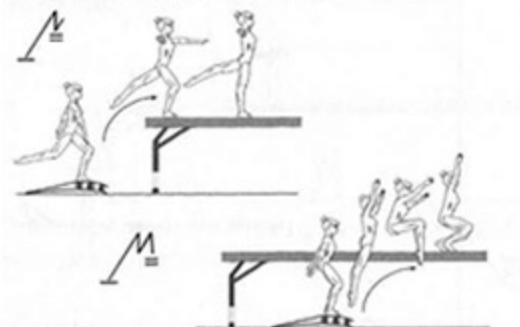


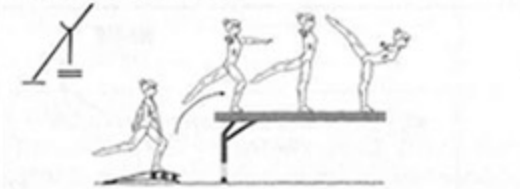
"A" BEAM MOUNTS Revised 2014

A

1.101
Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs



Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale – take off from one leg



1.102
Scissors leap to cross sit on L or R thigh diagonal approach to beam



One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam

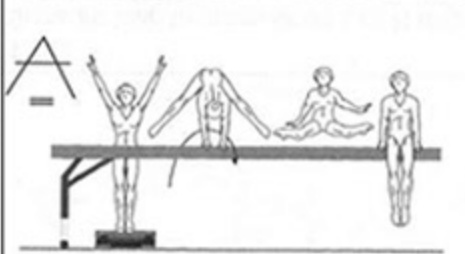


Scissors leg swing with 1/2 turn (180°) to cross straddle sit (Not illustrated)

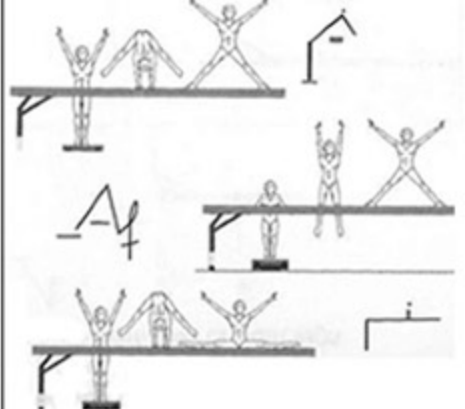
1.109 Back Pullover - new 2014
1.114 Front Walkover from board New 2014

A

1.103
From side stand frontways – flank over or straddle cut forward to rear support



1.104
From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit



also with hand support to 1/4 turn (90°) to cross split sit

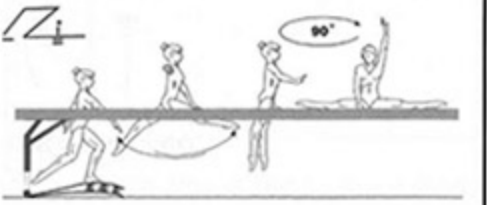


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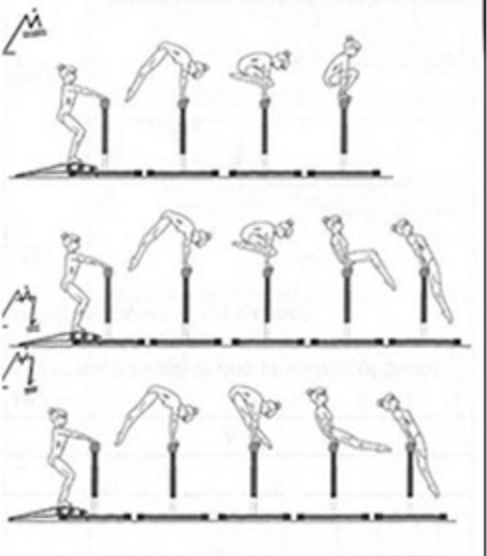
1.105
Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)



Split leap forward with leg change to straddle split sit sideways with support on one hand

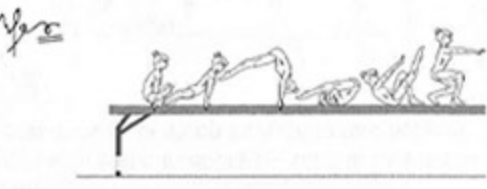
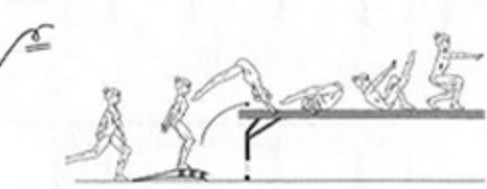


1.106
From side stand frontways – jump to tuck stand, squat through or stoop through to rear support



A

1.107
Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward



1.108
Chest or head stand

