



# NATIONAL GYMNASTICS ASSOCIATION

## SUPER SKILLS

### Parallel Bars

All super skills receive the value of A (0.1)

<b>EG I: Elements in support or through support on 2 bars</b>					
1.1 Full support swing (straight body horizontal on both sides)	1.2 Swing to Handstand (no hold required)	1.3 Shoulder stand (2s)	1.4 Handstand, forward roll to upper arm	1.5 Front toss to upper arm	1.6 Straddle L (2s)
1.7 Press Handstand from Straddle L	1.8 Shoulder stand to forward roll	1.9 Tucked hold (2s)	1.10 Tucked Planch (2s)	1.11	1.12
<b>EG II: Elements starting in upper arm position</b>					
2.1 Full upper arm swing (straight body horizontal on both sides)	2.2 Back uprise to support	2.3 Upper arm pike to cast forward	2.4 Upper arm swing backward to shoulder stand (2s)	2.5 Upper arm forward roll	2.6 Upper arm backward roll
2.7 Front uprise finish with straddled legs support on bars	2.8	2.9	2.10	2.11	2.12
<b>EG III: Long swings in hang en 1 or 2 bars and Underswings</b>					
3.1 Full long hang swing (straight body horizontal on both sides)	3.2 Full basket swing (hips above bars on both sides)	3.3 Bent leg Moy to upper arm	3.4 Glide kip to upper arm	3.5 Drop kip to upper arm	3.6 Drop kip to support
3.7 Giant to upper arm	3.8 Basket to upper arm	3.9 Straight leg Moy to upper arm	3.10	3.11	3.12
<b>EG IV: Dismounts</b>					
4.1 Long hang swing to Salto backward tucked	4.2 Support swing to Salto backward tucked	4.3 Support swing to Salto forward tucked	4.4 Wende	4.5 Backward swing to flank dismount	4.6 Stutz dismount
4.7 Giant swing through support to pushoff (no grip change)	4.8 Diamidov to one bar dismount	4.9	4.10	4.11	4.12