

# GYMNASTICS SKILLS

B A C K H I P C I R C L E E H M P B N C  
 F Y E C H N F Y M L H V Q F S V J A J A  
 R P I R F E N U K W A L K O V E R C M S  
 O E Q Q I A Q Q Q G N W A S W Q N K F T  
 N N D A A A A F A S G O Q A G A J W A F  
 T O Y L S Y L H S A E L D D F B H A Q E  
 L P U T A H D K O W L F U L L T U R N E  
 A F I S D T F B M W E J H G Y B E D F T  
 Y G I A N T S D E G A U A S A F B R F O  
 O L Q C H H G W R K P M N S W S B O G N  
 U I M O S E D I S U U P D F A T S L D Q  
 T D I U P Q G D A G Q S S G Y K F L S G  
 Q E O I L A B G U D G R T U P N H Q G J  
 A K Q J I D N J L Q A Q A T I D N S O I  
 S I A D T G H K T O E O N W N L N G K G  
 F P Z A L U F N T G G A D Q M L S L H S  
 J A J Q E S P L I T S P U L L O V E R F  
 B R F A A K W D R J A T U A B R S E D L  
 A O H S P U Q I Y U Q Y I D V D D H A L  
 C U Y U R C H E N K O H H V C R F W W O  
 K N F E T G A S Q G I E R G E A J T G R  
 F D S R Y F D F A R S H S M J W F R B E  
 L O N G K I P G F T L D A K U R U A E V  
 I F O O I D I I H G F S D J G O L C K I  
 P F H A N D S P R I N G G F D F M A L D

Back Hip Circle  
 Somersault  
 Change Leap  
 Side Somi  
 Dive Roll  
 Full Turn  
 Aerial

Long Kip  
 Swings  
 Toe On  
 Backward Roll  
 Handspring  
 Pullover  
 Tsuk

Handstand  
 Back Flip  
 Walkover  
 Glide Kip  
 Splits  
 Jaeger

Giants  
 Forward Roll  
 Cast Feet On  
 Split Leap  
 Round Off  
 Cast

Front Layout  
 Yurchenko  
 Cartwheel  
 Wolf Jump  
 Flyaway  
 Stalder

