









































UB Releases: Kips, Jumps, Small Swings and Circles

| Action → | LB to HB ↗ | | | | | | | SAME BAR ↓ | | | HB to LB ↘ | | |
|---|--|--|--|--|---|-----------------------------------|-------------------------------------|---|---------------------------------------|-------------------------------|--|---|--|
| | Hand Repulsion over LB <i>feet free</i> | Hand Repulsion over LB <i>feet free</i> | Grip / Change <i>also ½ turn</i> Support | Lp. Grip Change <i>Free</i> | L. Grip Change <i>½ turn</i> | Grip Change <i>1/1 turn</i> | Straddle Cut ↗ | Straddle Cut ↓ | Release ½ <i>to hang</i> | Release 1/1 <i>to hang</i> | Straddle Cut ↘ | Drop to <i>stand on LB</i> | Drop-Grip Change to <i>Hang or kip</i> |
| ↓ Root Swing | | | | | | | | | | | | | |
| JUMP / <i>to brief hang HB or hands on LB</i> | A <i>squat / strad.</i> 1.108 | B <i>Hecht jump</i> 1.209 | The 1.000 kips can be performed as the mount or within the routine | | | | | | | | | | A <i>drop kip</i> 1.106 |
| GLIDE KIP L | | | | B 1.201 | B 1.201 | C 1.301 | | | | | | | |
| ½ TURN to GLIDE KIP 4L | | | | B 1.202 | B 1.202 | C 1.302 | | | | | | | |
| BACK KIP-UP <i>Double leg jam</i> | | | A <i>Thighs touch</i> 1.104 | B <i>No thigh touch</i> 1.204 | B <i>No thigh touch</i> 1.204 | C 1.304 | C 1.304 | | | | | | |
| REVERSE KIP <i>to rear support</i> | | | | B 1.205 | | | | | | | | | |
| 1/1 TURN to GLIDE KIP | | | | C 1.303 | | | | | | | | | |
| SWING from a hang | | | | | | | | | B 2.204 | | | | |
| CAST <i>Squat, stoop, or Straddle</i> | | | A <i>feet on LB</i> 2.102 | B <i>over LB</i> 2.202 | | | | | C <i>Caslavska</i> 2.304 | | | | |
| SEAT CIRCLE FWD | | | A <i>Thighs touch</i> 7.104 | B <i>No thigh touch</i> 7.204 | B <i>No thigh touch</i> 7.204 | | C <i>LB ↗ HB</i> 7.305 | B <i>to same bar ↓</i> 7.205 | | | C <i>HB ↘ over LB</i> 7.305 | | |
| SEAT CIRCLE BWD | | | A <i>Thighs touch</i> 7.106 | | B 7.206 | | | | | | B <i>stand on LB</i> 7.206 | B <i>drop, not salto</i> 7.206 | |
| SOLE CIRCLE BWD | | | A <i>feet on LB</i> 7.103 | | B <i>toe-on/off underswing</i> 3.201 | | | | | | B <i>stand on LB</i> 7.203 | | |
| STALDER CIRCLE BWD | | | | | | | | B <i>from HS on HB</i> 6.202 | | | | B <i>drop, not salto</i> 6.202 | |

UB Releases from LB to hang on HB ↗

| Action → | | UNDER LB | | | | | OVER LB | | |
|----------------------|--|---|---|--|---|--|--|--|---|
| | |  Hecht also ½ |  Counter also ½ |  Counter 1/1 |  Salto BWD ½ |  Salto FWD |  Salto FWD 1/1 |  Salto FWD |  Through HS |
| ↓ Root Swing | | | | | | | | | |
| Front Leading Swings | UNDERSWING  | | C 3.301 | | | | | | |
| | CLEAR HIP  | C 7.301 | | | | | | D Shaposhnikova 3.401 | E Khorkina 3.501 |
| | STALDER  | C 6.305 | C 6.305 | | | | | D 6.405 | E 6.505 |
| | TOE-ON PIKE  | | C 7.313 | D Oster 7.410 | | | | D Maloney 7.410 | E Byhovsky 7.510 |
| | CLEAR IN-BAR PIKE  | | C 7.313 | | | | | | |
| | LB GIANT BWD  | | | | C Laumann 4.307 | | | | |
| Back Leading Swings | LB GIANT FWD  | | | | | C 5.305 | D Grable 5.405 | | |
| | CLEAR HIP FWD  (Weiler Kip) | | | | | | D 3.408 | | |
| | STALDER FWD  | | | | | D 6.402 | | | |
| | CAST  Radochla Roll or Brause | | | | | D Inner support 2.402 | D Outer support 2.402 | | |






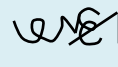
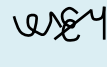









UB Releases from HB to LB ↘

| Action → | | STRADDLE-BACK TYPE | | | SALTO FWD | | | SHOOTOVERS | | | | SALTO BWD | | |
|----------------------|---|--|--|---|---|---|--|--|---|--|--|---|--|---|
| | |  straddle or pike to hang |  straddle or pike to HS |  straddle or pike 1/2 turn in flight |  Salto fwd to catch LB |  Salto twd straddle or pike 1/2 turn |  Salto fwd layout 1/2 turn |  Shoot over 1/2 to hang |  HS - Shoot over 1/2 to hang |  Shoot over 1/2 to HS |  Shoot over 1 1/2 to hang |  Salto bwd tuck or straddle also 1/2 |  Salto bwd layout |  Salto bwd 1/1 |
| ↓ Root Swing | | | | | | | | | | | | | | |
| Back Leading Swings | COUNTER SWING  <i>not from HS</i> | B 2.205 | C <i>also 1/2 in HS</i> 2.305 | D <i>to HS</i> 2.405 | C <i>Montell</i> 2.406 | C <i>Pritchard</i> 2.306 | D <i>Cox</i> 2.406 | | | | | | | |
| | GIANT FWD  <i>From handstand</i> | C 5.303 | D 5.403 | D <i>Ejova</i> 5.403 | | | | | | | | | | |
| | STALDER FWD  | C 6.302 | D 6.402 | | | | | | | | | | | |
| Both | DISLOCATE  <i>to Inverted Pike Swing (Schleudern)</i> | C 3.306 | D <i>Zuchold</i> 3.406 | | | | | C <i>Tai</i> 3.306 | | | | | | |
| Front Leading Swings | JUMP ON MOUNT  <i>Brief hang on HB, underswing to:</i> | | | | | | | B 1.215 | | | | C <i>Peach</i> 1.307 | | |
| | UNDERSWING  | | | | | | | B 3.203 | C 3.303 | D 3.403 | E <i>Strong</i> 3.503 | | | |
| | GIANT SWING BWD  | | | | | | | B 4.204 | C 4.304 | D 4.404 | E 4.504 | C <i>Peach</i> 4.306 | D <i>Pak</i> 4.406 | E <i>Bhardwaj</i> 4.506 |
| | INVERTED PIKE SWING  | | | | | | | | | D <i>Teza</i> 7.406 | | | D <i>Teza</i> 7.406 | |
| | STALDER SWING BWD  | | | | | | | | | D <i>HS - no turn</i> 6.402 | | | | |

UB Releases: Hops and Vaults over the Same Bar

| | HOPS in Handstand (<i>Grip Change</i>) | | | | | VAULT FWD OVER HB (<i>front 1st</i>) | | | VAULT BWD OVER HB (<i>back 1st</i>) | | | | | | |
|---|--|----------------------------------|-------------------------------------|--|---|--|--|---|--|---|---|--|-----------------------------------|-------------------------------------|--|
| Action → | Hop in HS | Hop 1/1 Healy on 1 arm | Hop in HS to L-Grip | Hop 1/2 + 1/2 turn same direction | Hop 1/1 | Straddle flight twd | Rear vault twd to hang | stoop/strad flight twd 1/2 turn out | 1/2 turn to straddle flight bwd | 1/2 turn to Rev Hecht Straddled | L-Grip 1/2 turn to Rev Hecht Straddled | Rev Hecht Straddled | Rev Hecht Piked | Rev Hecht 1/2 turn | Rev Hecht 1/2 in-1/2 out or 1/1 in |
| ↓ Root Swing | | | | | | | | | | | | | | | |
| CAST | C 2.301 | C 2.301 | D 2.401 | | | | | B <i>from front support</i> 2.202 | | | | | | | |
| GIANT FWD | C 5.302 | C 5.302 | D <i>Estella</i> 5.402 | | | | | C <i>from HS</i> <i>Wenning/Volpi</i> 5.306 | | D <i>Khorkina</i> 5.406 | E <i>Perret</i> 5.506 | | | | |
| UPRISE | D <i>McCalla</i> 2.403 | D 2.403 | | | | C <i>from hang</i> <i>Schier</i> 2.302 | C <i>from hang</i> <i>Schier-Kehre</i> 2.303 | | D <i>Wilson</i> 2.404 | | | | | | |
| TURNING UPRISE 1/2 turn in hang | | | | | | | D <i>from HS</i> <i>Janz-Kehre</i> 2.402 | D <i>Franzella</i> 2.404 | ← or ↑ If there is a 1/2 turn before they vault over, it is a D. | | | | | | |
| HECHT CLEAR or FREE HIP | | | | | | B <i>Korbut</i> 7.202 | D 1/2 turn over bar <i>Hecht-Kehre</i> 7.401 | | | | | | | | |
| GIANT BWD | C 4.302 | C 4.303 | D <i>Dochney</i> 4.402 | D 4.403 | E <i>Chusovitina</i> 4.502 | | | | | | | D <i>Tkatchev</i> 4.405 | E 4.505 | | E <i>Schuschunova</i> 4.505 |
| CLEAR HIP | D 3.404 | | | | | | | | | | | E <i>Hindorf</i> 3.502 | E <i>Jones</i> 3.502 | | |
| TOE-ON PIKE | D 7.409 | | | | | | | | | | | E <i>Ray</i> 7.511 | E <i>Ray</i> 7.511 | E <i>Tweedle</i> 7.511 | |
| STALDER | D 6.404 | D 6.404 | | | | | | | | | | E <i>Ricna-Straddle</i> 6.505 | | | |
| INVERTED PIKE L or | C <i>Dislocate</i> <i>Schleudern</i> 3.306 | | | | | | | | | | | D <i>LiLi</i> 7.407 | | | |

UB Releases: Saltos to the Same Bar

| | | SALTO FWD | | | | | SALTO BWD | | | |
|----------------------|---|---|---|--|---|---|---|---|---|----------------------------------|
| Action → |  |  |  |  |  |  |  |  |  | |
| ↓ Root Swing | Salto fwd straddled | Salto fwd Piked or Stretched | Salto fwd 1/2 twist | Salto fwd over HB | 1/2 Turn to Salto Fwd | Pike Salto Bwd 1/2 Turn | Pike Salto Bwd 1/2 Turn 1/2 | Stretched Salto Bwd 1/2 Turn | Stretched Salto Bwd 1 1/2 Turn | |
| Front Leading Swings | UNDERSWING  | E Counter-Kim 4.506 | | | | | | | | |
| | GIANT BWD  | E Counter-Kim 4.506 | | | | D Delchev 4.407 | D Geinger 4.407 | D o'Neal 4.407 | E Hubbard Martinjak 4.507 | E Hristakieva 4.507 |
| Back Leading Swings | TURNING GIANT  turns in hang | D turning Deltchev 5.404 | E Garret 5.504 | | | | | | | |
| | GIANT FWD  | D Jaeger 5.405 | E Jaeger pike 5.505 | E 5.505 | E Mo-Salto 5.505 | | | | | |
| | COUNTER SWING  | D Bullock 2.406 | | | | | | | | |
| | CAST  | E Comaneci 2.502 | | | | | | | | |
| | CLEAR HIP FWD  (Weiler Kip) | E Sims 3.508 | | | | | | | | |