HS
D	D-107RC	Hang on HB- uprise bkwd with hop to reverse grip in HS also followed by 1/1 turn on 1 arm after HS to L or mixed L grip
D	D-108RC	Hang on HB-uprise backward to HS on HB with 1 ½ tun in HS phase also with 1 ½ turn to L or mixed L grip
D	D-109RC	From a cast on HB, swing down between bars to a turning uprise and straddle forward over HB with ½ turn to regrasp HB
D	D-110RC	Back uprise, release with ½ turn and straddle flight backward over HB
D	D-111RC	Hang on HB, counterswing backward in straddle or pike with ½ turn in flight to HS on LB
D	D-112RC	On HB, counterswing to front salto stretched with ½ turn to catch LB
D	D-113RC	On HB, counterswing to front salto straddled to catch same bar
D	D-114RC	Counter swing on HB to front salto between bars to catch LB in reverse grip

**E Casts/Swings**

E	E-101RC	Inner front support on LB-Radochla roll with 1/1 turn to hang on HB
E	E-102RC	Front support on HB cast with salto forward straddled to hang on HB

**Skill Set 3****Underswings/Clear Hips****A Underswings/Clear Hips**

	Skill #	Skill Description
A	A-101RU	Underswing on HB with ½ turn at or above HB height to hang
A	A-102RU	Underswing backward (inverted pike swing)-dislocate to hang on HB

**B Underswings/Clear Hips**

B	B-101RU	Underswing on LB with ½ turn and grip change to hang on HB
B	B-102RU	Facing outward, underswing on HB with ½ turn and side flair of arms in flight to hang on same bar
B	B-103RU	Underswing with ½ turn to clear support on same bar
B	B-104RU	Underswing (toe on) with ½ turn and flight over LB to hang on LB
B	B-105RU	Clear hip circle to clear support
B	B-106RU	Clear hip circle forward to clear support also with legs straddled on upswing

**C Underswings/Clear Hips**

C	C-101RU	Clear underswing on LB, release and counter movement forward in flight to hang on HB, also with ½ turn to mixed grip
C	C-102RU	Underswing with 1 ½ turn to hang
C	C-103RU	From HS on HB underswing (toe on) With ½ turn and flight over LB to hang on LB
C	C-104RU	Clear hip circle to HS
C	C-105RU	Clear hip circle to HS with ½ turn in HS phase, also to L-grip
C	C-106RU	Clear hip circle to HS with 1/1 turn on one arm after HS to L or mixed-L grip
C	C-107RU	Underswing backwards (inverted pike swing) on HB-dislocate to near HS with hop-change to regular grip on HB
C	C-108RU	Hang on HB, back to LB, stoop through, underswing backward (inverted pike swing) dislocate with flight over LB to hang, also from rear support on HB
C	C-109RU	Hang on HB, facing LB-swing frwd and stoop through, dislocate and underswing with ½ turn w/flight over LB to hang on LB

**D Underswings/Clear Hips**

D	D-101RU	Inner front support on LB-clear hip circle through HS with flight to hang on HB
D	D-102RU	On HB, underswing (toe on) with ½ turn and flight over LB to HS on LB
D	D-103RU	Clear hip circle to HS with hop-change grip in HS phase
D	D-104RU	Clear hip circle to HS with 1/1 turn in HS phase to regular grip
D	D-105RU	From hang on HB-stoop through, underseeing backward (inverted pike swing) on HB-dislocate with flight to HS on LB (also from rear support)
D	D-106RU	Clear hip circle forward to HS, also with legs straddled (hips bent) on upswing, also with ½ turn in HS phase, also with 1/1 turn on one arm after HS to L or mixed L grip
D	D-107RU	On LB facing HB-clear hip circle forward to immediate front salto over LB to catch HB

**E Underswings/Clear Hips**

E	E-101RU	Inner front support on LB, clear hip through HS with ½ turn in flight to hang on HB
E	E-102RU	Clear hip circle on HB through HS, counter straddle to hang on HB (also in pike position)
E	E-103RU	HS on HB, facing LB underswing with 1 ½ turn and flight over LB to hang on LB
E	E-105RU	Clear hip circle to HS with 1 ½ turn in HS
E	E-106RU	On HB-clear hip circle forward to immediate straddled front salto to catch in hang on HB

**Skill Set 4****Backward Giant Swings****A Backward Giant Swings**

	Skill #	Skill Description
A	A-101RB	From HS on HB swing down between bars, swing forward with ½ turn at horizontal to 45 degrees from vertical
A	A-102RB	From front support on HB, cast to long hang pullover to front support
A	A-103RB	On LB, backward giant circle to HS (either side) with legs tucked at bottom of circle

**B Backward Giant Swings**

B	B-101RB	From HS on HB swing down between bars, swing forward with 1/1 turn to L hang at height of HB, also swing forward with ½ turn at 21 degrees to 44 degrees from vertical
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B	B-102RB	From HS on HB, giant circle bkwd to HS in regular or cross grip or w/bending of hip joints in upper vertical (also on 1 arm)
B	B-103RB	On LB-backward giant circle with ½ turn to handstand (either side)
B	B-104RB	From hang on HB, long seeing forward with a ½ turn and flight over LB to hang on LB

**C Backward Giant Swings**

C	C-101RB	From HS on HB, swing down between bars, swing forward with 1 ½ turn within 45 degrees from vertical to hang on HB
C	C-102RB	From HS on HB, giant circle backward to HS with hop-change grip in HS phase
C	C-103RB	From HS on HB, giant circle bkwd to HS with ½ turn also with hop ½ turn to reverse grip, also with ½ turn to L or mixed L grip
C	C-104RB	From HS on HB, giant circle backward to HS with ½ - ½ turn (different directions) in HS phase, also with legs straddled during the 2nd ½ turn
C	C-105RB	From HS on HB giant circle backward to HS (also with hop to reverse grip) with 1/1 turn on one arm to L or mixed L grip
C	C-106RB	On LB-backward giant circle with 1/1 turn in HS (legs tucked at bottom of circle)
C	C-107RB	From HS on HB, long swing forward (bail) with a ½ turn and flight over LB to hang on LB -Hang on HB, facing LB-swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB
C	C-108RB	Hang on HB, facing LB, swing forward, salto backward tucked with ½ turn between the bars to catch LB in mixed grip
C	C-109RB	On LB facing HB, ¾ backward giant swing with release and ½ turn in tuck position with flight to catch HB, facing LB
C	C-110RB	On LB, ¾ backward giant swing with release and swing forward and salto backward with ½ turn tucked

**D Backward Giant Swings**

D	D-101RB	Backward giant on HB-hop from regular grip to L-grip in HS phase
D	D-102RB	HS on HB, giant circle backward to HS with 1/1 turn in HS
D	D-103RB	HS on HB-giant circle backward to HS with 1 ½ turn in HS phase or on one arm after HS to L or mixed L grip
D	D-104RB	Backward giant with 1/1 turn in HS with hop on first turn (turns in same direction)
D	D-105RB	From HS or hang on HB, long swing forward with a ½ turn and flight to HS on LB
D	D-106RB	HS on HB, backward giant, counter straddle-reverse hecht over HB to hang
D	D-107RB	Hang on HB, facing LB, swing forward and salto backward stretched between bars to clear support with regular or crossed grip on LB
D	D-108RB	From HB swing down between bars, swing forward with ½ turn to salto forward tucked or straddled
D	D-109RB	From HB, swing down between bars, swing forward and salto backward piked with ½ turn
D	D-110RB	Salto backward piked with ½ turn to catch HB in mixed grip with additional ½ turn after catch

**E Backward Giant Swings**

E	E-101RB	From HS on HB, giant circle backward to HS with hop 1/1 turn to regular grip in HS phase
E	E-102RB	From HS on HB, giant circle backward to HS with 2/1 turn in HS phase
E	E-103RB	Hang on HB, long swing forward with 1 ½ turn and flight over LB to hang on LB
E	E-104RB	HS on HB, giant circle backward, counter-reverse hecht piked over HB to hang
E	E-105RB	HS on HB-giant circle backward with ½ turn, further ½ turn to counter straddle in flight over HB to hang
E	E-106RB	HS on HB, giant circle backward and counter straddle in flight with 1/1 turn over HB to hang
E	E-107RB	Facing outward, underseeing backward on HB with support of feet or swing forward on HB, with support of feet or seeing forward on HB counter salto forward straddled to hang on HB in reverse grip
E	E-108RB	Hang on HB, facing LB, swing forward, salto backward tucked or stretched with 1/1 turn between the bars to clear support to hang on LB
E	E-109RB	From HB, swing down between bars, swing forward and salto backward stretched with 1 ½ turn to hang on HB
E	E-110RB	From HB, swing down between bars, swing forward and salto backward stretched with ½ turn to hang on HB
E	E-111RB	From HB, swing down between bars, swing forward with ½ turn to salto forward piked

**Skill Set 5****Forward Giant Swings****A Forward Giant Swings**

Skill #	Skill Description
A	There are no "A" valued forward giant swings

**B Forward Giant Swings**

B	B-101RF	From HS on HB, swing down forward between bars, swing backward and 1/1 turn at height of HB
B	B-102RF	From HS on LB, giant circle swing forward in reverse grip with legs tucked at bottom of circle, also with ½ turn in HS phase (start and finish in HS)

**C Forward Giant Swings**

C	C-101RF	From HS on HB on HB-giant circle seeing forward in reverse grip to HS, also with legs straddled or hips bent in upswing phase, also with ½ turn in HS phase, also with hop grip change to regular grip, also with 1/1 turn on one arm after HS to L or mixed L grip
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C	C-102RF	From HS on LB-giant circle swing forward in reverse grip to HS with 1/1 turn in HS phase legs tucked at bottom of circle
C	C-103RF	From HS on HB, swing down forward (back facing LB) in regular or reverse grip, straddle flight backward over LB to hang on LB
C	C-104RF	From HS on HB, swing down between bars with grip change to cross grip and ½ turn in range of hang position and seeing upward to HS on HB
C	C-105RF	Facing out on LB, giant circle forward to salto forward to catch HB
C	C-106RF	From HS on HB, circle swing forward in reverse grip with free stoop or straddle vault and ½ turn over HB to hang

**D Forward Giant Swings**

D	D-101RF	From HS on HB, giant circle forward in regular grip to HS
D	D-102RF	HS on HB, giant circle swing forward in reverse grip to HS with 1/1 turn in HS phase
D	D-103RF	Giant circle forward in reverse grip, hop to L-grip in HS phase (hands must release simultaneously)
D	D-104RF	From HS on HB swing down forward (back facing LB) in regular or reverse grip, straddle flight backward to HS on LB
D	D-105RF	From HS on HB, swing down forward (back facing LB) in reverse grip, backward swing, release and turn 180 degrees in flight between the bars to catch LB in han
D	D-106RF	From HS on HB-swing down between bars with ½ turn through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or tucked to hang on HB
D	D-107RF	From HS on HB swing down forward between bars in reverse grip or L grip, swing backward with salto forward tucked or straddled to hang on HB
D	D-108RF	From a reverse grip HS on LB ¾ front giant to release, front salto tucked with a 1/1 turn to catch HB in regular grip
D	D-109RF	From HS on HB, circle swing forward in reverse grip with 180 degree turn and straddle flight over HB to hang on HB
D	D-110RF	From HS on HB, giant circle swing forward in L-grip to HS with piked or stretched body through HS phase, also with ½ turn in HS phase to regular grip

**E Forward Giant Swings**

E	E-101RF	Giant circle forward in reverse grip with initiation of 1/1 turn on one arm before HS phase
E	E-102RF	Giant circle forward in reverse grip with 1 ½ turn to HS
E	E-103RF	From HS on HB, swing down between bars with ½ turn through brief hanging cross grip or change to regular grip, swing backward with salto forward piked to hang on HB
E	E-104RF	From HS on HB swing down forward between bars in reverse grip or L-grip, swing backward with salto forward piked or stretched to hang on HB
E	E-105RF	From HS on HB swing down forward between bars in L grip, with salto forward tucked over HB to hang on HB in reverse grip
E	E-106RF	Jager salto with ½ turn
E	E-107RF	From HS on HB giant circle swing forward in L grip with stretched body, hop-change to reverse grip to initiate 1/1 turn completed in handstand phase to mixed L grip or L grip
E	E-108RF	From HS on HB giant circle swing forward in L grip with stretched body to HS and 1/1 turn in HS phase from L grip on one arm with side flair of free arm to reverse grip
E	E-109RF	Giant circle swing forward in L grip to HS with 1 ½ to 2/1 turn

**Skill Set 6  
Stalder Circles****A Stalder Circles**

	Skill #	Skill Description
A	A-101RS	Clear straddle circle forward on LB or HB to clear straddle "L" support
A	A-102RS	Clear straddle circle backward on LB or HB to clear straddle "L" support

**B Stalder Circles**

B	B-101RS	Stalder forward to clear support
B	B-102RS	Clear straddle circle backward on HB with grip change to hang on LB
B	B-103RS	From HS on HB, clear straddle circle backward on HB with ½ turn to hang on HB
B	B-104RS	Stalder circle backward to clear support

**C Stalder Circles**

C	C-101RS	Stalder forward to HS, also with ½ turn in HS phase
C	C-102RS	Stalder forward to HS with 1/1 turn on one arm after HS phase to L or mixed L grip
C	C-103RS	Long kip on HB, passing through clear straddle support, swing/press to HS, also with ½ turn in HS phase
C	C-104RS	Clear straddle circle forward on HB with flight backward over LB to hang on LB
C	C-105RS	Stalder forward in L grip to clear support
C	C-106RS	Stalder backward to HS
C	C-107RS	Stalder backward to HS with ½ turn in HS phase, also with ½ turn to L or mixed L grip
C	C-108RS	Stalder backward to HS with 1/1 turn on one arm after HS to L or mixed L grip

C	C-109RS	Facing inward, stalder backward with release and counter movement forward in flight to hang on HB
C	C-110RS	Facing inward, stalder backward with release and hecht to hang on HB

**D Stalder Circles**

D	D-101RS	Stalder forward to HS with 1/1 turn in HS phase
D	D-102RS	Stalder forward with regular grip
D	D-103RS	Clear straddle circle forward or backward on HB with flight to HS on LB
D	D-104RS	Facing outward on LB, Stalder forward to salto forward to catch HB
D	D-105RS	Stalder forward in L grip to HS, also with ½ turn in HS phase
D	D-106RS	Stalder backward to HS with hop-change grip in HS phase
D	D-107RS	Stalder backward to HS with hip change grip in HS phase and 1/1 turn on one arm after HS to L or mixed L grip
D	D-108RS	Stalder backward to HS with 1/1 turn in HS phase
D	D-109RS	Facing outward, stalder backward with flight to hang on HB

**E Stalder Circles**

E	E-101RS	Stalder forward in L grip to HS with 1/1 turn in HS phase
E	E-102RS	Stalder backward to HS with 1 ½ turn in HS phase, to L or mixed L grip
E	E-103RS	Stalder backward in HB through HS with counter straddle to hang on HB
E	E-104RS	Facing outward, stalder backward with flight with ½ turn to hang on HB, or from outside with ½ turn to hang on HB

**Skill Set 7****Hechts/Circle Swings****A Hechts/Circle Swings**

Skill #	Skill Description
A-101RH	Hip circle backward on LB or HB to support
A-102RH	Hip circle forward on LB or HB to support
A-103RH	From cast on LB, free hip circle backward-hip repulsion-flight with regrasp on LB to glide
A-104RH	Sole circle forward or backward (tucked or piked) on LB or HB to stand, also with grip change to hang on HB
A-105RH	Rear support on LB or HB-seat (pike) circle forward through clear rear support also on LB with grip change to hang on HB
A-106RH	Rear support on LB or HB seat circle backward to rear support, also on LB with grip change to hang on HB

**B Hechts/Circle Swings**

B-101RH	From cast on LB, free hip circle backward-hip repulsion-with free straddle forward over LB to rear support
B-102RH	Sole circle backward piked with flight from HB to stand on LB
B-103RH	Rear support on LB-seat circle forward through clear rear support with ½ turn to hang on HB
B-104RH	HS on HB, stoop in to seat circle forward through clear support (with beat of lower legs on HB) salto forward to catch in reverse grip in hang on HB
B-105RH	Hang or rear support on HB, stoop through, back kip or seat circle frwd-through clear rear support with ½ turn to hang on HB
B-106RH	Rear support on LB or HB-seat circle forward with straddle cut backward to hang on same bar
B-107RH	Rear support on LB -seat circle backward with ½ turn and grip change to hang on HB
B-108RH	Inner rear support on HB-seat circle backward with release to stand on LB, also with grip change to hang on LB
B-109RH	Pike sole circle backward (toe on and off) to clear support
B-110RH	Clear pike circle backward, arriving in a clear pike support position

**C Hechts/Circle Swings**

C-101RH	Outer front support-clear hip circle backward on LB with hecht to hang on HB, also with ½ turn
C-102RH	Outer rear support on HB-fall bkwd to inverted pike swing or seat circle frwd-straddle cut bkwd with flight over LB to hang
C-103RH	Rear support on LB-seat circle forward with straddle cut backward and grip change to hang on HB
C-104RH	Clear rear pike support on HB-full circle swing backward to finish in clear rear support on HB
C-105RH	Pike sole circle forward to HS, also with ½ turn in HS phase
C-106RH	Pike sole circle forward with 1/1 turn on one arm after HS to L or mixed L grip
C-107RH	Pike sole circle backward to HS
C-108RH	Pike sole circle backward to HS with ½ turn in HS phase, also to L or mixed L grip
C-109RH	Pike sole circle backward to HS with 1/1 turn on one arm after HS to L or mixed L grip
C-110RH	Underswing on LB, release and counter movement forward in flight to hang on HB
C-111RH	Underswing on LB, release and counter movement forward in flight with ½ turn to hang with mixed grip on HB
C-112RH	Clear pike circle backward on LB with release and counter flight to hang on HB or with hecht flight to hang on HB

C C-113RH Clear pike circle backward, disengaging legs prior to a clear support at or above horizontal

#### D Hechts/Circle Swings

D D-101RH Free hip circle backward on LB or HB, hecht with flight and ½ turn passing over bar to hang on same bar, or from clear hip circle backward on HB  
Clear rear support on HB-full circle swing backward, continuing through clear rear pike support backward over HB into hang,

D D-102RH also circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB, also circle swing backward and ½ turn with flight to HS on LB, also from HS, clear pike circle backward to rear inverted pike support

D D-103RH Clear rear pike support on HB (legs together)-full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB

D D-104RH Pike sole circle forward in L grip to HS, also with ½ turn

D D-105RH Pike sole circle forward with 1/1 turn in HS phase

D D-106RH Pike sole circle backward with hop-change to reverse grip in HS phase

D D-107RH Pike sole circle backward to HS with 1/1 turn in HS phase

D D-108RH Inner front support on LB-pike sole circle backward through HS with flight to hang on HB

D D-109RH Underswing on LB, release and counter-movement forward in flight with 1/1 to hang on HB

D D-110RH Clear pike circle forward to HS, also with ½ turn in HS phase

D D-111RH Clear pike circle backward to HS, also with ½ turn in HS phase

#### E Hechts/Circle Swings

E E-101RH From stoop in or from rear support on HB, Adler seat circle forward through clear extended support (in L grip) to finish within 30 degrees of vertical, also with ½ turn

E E-102RH Pike sole circle forward in L grip to HS with 1/1 turn

E E-103RH Pike sole circle backward to HS with 1 ½ turn also to L or mixed L grip

E E-104RH On LB pike sole circle backward through HS with flight and ½ turn to catch HB (performed in either direction) also with 1/1 turn

E E-105RH HS on HB-pike sole circle backward counter straddle reverse hecht over HB to hang, also with pike, also with ½ turn

E E-106RH Clear pike circle backward with 1/1 turn in HS phase

### Skill Set 8 Dismounts

#### A Dismounts

Skill #	Skill Description
A-101RD	From HB-underswing (toe on or clear) to stand, also with ½ or 1/1 twist to both sides
A-102RD	From HB swing down between bars-swing forward to salto backward tucked, piked or stretched
A-103RD	From HB, swing down frwd in reverse grip between bars, salto forward tucked, piked or stretched, also from a counterswing
A-104RD	From HB swing down in regular grip between bars, with grip change to cross grip and ½ turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched

#### B Dismounts

B-101RD	From HB-underswing (toe on or clear) with 1 ½ or 2/1 twist
B-102RD	From HB swing down between bars, swing forward to salto backward tucked piked or stretched with ½ or 1/1 twist
B-103RD	From HB clear straddle circle forward on HB to salto forward tucked or swing down forward in reverse grip between bars, salto forward tucked, piked or stretched with ½ or 1/1 twist
B-104RD	Hip circle backward on LB or HB-hecht, also from clear hip circle backward
B-105RD	Outer front support on HB-cast to near HS, salto forward tucked
B-106RD	From a cast, uprise or backswing to straddle cut, salto backward tucked, piked, or stretched on LB or HB

#### C Dismounts

C-101RD	From HB underswing (toe on or clear) to salto forward tucked or piked (also with ½ twist)
C-102RD	Clear front support on HB-underswing (toe on or clear) with ½ twist to salto backward tucked or piked
C-103RD	Swing down between bars-swing forward to salto backward stretched with 1 ½ or 2/1 twist
C-104RD	From HB swing down between bars-swing forward to double salto backward tucked or piked
C-105RD	From HB swing down forward between bars in reverse grip, salto forward tucked or stretched with 1 ½ or 2/1 twist
C-106RD	Hip circle backward (also clear) on LB or HB-hecht with 1/1 twist
C-107RD	Outer front support on HB-cast to near HS, salto forward piked, or cast to salto backward tucked or piked
C-108RD	Outer front support-clear hip circle swing backward or clear hip circle through HS to salto backward tucked or piked
C-109RD	On HB-giant circle bkwd (facing LB) to salto bkwd tucked over HB, also facing HB, back giant with ½ to back salto tucked
C-110RD	From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 1/1 or 1 ½ twist on LB or HB

#### D Dismounts

D-101RD	From HB-underswing (toe on or clear) to salto forward tucked or piked with 1/1 twist
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D	D-102RD	From HB-underswing (toe on or clear) to salto forward stretched
D	D-103RD	From HB-clear pike circle backward to salto forward stretched with ½ turn twist
D	D-104RD	Clear front support on HB-underswing (toe on or clear) with ½ twist to salto backward stretched
D	D-105RD	Clear front support on HB-underswing (toe on or clear) with ½ turn to salto backward tucked with ½ turn
D	D-106RD	From HB swing down between bars-swing forward to salto backward stretched with 2 ½ twist
D	D-107RD	From HB-swing down between bars-swing forward to double salto backward tucked with ½ twist in 2nd salto
D	D-108RD	From HB-swing down between bars-swing forward to double salto backward in layout/pike or pike/layout
D	D-109RD	From HB swing down forward between bars in reverse grip or clear straddle circle forward between bars to a salto forward tucked piked or stretched with 2 ½ twist
D	D-110RD	Giant circle forward, ½ turn in flight to double salto backward tucked or piked
D	D-111RD	Hip circle backward on LB or HB-hecht with salto backward tucked
D	D-112RD	On HB back staldler through HS to salto backward tucked or piked
D	D-113RD	From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 2/1 twist or more on LB or HB
D	D-114RD	On HB-back giant (facing LB) to salto backward tucked over HB with 1/1 twist

### E Dismounts

E	E-101RD	From HB-underswing (toe on or clear) to salto forward tucked or piked with 1 ½ twist
E	E-102RD	Clear front support on HB-underswing (toe on or clear) with ½ twist to salto backward tucked with 1/1 twist
E	E-103RD	From HB-swing down between bars-swing forward to salto backward stretched with 3/1 twist
E	E-104RD	From HB swing down between bars, swing forward to double salto backward tucked with 1/1 twist in first or second salto
E	E-105RD	From HB swing down between bars, swing forward to salto bkwd stretched with ½ twist into salto frwd piked with ½ twist
E	E-106RD	From HB swing down between bars-swing forward to double salto backward tucked with 2/1 twist
E	E-107RD	From HB-swing down between bars-swing forward to triple salto backward tucked
E	E-108RD	From HB swing down between bars-swing forward to double salto backward stretched, also with ½ twist, also with scissor split of legs to close, also with 1/1 to 2/1 twist in first or second salt
E	E-109RD	From HB swing down between bars-swing forward to salto backward tucked with ½ twist into salto forward tucked, also with ½ twist or into salto forward stretched
E	E-110RD	From HB swing down between bars-swing forward with ½ twist into double salto forward tucked
E	E-111RD	From HB-swing down forward between bars in reverse grip or L grip-swing backward to double salto forward tucked, also with ½ twist (also to salto forward tucked with ½ twist into salto backward tucked)
E	E-112RD	Hip circle backward (also clear) on LB or HB-hecht with ½ twist to salto forward
E	E-113RD	Hip circle backward (also clear) on LB or HB-hecht to salto backward with 1/1 twist