











UB Forward Swings and Turns

Action →		Clear support	Hand stand	Hand stand ! slip grip	TURNS BEFORE HS ½	TURNS 'AFTER' HS		TURNS 'IN' HANDSTAND					
						Healy 1/1	Healy 1½	½	1/1	1-arm 1/1	1½ +		
Normal Fwd Swings	TURNING GIANT  <i>turns in hang</i>		C 5.304					C 5.304					
	FWD GIANT 		C 5.302	D 5.402			C 5.302	D 5.402	C 5.302	D 5.402	E 5.502	E 5.502	
	FWD STALDER 	B 6.201	C 6.301	D 6.401			C 6.301		C 6.301	D 6.401			
	FWD TOE-ON PIKE 		C 7.308				C 7.308		C 7.308	D 7.408			
L-Grip Fwd Swings	L GRIP GIANT  <i>(Inverted Giants)</i>		D 5.407					D 5.407	E 5.507	E 5.507	E 5.507	E 5.507	
	L GRIP STALDER 	C 6.303	D 6.403					D 6.403	E 6.503				
	L GRIP TOE-ON PIKE 		D 7.408					D 7.408	E 7.508				
Very Difficult	FWD CLEAR HIP  <i>(Weiler Kip)</i>	B 3.207	D 3.407				D 3.407		D 3.407				
	FWD CLEAR IN-BAR PIKE  <i>(Endo-piked)</i>		D 7.412					D 7.412	E 7.512				
	FWD INVERTED PIKE  <i>L Grip Adler Seat (pike) circle</i>	D <i>Extend supt</i> 7.404	E <i>within 30o</i> 7.504		D <i>Extend supt</i> 7.404			E <i>within 30o HS</i> 7.504					