

**Pommel Horse - Common Junior/FIG Skills**

A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
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**Group I - Leg Swings/Scissors**

Ft Scissor	Ft Double Scissor (1/4, 1/4)	Ft Double Scissor w/travel	Ft Scissor HS (also w1/4)	
Ft Scissor 1/2	Ft Scissor Hop (and w1/2)	Ft Scissor Hop 3/3 travel	Mikulak (Ft Dbl Scissor 3/3 travel)	
Bk Scissor	Bk Double Scissor (1/4, 1/4)	Bk Scissor Hop 3/3 travel		
Bk Scissor 1/2	Bk Scissor Hop (and w1/2)	Bk Scissor HS (also w1/4)		

**Group II - Circles/Keres/Russians/Flops**

Circle or Flair		Tippelt (Circle HS Circle)	1/1 Spin/2 cir w/pom btw hands	Eichorn (Flair travel and return/2 cir)
			Tippelt Hop (Circle HS Circle)	Berki (1/1 spin on pommels/2 cir)
Ft Loop	Pommel Loop (1/4 in or out)		Magyar (1/1 spin/2 cir on end)	Magyar btw pommels (2 cir)
Bk Loop	Bk Loop btw pommels			
any 1/4 Spindle on end	any 1/2 Spindle on end			
	Stockli A			
	Stockli B			Buezugo (R Stockli 1/1 on 1 pommel)
	Reverse Stockli (also 270 turn)			Busnari (F)
Kehr Out	Kehr 270	Kehr 270 on 1 pommel		Sohn (Kehr 1/1 on 1 pommel)
Wendy (Circle 1/2 out)	Direct Tramlot (Travel down Kehr in)			
Schwabenflank	Czechkehre (Moore)		Pinheiro (Czech outside pommels)	
Russian 180	Russian 360	Russian 720	Russian 1080	
Russian 180 (on end)	Russian 360 (on end)	Russian 720 (on end)	Russian 1080 (on end)	
	Russian 180 (1 pommel)	Russian 360 (1 pommel)	Russian 720 (1 pommel)	Russian 1080 (1 pommel)
			Flop (3 Stockli/Loop/Russian combo)	Flop (4 Stockli/Loop/Russian combo)

**Group III - Travels**

1/3 Side Travel	3/3 Side Travel	3/3 Side Travel btw pommels	3/3 Side Travel over pommels	
	1/3 Side Hop	All Side Travels 1/2 Spindle		
	1/3 Bk Travel w 1/2 Spindle	1/3 or 1/2 Bk Travel w 1/2 Spindle		3/3 Travel w/1/1 Spindle (Urzica)
	1/3 Fwd Travel w 1/4 Spindle	Bilozerchev (LPPL w 1/4 turn)		
	1/2 or 2/3 Fwd Travel	Magyar (LPPL)	Magyar (3/3 Fwd Travel)	
1/3 Back Travel	1/2 or 2/3 Bk Travel	Sivado (LPPL)	Sivado (3/3 Bk Travel)	
		Urzica (Kehre in Bk Stockli no pommels)	Moguily (Kehre, Bk Stockli, Kehre)	
		2/3 Tong Fei (Pommel to Leather)	Tong Fei (Russian 3/3 no pommels)	
		Kroll (Tong Fe pommel btw hands)	Roth	Wu

**Group IV - Dismounts**

Wende	Chagunian			
	Front Out to Wendy			
	Russian 360	Russian 720	Russian 1080	
		Circle Hop bk to HS		
		Stockli or Pommel Loop to HS	Stockli or PL w/270 and 3/3 travel	Stockli or PL w/450 and 3/3 travel
	Circle HS (also w 3/4 turn)	Circle HS w/270 and 3/3 travel	Circle HS w/450 and 3/3 travel	

**Jr FIG D Panel:**

- FIG Dsmt (D) ● L10 Dsmt (C) ● L9 Dsmt (B) ● L8 Dsmt (A)
  - Count dismount first then 7 highest skills
  - No dismount = Count 7 total skills, No EG IV
  - Must use all parts of Horse (Neutral .3)
  - 5 skills allowed from Groups I - III
  - Can repeat dismount within 30 sec. (large deduction increases to 1.0)
- Max 2 Flop elements
  - Max 2 Russian elements
  - Max 2 3/3 Cross Travels
  - Max 2 3/3 Russian Travels
  - Max 2 3/3 Spindle Travels

**JO A Skills**

<i>False Scissor</i>	<i>Loop 1/4 Turn to Leg Cut</i>
<i>Single Leg Travel</i>	<i>Any Flair</i>
<i>Single Leg Stockli</i>	<i>Any Flank Dismount</i>

- Max 2 Bezugo elements
- Max 2 1/1 Spindle elements
- Max 2 Sohn elements
- Max 2 HS skills (not inc dismount)