UB Backward Swings and Turns

1.13.2023 Hanford

	Action → / ↓ Root Swing 'Backward'	Clear Support	Clear Support	Hand stand	TURNS BEFORE REACHING HANTSTAND ½	½	1/1	1½	TURNS AFTER HANDSTAND Healy 1/1	Healy 1½	TURNS 'IN' HANDSTAND ½ - to regular grip	½ - to L or mix grip change	1/1	1½	2/1
		disengage legs													
Back Leading	**CAST**			**B** 2.201	**A** *21° - 45°* 2.101				**C** 2.301	**D** 2.401	**C** 2.301	**C** 2.301	**D** 2.401	**D** 2.401	
Back Leading	**UPRISE** *also turning uprise*	**B** 2.203		**C** 2.303		**B** *clear supt* 2.203			**C** 2.303	**D** 2.403	**C** 2.303	**C** 2.303	**D** 2.403	**D** 2.403	
Front Leading	**GIANT BWD**			**B** *Also 1-arm* 4.202	**A** *45° -Horiz* 4.101	**B** *21° - 44°* 4.201	**B** *to L hang* 4.201	**C** *at 45°* 4.301	**C** 4.303	**D** 4.403	**C** *Also 1/2 ↔ 1/2* 4.303	**C** 4.303	**D** 4.403	**D** 4.403	**E** 4.503
Front Leading	**UNDERSWING**				**A** *to hang* 3.102	**B** *arm flair or supt* 3.202		**C** *to hang* 3.302							
Front Leading	**CLEAR HIP**	**B** 3.204		**C** 3.304					**C** 3.305		**C** 3.305	**D** 3.405	**E** 3.505	**E** 3.505	
Front Leading	**STALDER**	**B** 6.204		**C** 6.304		**B** *to hang* 6.202			**C** 6.304		**C** 6.304	**D** 6.404	**E** 6.504	**E** 6.504	
Front Leading	**TOE-ON PIKE**	**B** 7.209		**C** 7.309					**C** 7.309		**C** 7.309	**D** 7.409	**E** 7.509	**E** 7.509	
Very Difficult	**CLEAR IN-BAR PIKE** *(Stalder-pike)*	**B** *Seat circle* 7.213	**C** *disengage legs before* 7.313	**D** 7.413							**D** 7.413		**E** 7.513		
Very Difficult	**INVERTED PIKE** *(German Giants)*		**C** *disengage to clear rear* HB 7.306	**D** *Invert or to hang* HB 7.406											