



NATIONAL GYMNASTICS ASSOCIATION

SUPER SKILLS

Still Rings

All super skills receive the value of A (0.1)

EG I: Kip and swing elements & swings through or to handstand

1.1 Kip with bent arms to support	1.2 Forward giant from shoulder stand to shoulder stand (2s)	1.3 Backward giant from shoulder stand to shoulder stand (2s)	1.4 Full swing (candlestick / reverse candlestick position to 45° on both sides)	1.5	1.6
1.7	1.8	1.9	1.10	1.11	1.12

EG II: Strength elements and hold elements (2 sec.)

2.1 Lower to shoulderstand (2s) from handstand	2.2 Muscle up (no hold)	2.3 Straight or Tucked body Support (2s Rings turned out arms straight)	2.4 Press to shoulder stand (2s)	2.5 Bent arm straddle press HS (2s) (feet on inside of cables)	2.6 Handstand (2s)
2.7 Hanging L (2s)	2.8 Pull up to bent arm hang (2s)	2.9 Bent arm L hang (2s)	2.10 Tuck planche (2s)	2.11 Inverted hang (2s)	2.12 Piked inverted hang (2s)
2.13 German hang (2s)	2.14 Hanging V	2.15	2.16	2.17	2.18

EG III: Swing to Strength hold elements (2 sec.)

3.1 Back uprise to Straight or Tucked support (2s) - Rings turned out and arms straight	3.2 Back uprise to tucked planche (2s)	3.3 Felge with bent arms to L (2s)	3.4 Felge with bent arms to tucked planche (2s)	3.5	3.6
3.7	3.8	3.9	3.10	3.11	3.12

EG IV: Dismounts

4.1 Salto backward tucked	4.2 Salto forward tucked	4.3 German hang to drop	4.4	4.5	4.6
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