

A decorative border of yellow pencils with pink erasers and sharpened tips, arranged in a rectangular frame around the text.

Shorthand for Judges

Basic Symbols

and

Combining Basic Symbols
For Advanced Skills

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Beginning Shorthand for Judges

Basic Symbols

Tuck ✓

Pike ✓

Stretch /

Straddle ^

Stag →

Jump/In Air —

In Support on the Apparatus/Ground =

One foot take off or landing /

Two foot take off or landing //







Free (with no hands) f

Clear (body clear of bar) e






Handstand !

Scale Y

Twists

½ twist	1/1 twist	1 ½ twists	2/1 twists	2 ½ twists	3 twists
					

Turns

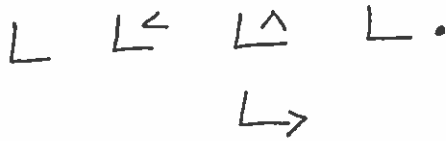
½ turn	1/1 turn	1 ½ turn	2/1 turn	3/1 turn
				

Acro Symbols

Forward Roll		Front Salto	
Back Roll		Back Salto	
Cartwheel		Round Off	
Back Walkover		Front Walkover	
Back Handspring		Front Handspring	 
Flic Flac (1 foot)		Flic Flac (2 foot)	

Bar Symbols

Glide Kips on Low Bar



Kips on High Bar



Back hip circle



Front hip circle



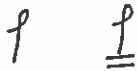
Cast



Cast to handstand



Underswing



Counterswing



Tap swing



Back giant swing to handstand



Front giant to handstand



Write in Others In As You Learn Them:

Some General Guidelines

1. Gymnastics shorthand is simply an attempt to draw pictures of body positions you see.



Tuck



Pike



Layout

2. Lines placed across symbols typically add or delete from the number of turns and twists.



Full turn



1 1/2 turn



Full twisting salto



1 1/2 twisting salto

3. One line beneath a symbol typically indicates the element was performed in the air or had flight.



Split jump



Tuck Jump

4. Two lines beneath or across a symbol typically indicate the element was performed on the ground or in support on the apparatus.



Split position on beam or floor



Squat on Bar

5. Extending a line of an element at its conclusion typically means the element was performed in a layout position or, in the case of turns, that the leg was extended at or above horizontal.



Back tuck



Back Layout



Full Turn



Full Turn: leg at horizontal

6. Extending a line of an element at its beginning typically means the element was performed as a gainer. On bars, it refers to an L grip.



Back handspring



Gainer Back Handspring

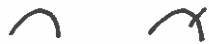


Front Giant



L Grip Giant

7. An element with one foot landing is often shown by a single small slash mark (or with no notation).



Back Handspring Step Out



Back Layout Step Out

8. An element with a two foot landing is often shown by two small slash marks.



Back Handspring Two Foot Landing



Back Layout Two Foot Landing

9. A symbol that looks like an "f" is added to elements that are performed with the hands "free" from the floor or beam.



Cartwheel



Aerial Cartwheel

10. A symbol that looks like a "C" is the root for elements that are performed "clear" of the apparatus on bars.



Cast to handstand



Clear hip to handstand

11. A symbol that looks like an "S" often is used for a body wave on beam and floor and an uprise on bars.



Body wave



Uprise



Uprise to Handstand

Advanced Shorthand for Judges
(combining basic symbols to notate advanced skills)

Bars	Root symbols	Final symbol
Jump to handstand mount	_____	_____
L grip giant	_____	_____
Cast handstand with 1/1 turn in handstand -	_____	_____
Uprise to handstand with 1/1 turn in handstand	_____	_____
Back giant to handstand with 1 ½ turn in handstand	_____	_____
Giant to handstand with hop 1/1 turn in handstand	_____	_____
Clear hip to handstand with 1/1 turn in handstand	_____	_____
Pike sole circle to handstand (toe on)	_____	_____
Underswing on LB with counter flight forward to HB hang (Chinese sit up)	_____	_____
Reverse hecht	_____	_____
Revese hecht piked	_____	_____
Hindorff (clear hip through handstand to counter straddle over HB)	_____	_____
Pak salto	_____	_____
Jager salto	_____	_____
Gienger	_____	_____
Back stalder to handstand	_____	_____
Front stalder to handstand	_____	_____
Clear hip hecht on LB to catch HB	_____	_____
Underswing to front salto dismount	_____	_____
Comanci (underswing with ½ turn back salto)	_____	_____
Double back dismount piked	_____	_____
Double back dismount with 1/1 turn in first rotation	_____	_____
Double back dismount in stretched position	_____	_____
Front giant to double front dismount	_____	_____

Dance Skills

Switch leg leap

Switch leg leap with $\frac{1}{4}$ turn

Switch leg leap with $\frac{1}{2}$ turn

Switch ring leap

Popa

Schuschunova

Schuschunova with $\frac{1}{4}$ turn; $\frac{1}{2}$; $\frac{3}{4}$; 1/1

Schuschunova with $\frac{1}{4}$ turn; $\frac{1}{2}$; $\frac{3}{4}$; 1/1 (swing down beam)

Tour jete with $\frac{1}{2}$ turn

Wolf jump with 1/1 turn

Full turn with leg above horizontal

Illusion with 1/1 turn

Acro Skills

Back salto with 2/1 twists

Back salto with 2 $\frac{1}{2}$ twists

Back salto with 3/1 twists

Double back salto tucked, piked, stretched

Double back salto with 1/1 twist

Double back salto with 2/1 twists stretched

Front salto stretched with 1 $\frac{1}{2}$ twists

Front salto stretched with 2/1 twists

Double front salto

Arabian double front salto

- a. W W
- b. | 0
- c. ~~||~~
- d. — p
- e. " — p 0
- f. X f
- g. h
- h. e
- i. f
- j. er
- k. e
- l. m or m
- m. net
- n. m
- o. or bet
- p. f
- q. e
- r. ue ue

Answer Sheet for Shorthand Exercise:

- a. Tuck jump, Tuck jump with one leg extended
- b. Jump full turn with stretched body
- c. Tuck jump with two turns in the air
- d. Split with support on apparatus (e.g., a split on the floor or on the beam)
- e. Split jump with a full turn
- f. Aerial cartwheel
- g. Handstand forward roll
- h. Back extension roll
- i. Aerial round off
- j. Back salto piked
- k. Back salto stretched
- l. Flic flac, flic flac
- m. Flic flac, flic flac, back salto stretched landing on one leg
- n. Round off flic flac, flic flac
- o. Front salto, round off, flic flac, back salto stretched
- p. Tap swing with half twist dismount
- q. Cast to squat on the bar
- r. Back giant swing to back salto tucked dismount (tuck symbol generally not written)
Back giant swing to back salto stretched dismount

**Advanced Shorthand for Judges
(combining basic symbols to notate advanced skills)**

Bars	Root symbols	Final symbol
Jump to handstand mount	<u>1</u> <u>!</u>	<u>1!</u>
L grip giant	<u>1</u> <u>1</u>	<u>11</u>
Cast handstand with 1/1 turn in handstand	<u>e1</u> <u>o</u>	<u>e1^o</u>
Uprise to handstand with 1/1 turn in handstand	<u>s1</u> <u>o</u>	<u>s1^o</u>
Back giant to handstand with 1 1/2 turn in handstand	<u>u</u> <u>ø</u>	<u>u^ø</u>
Giant to handstand with hop 1/1 turn in handstand	<u>u</u> <u>1</u>	<u>u1</u>
Clear hip to handstand with 1/1 turn in handstand	<u>e1</u> <u>o</u>	<u>e1^o</u>
Pike sole circle to handstand (toe on)	<u>v</u> <u>u</u>	<u>v1</u>
Underswing on LB with counter flight forward to HB hang (Chinese sit up)	<u>f</u> <u>4</u> <u>r</u>	<u>f4r</u>
Reverse hecht	<u>u</u> <u>L</u>	<u>uL</u>
Reverse hecht piked	<u>u</u> <u>v</u> <u>L</u>	<u>uvL</u>
Hindorff (clear hip through handstand to counter straddle over HB)	<u>e1</u> <u>L</u>	<u>e1L</u>
Pak salto	<u>e</u> <u>o</u>	<u>e^o</u>
Jager salto	<u>o</u> <u>m</u>	<u>om</u>
Gienger	<u>u</u> <u>e</u> <u>s1</u>	<u>ues1</u>
Back stalder to handstand	<u>x</u> <u>1</u>	<u>x1</u>
Front stalder to handstand	<u>x</u> <u>1</u>	<u>x1</u>
Clear hip hecht on LB to catch HB	<u>e</u> <u>~</u>	<u>e~</u>
Underswing to front salto dismount	<u>f</u> <u>r</u>	<u>fr</u>
Comanci (underswing with 1/2 turn back salto)	<u>f</u> <u>ue</u>	<u>fue</u>
Double back dismount piked	<u>ee</u> <u>v</u>	<u>eev</u>
Double back dismount with 1/1 turn in first rotation	<u>ee</u> <u>E</u>	<u>eeE</u>
Double back dismount in stretched position	<u>ee</u> <u>/</u>	<u>ee/</u>
Front giant to double front dismount	<u>1</u> <u>rr</u>	<u>1rr</u>

Dance Skills

Switch leg leap



Switch leg leap with 1/4 turn



Switch leg leap with 1/2 turn



Switch ring leap



Popa



Schuschunova



Schuschunova with 1/2 turn; 1/4; 3/4; 1/1



Schuschunova with 1/4 turn; 1/2; 3/4; 1/1 (swing down beam)



Tour jete with 1/2 turn



Wolf jump with 1/1 turn



Full turn with leg above horizontal

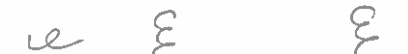


Illusion with 1/1 turn



Acro Skills

Back salto with 2/1 twists



Back salto with 2 1/2 twists



Back salto with 3/1 twists



Double back salto tucked, piked, stretched



Double back salto with 1/1 twist



Double back salto with 2/1 twists stretched



Front salto stretched with 1 1/2 twists



Front salto stretched with 2/1 twists



Double front salto



Arabian double front salto

