



## NATIONAL GYMNASTICS ASSOCIATION SUPER SKILLS

### Pommel Horse

All super skills receive the value of A (0.1)

\* All may be preformed for credit

#### EG I: Single leg swings and scissors

1.1 Front support to leg cut	1.2 Rear support to leg cut	1.3 Front support straddle swing to both sides (swing hips to outside of the pommels)	1.4 Rear support straddle swing to both sides (swing hips to outside of the pommels)	1.5 Stride swing to both sides (push off pommel on both sides)	1.6
1.7 Foward false scissor (left side)	1.8 Foward false scissor (right side)	1.9 Reverse false scissor (left side)	1.10 Reverse false scissor (right side)	1.11 Undercut	1.12
1.13 Single leg side travel	1.14 Single leg reverse stockli	1.15 Single leg Kehr	1.16	1.17	1.18
1.19	1.20	1.21	1.22	1.23	1.24

#### EG II: Circle and flairs, with and/or without spindles and handstands, Kehr swings, Russian w., flops and combined elements

2.1 Single leg pick up through rear support to front support	2.2 Single leg pick up through front support to front support	2.3 Single leg circle in front support	2.4 Single leg circle in rear support	2.5 Uphill circle or flair (first 1/4 of circle over the pommel)	2.6 Downhill circle or flair (first 1/4 of circle over the end)
2.70 * Flair in side support, or cross support frontways, or cross support rearways on end	2.80 * Circle or Flair with pommel between hands	2.90	2.10	2.11	2.12

#### EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles

3.1	3.2	3.3	3.4	3.5	3.6
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#### EG IV: Dismounts

4.1 Leg cut forward	4.2 Half circle	4.3 180° russian to wende	4.4	4.5	4.6
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