

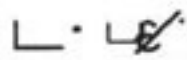
# RELEASE CHART

L. Bjella 7-8-09

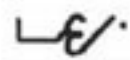
SKILL	B	B	B	C	C	C	D	D	D	D	E	E	E
CAST	2.202 	2.202 	2.204  ok SR	C 2.301 	C 2.301 	C 2.304  Caslavaska	D 2.401 	D 2.402  Brause	D 2.402  Radochla			E 2.502  Brause 1/1	E 2.502  Comanecl
CNTRSWNG	2.205 			C 2.305 	C 2.306  Pritchard		D 2.405 	D 2.405 	D 2.406  Cox	D 2.406  Bullock	D 2.406  Montell		
UPRISE				C 2.302  Schier Kehre			D 2.402  Janz-Kehre	D 2.403  McCalla	D 2.404  Wilson	D 2.404  Franzella			
CLEAR HIP							D 3.401  Schap	D 3.404 	D 3.408  Pelaez	D 7.401  Clear Hechtkehre	E 3.501  Khorkina	E 3.502  Jones	E 3.502  Hindorff
UNDRSWNG	3.201  to HB	3.202  Flair	3.203 	C 3.301  Hic Up	C 3.303 		D 3.403 					E 3.503  Strong	E 4.506  Counter Kim
DISLOCATE				C 3.306  Schleudern	C 3.306  Tai	C 3.306  to LB	D 3.406  Zuchold	D 7.406**  Teza	D 7.406**  Teza	D 7.407**  LI LI			
GIANTS/BK	4.206  Peach			C 4.302 	C 4.303 		D 4.402  Dochney		D 4.405  Tkatchev	E 4.502  Chusovitina ok SR	E 4.505  P. Tkatchev	E 4.505  Shush	E 4.505 
GIANTS/BK				C 4.306  Cullinan	C 4.307  Turchin	C 4.307  Laumann to HB	D 4.406  Pak	D 4.407  O'Neal	D 4.407  Geinger	D 4.407  Deltchev	E 4.506  Phillips/Bhardvaj	E 4.507  Hubbard	E 4.507  Hristakieva
BAILS	4.204 -- C after D/E  Release			C 4.304 			D 4.404 					E 4.504 	
GIANTS/FR				C 5.303 	C 5.305  to HB	C 5.306  Wenning	D 5.402  Estella	D 5.403  Ejova	D 5.403 	D 5.404  mix Delt	E 5.504  Garrett	E 5.505  Cappuccitti	
GIANTS/FR							D 5.405  Jaeger	D 5.405  Grable	D 5.406  Khorkina	E 5.505 	E 5.505  Mo	E 5.506  Khorkina L	E 5.507  Karpenko/Ling
STALDERS	6.201  to HB	6.202  to LB	6.202 	C 6.302 	C 6.305  Ray	C 6.305  to HB	D 6.402 	D 6.402  to HB	D 6.404 	D 6.405 		E 6.505  Ricna	E 6.505  to HB
TOE ON / FREE	7.203  to LB			C 7.310  Hicup	C 7.310  Reinhardt		D 7.409 	D 7.410  Maloney		E 7.510  Byhovsky (HB)	E 7.511 	E 7.511  Tweddle	E 7.511  Ray
SEAT CRCL	7.204 	7.204 	7.206  to HB	B 7.206  to LB invert peach		7.313  to HB							
Straddle Cut	7.205 			C 7.305  to HB	C 7.305  to LB								
HECHTS	7.202  Korbut			C 7.301  to HB	C 7.302  to HB		D 7.401  Hechtkehre	D 7.401  Clear Hechtkehre					

**MOUNTS THAT MEET RELEASE MOVE SPECIAL REQUIREMENT:**

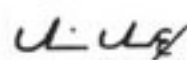
1.201



1.301



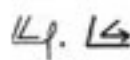
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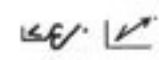
1.302



1.204



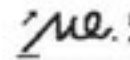
1.304



1.205



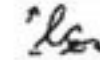
1.207



1.209



1.215

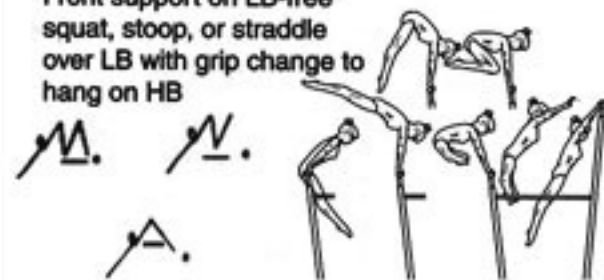


**RELEASE MOVES**

**CASTS**

2.202

Front support on LB-free squat, stoop, or straddle over LB with grip change to hang on HB



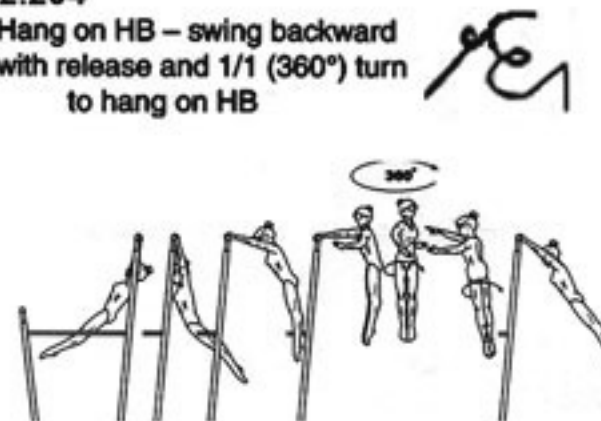
2.202

Front support on HB – stoop with flight or free straddle forward over HB and 1/2 (180°) turn to hang on HR



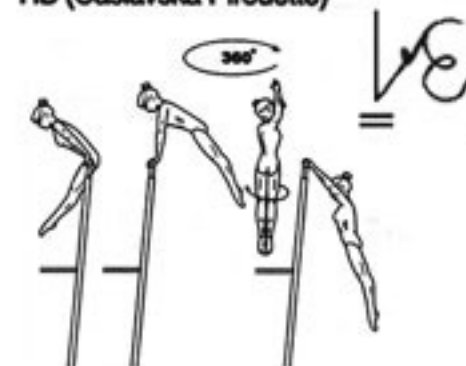
2.204

Hang on HB – swing backward with release and 1/1 (360°) turn to hang on HB



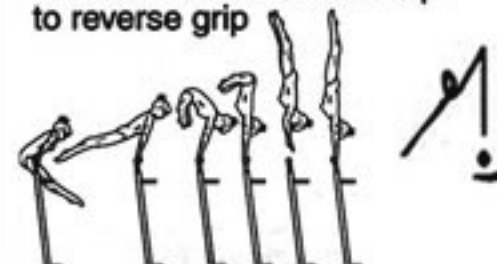
2.304

From front support on HB- swing backward with release and 1/1 (360°) turn to hang on HB (Caslavka Pirouette)



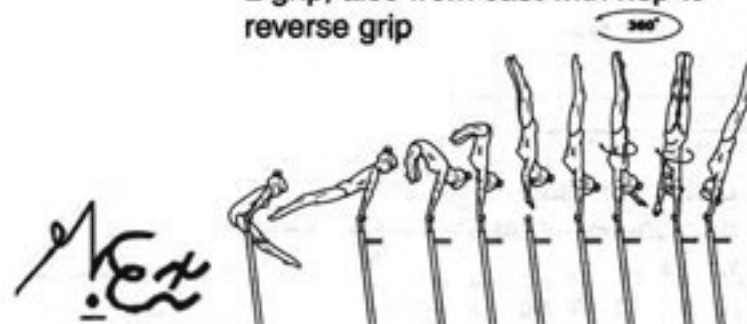
2.301

Cast to handstand with hop to reverse grip



2.301

Cast to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip, also from cast with hop to reverse grip



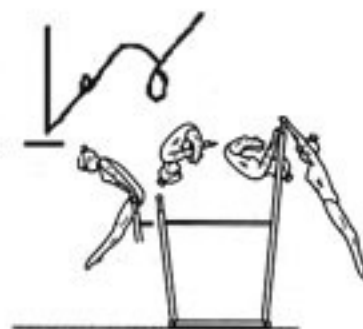
2.401

Cast to handstand with hop to L- grip in handstand phase



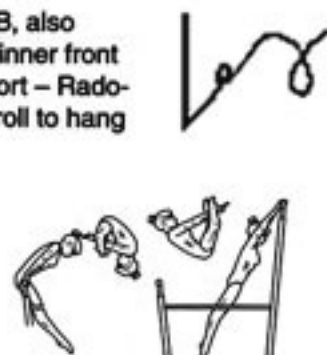
2.402

Outer front support on LB – cast with salto roll forward to hang (Brause)



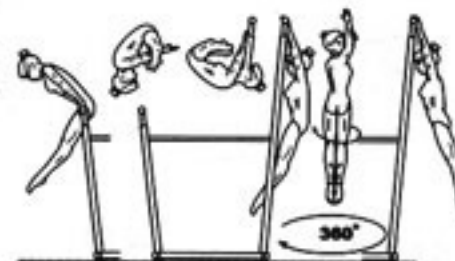
2.402

on HB, also from inner front support – Radochia roll to hang



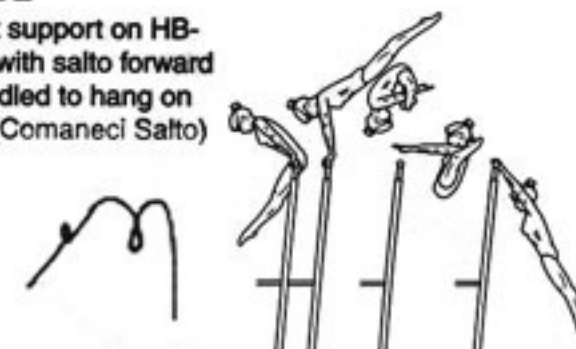
2.502

Inner front support on LB –Radochia roll with 1/1 (360°) turn to hang on HB (Brause 1/1)



2.502

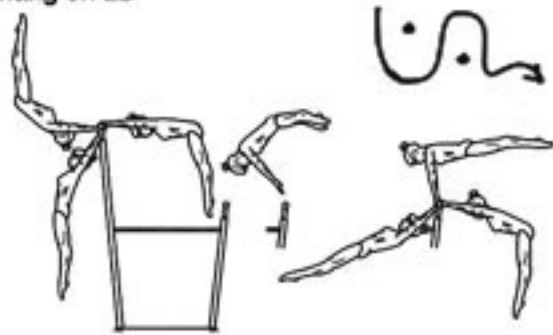
Front support on HB- cast with salto forward straddled to hang on HB (Comaneci Salto)



# COUNTERSWINGS

**2.205**

Hang on HB - Counterswing backward in straddle or pike with flight over LB to hang on LB



**2.305**

Hang on HB - Counterswing backward in straddle or pike with flight to handstand on LB



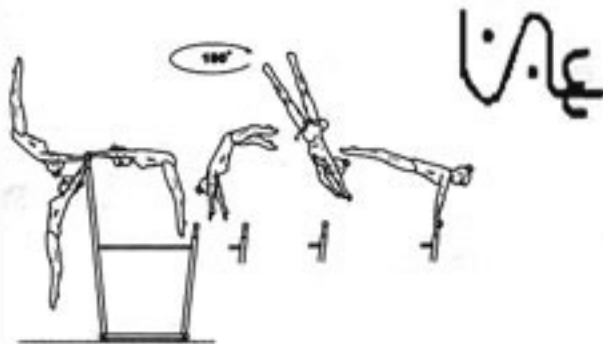
**2.305**

also with 1/2 (180°) turn in handstand



**2.306**

Counterswing backward in straddle or pike with 1/2 (180°) turn in flight to arrive in clear support on LB (Pritchard)



**2.405**

Hang on HB - Counterswing backward in straddle or pike with flight to handstand on LB with 1/1 (360°) turn in handstand



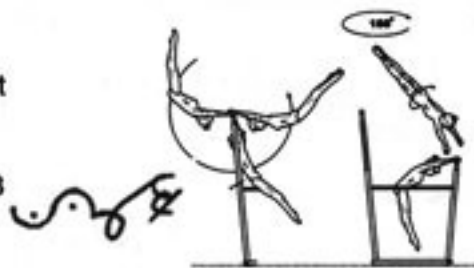
**2.405**

Hang on HB - Counterswing backward in straddle or pike with 1/2 (180°) turn in flight to handstand on LB



**2.406**

On HB - counterswing to front salto stretched with 1/2 (180°) turn to catch LB (Cox)



**2.406**

Counterswing to front salto straddled to catch same bar (Bullock)



**2.406**

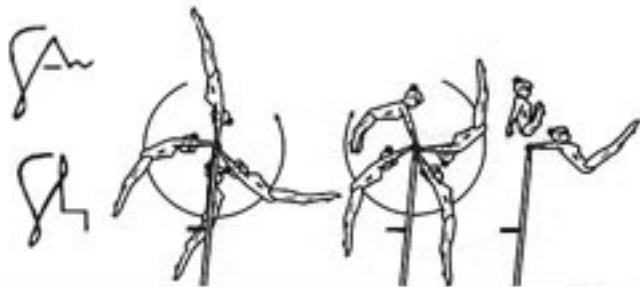
Counterswing on HB, front salto between bars to catch LB in reverse grip. (Montell)



# UPRISE

2.302

Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang



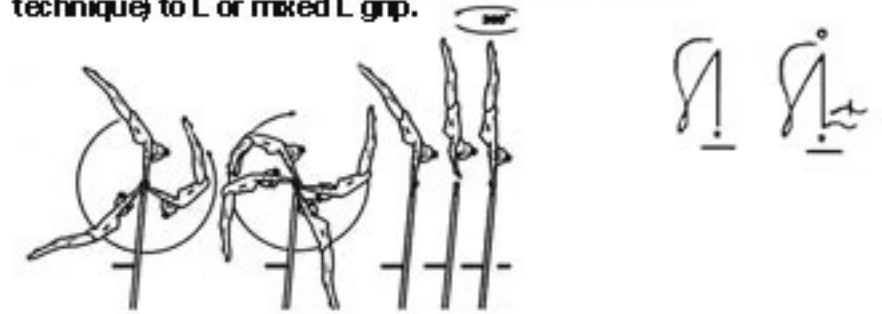
2.402

Handstand on HB- Giant circle backward with 1/2 (180°) turn, uprise backward with rear vault in flight over HB to hang (Janz-Kehre)



2.403

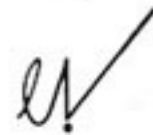
Hang on HB - uprise backwards to handstand with hop to reverse grip in handstand (McCalla) also followed by 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed L grip.



# CLEAR HIP

3.401

Inner front support on LB- clear hip circle through handstand with flight to hang on HB (Schaposchnikova)



2.404

From a cast on HB, swing down between bars to a turning uprise and straddle forward over HB with 1/2 (180°) turn to regrasp HB (Wilson)



2.404

Back uprise, release with 1/2 (180°) turn and straddle flight backward over HB (Franzella)



3.404

Clear hip circle to handstand with hop-change grip in handstand phase



3.408

On LB facing facing HB – Clear hip circle forward to immediate front salto over LB to catch HB (Pelaez)



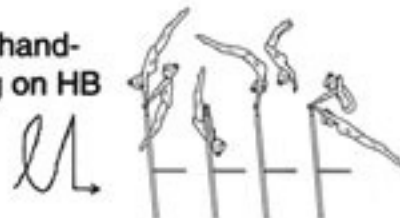
3.501

Inner front support on LB- clear hip circle through handstand with flight to hang on HB with 1/2 (180°) turn in flight to hang on HB (Khorkina)



3.502

Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff)



7.401

Clear hip circle backward on HB (free or clear Hechtkehre) with flight and 1/2 (180°) turn passing over bar to hang on same bar

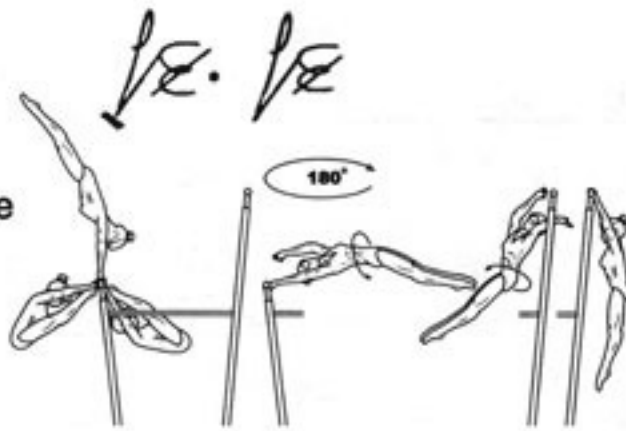


also in pike position (Jones)

# UNDERSWINGS

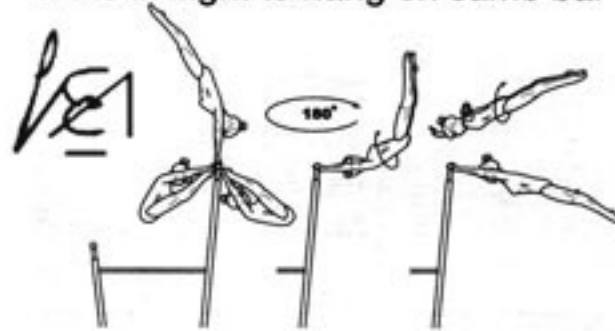
**3.201**

Underswing on LB with 1/2 (180°) turn and grip change to hang on HB



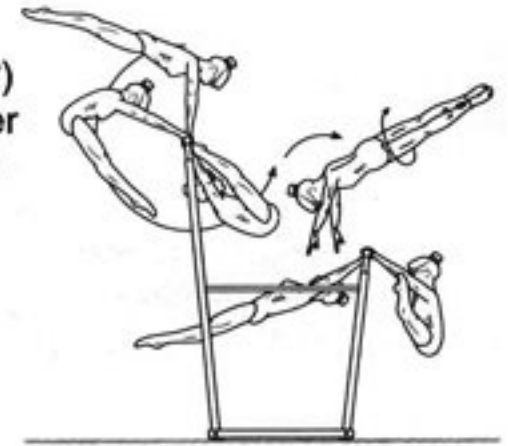
**3.202**

Facing outward – Underswing on HB with 1/2 (180°) turn and side flair of arms in flight to hang on same bar



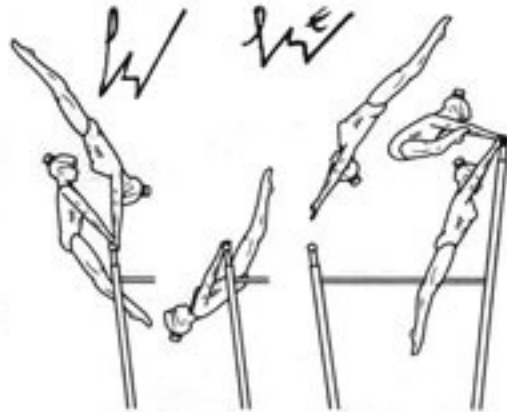
**3.203**

Underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB



**3.301**

Clear underswing on LB, release and counter movement forward in flight to hang on HB



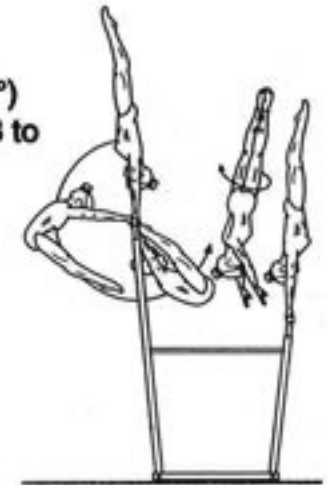
**3.303**

From handstand on HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB



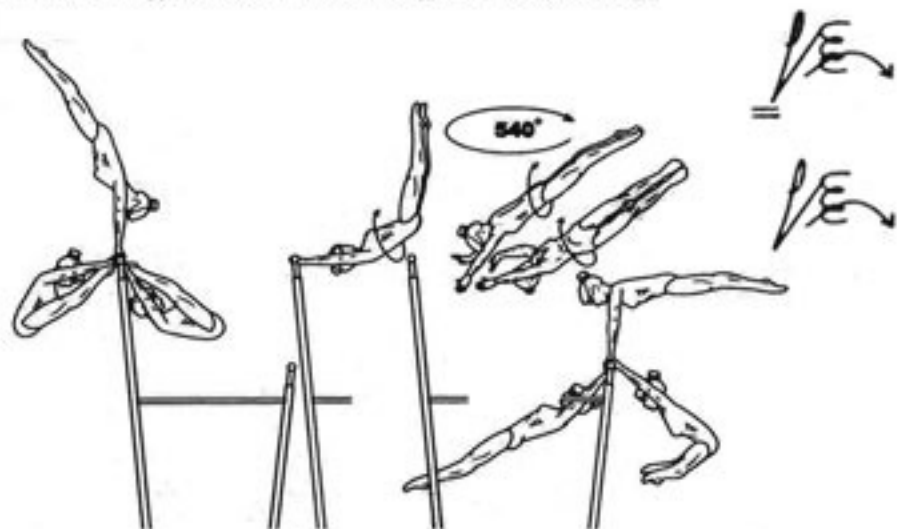
**3.403**

On HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to handstand on LB



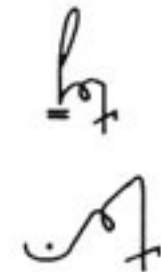
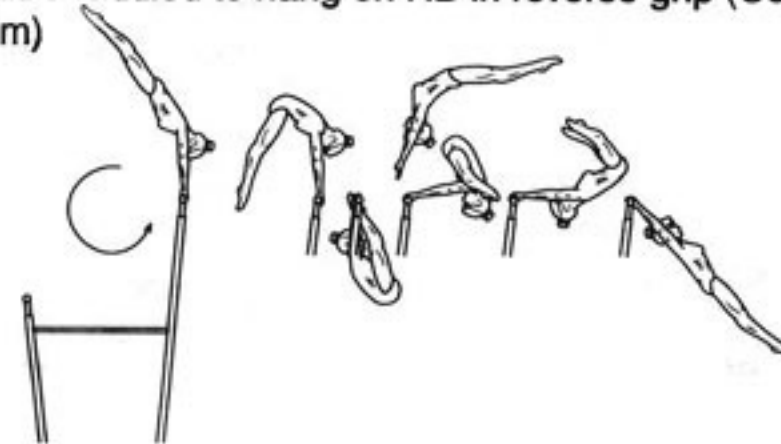
**3.503**

Handstand on HB, facing LB - underswing with 1 1/2 (540°) turn and flight over LB to hang on LB (Strong)



**4.506**

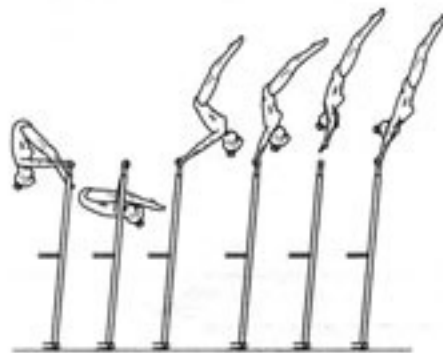
Facing outward –underswing backward on HB with support of feet or swing forward on HB –counter salto forward straddled to hang on HB in reverse grip (Counter-Kim)



# DISLOCATE

**3.306**

Underswing backward (inverted pike swing) on HB -dislocate (Schleudern) to near handstand with hop-change to regular grip on HB



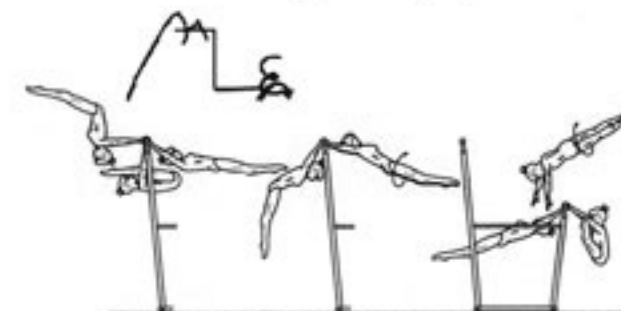
**3.306**

Hang on HB, back to LB -stoop through, underswing backward (inverted pike swing) - dislocate (Schleudern) with flight over LB to hang, also from rear support on HB



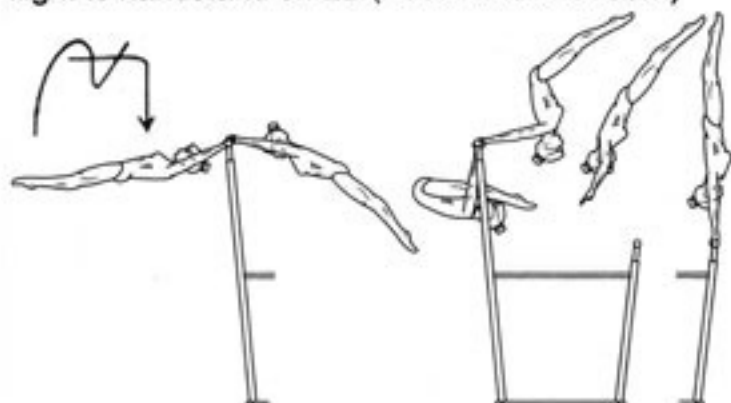
**3.306**

Hang on HB, facing LB - swing forward and stoop through, dislocate and underswing with 1/2 (180°) turn with flight over LB to hang on LB (Tai)

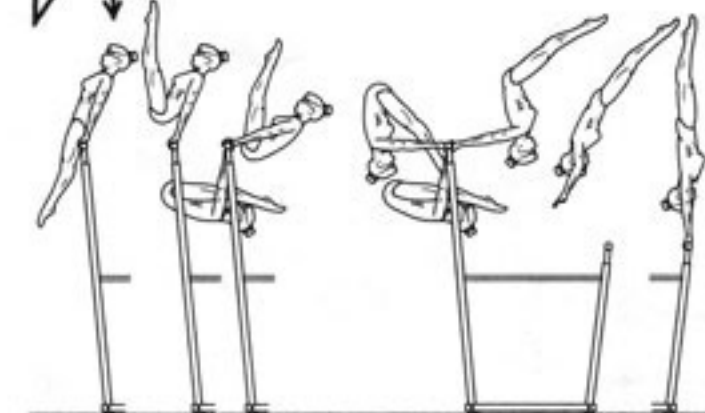


**3.406**

From hang on HB - stoop through, underswing backward (inverted pike swing) on HB - dislocate with flight to handstand on LB (Zuchold-Schleudern)



also from rear support



**7.406**

-circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB (Teza)



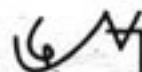
**7.406**

-circle swing backward and 1/2 (180°) turn with flight to handstand on LB



**7.407**

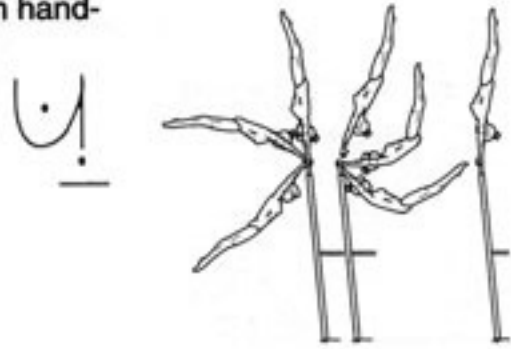
Clear rear pike support on HB (legs together) - full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (LiLi)



# BACK GIANTS

**4.302**

Handstand on HB – giant circle backward to handstand with hop-change grip in handstand phase



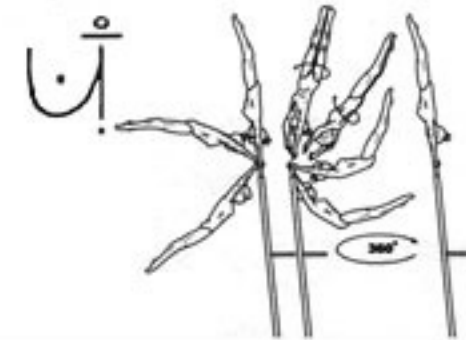
**4.402**

Giant circle backward on HB-hop from regular grip to L-grip in handstand phase (Dochney)



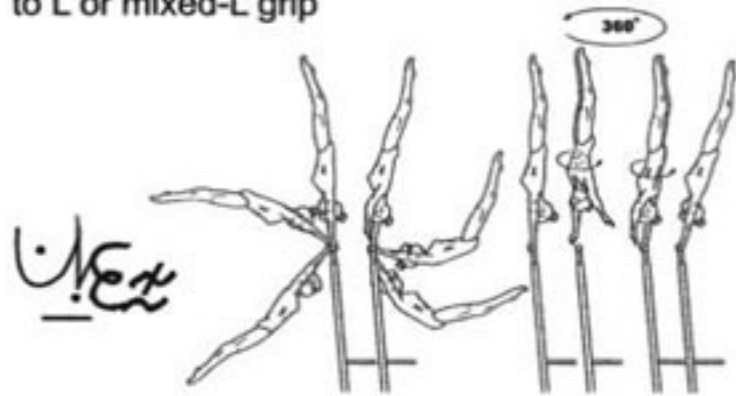
**4.502**

Handstand on HB – giant circle backward to handstand with hop 1/1 (360°) turn to regular grip in handstand phase (Chusovitina)



**4.303**

Handstand on HB – giant circle backward to handstand (also with hop to reverse grip) with 1/1 (360°) turn on one arm (Healy technique) to L or mixed-L grip



**4.405**

Handstand on HB-giant circle backward, counter straddle-reverse hecht (Tkatchev) over HB to hang



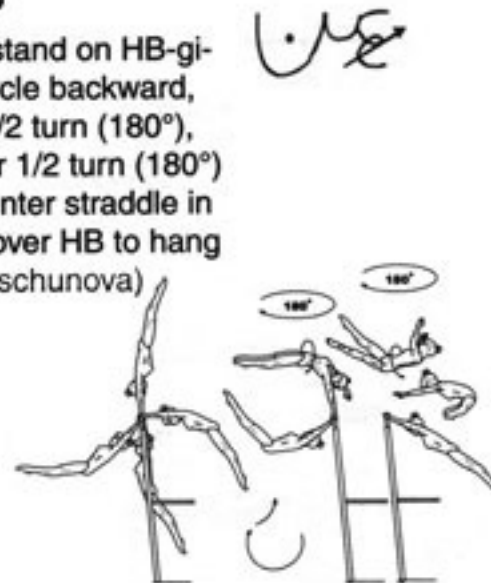
**4.505**

Handstand on HB-giant circle backward, counter-reverse hecht piked (Piked Tkatchev) over HB to hang



**4.505**

Handstand on HB-giant circle backward, with 1/2 turn (180°), further 1/2 turn (180°) to counter straddle in flight over HB to hang (Schuschunova)



**4.505**

Handstand on HB-giant circle backward and counter straddle in flight with 1/1 turn (360°) over HB to hang



## BACK GIANTS Continued

4.206

Hang on HB, facing LB –swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB



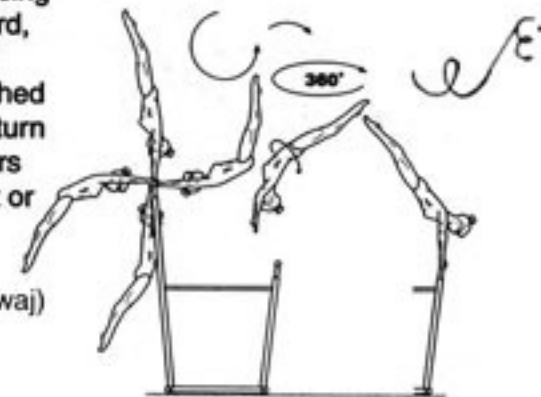
4.406

Hang on HB, facing LB –swing forward and salto backward stretched between bars to clear support on LB (Pak Salto)



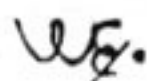
4.506

Hang on HB, facing LB-swing forward, salto backward tucked or stretched with 1/1 (360°) turn between the bars to clear support or hang on LB (Pak 1/1) (/Phillips/Bhardwaj)



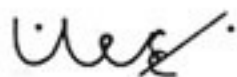
4.306

Hang on HB, facing LB –swing forward, salto backward tucked with 1/2 (180°) turn between the bars to catch LB in mixed grip (Cullinan) (not illustrated)



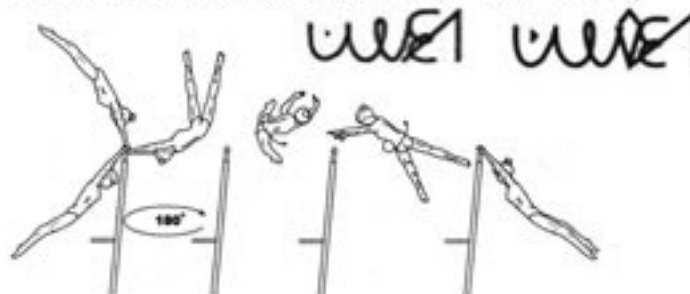
4.307

On LB facing HB, backward giant circle with release and 1/2 (180°) turn in tuck position with flight to catch HB, finishing in a hang on HB, facing LB (Laumann)



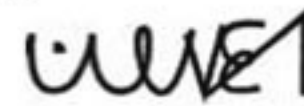
4.407

(Handstand on HB) Swing down between bars, swing forward and salto backward with 1/2 (180°) turn tucked (not illustrated), straddled, (Deltchev- Salto)



4.407

Piked (Geinger- Salto)



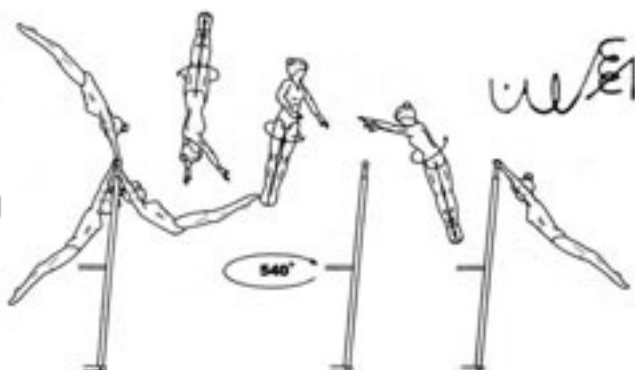
4.307

On LB, 3/4 backward giant swing with release and swing forward and salto backward with 1/2 (180°) turn tucked - LB Deltchev (Turchin)



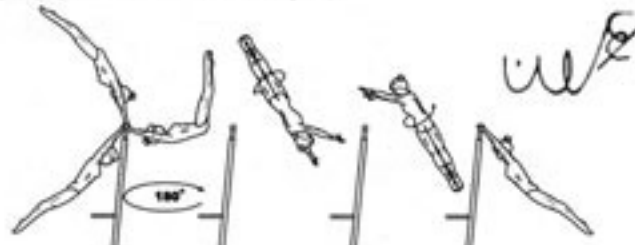
4.507

(Handstand on HB) Swing down between bars, swing forward and salto backward stretched with 1 1/2 (540°) turn to hang on HB (Hristakieva)



4.507

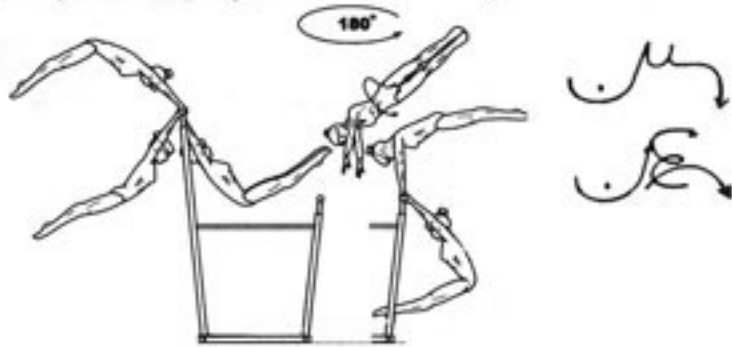
(Handstand on HB) -Swing down between bars, swing forward and salto backward stretched with 1/2 (180°) turn to hang on HB (Stretched Geinger) (Hubbard & Martinjak)



# BAILS

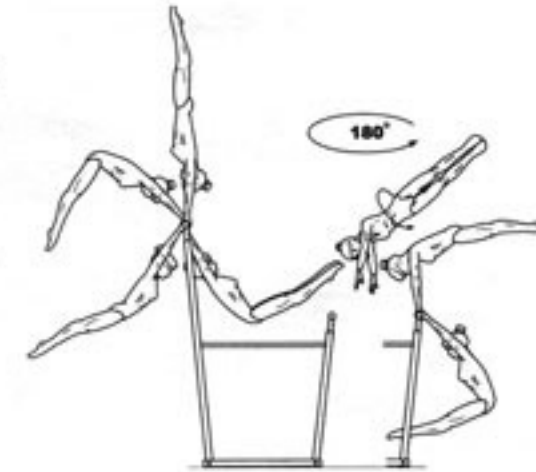
4.204

From hang on HB- long swing forward with a 1/2 (180°) turn and flight over LB to hang on LB (C after D/E release move)



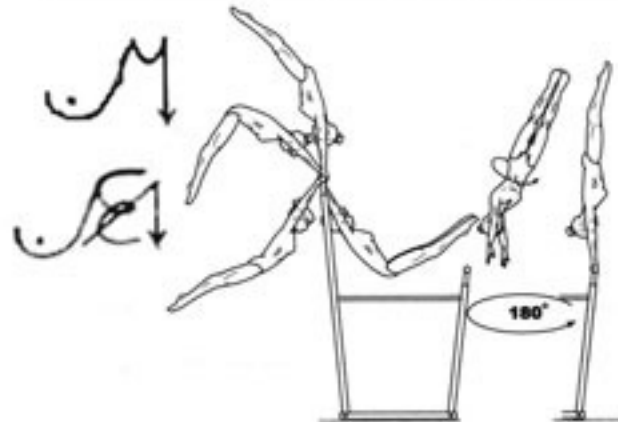
4.304

From handstand on HB - long swing forward (bail) with a 1/2 (180°) turn and flight over LB to hang on LB



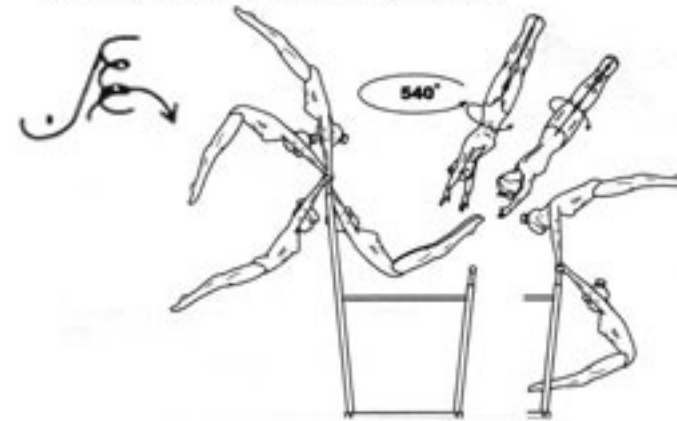
4.404

From handstand or hang on HB, long swing forward with a 1/2 (180°) turn and flight to handstand on LB



4.504

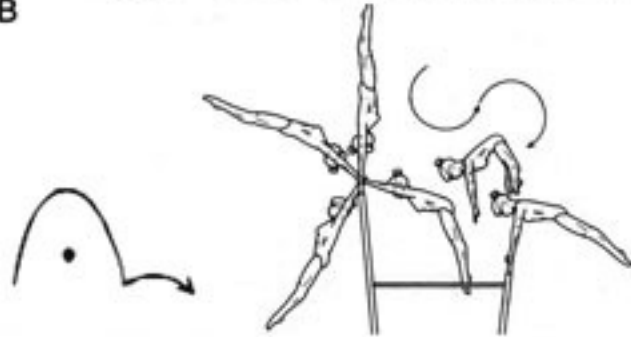
Hang on HB, long swing forward with 1 1/2 (540°) turn and flight over LB to hang on LB



# FRONT GIANTS

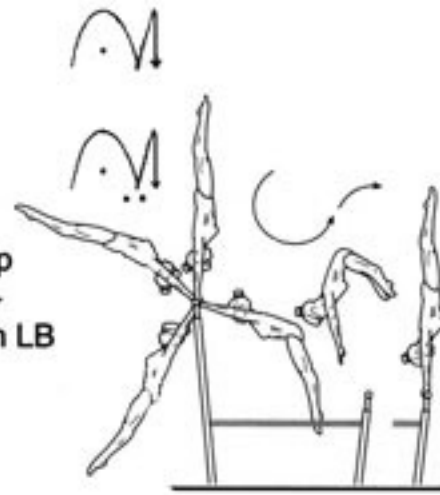
5.303

(Handstand on HB) Swing down forward (back facing LB) in regular or reverse grip-straddle flight backward over LB to hang on LB



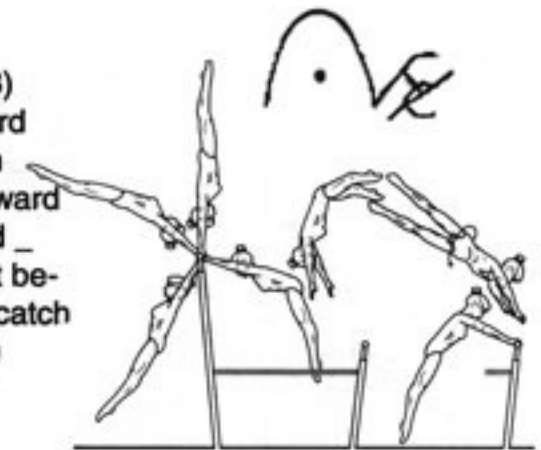
5.403

(Handstand on HB) Swing down forward (back facing LB) in regular or reverse grip - straddle flight backward to handstand on LB



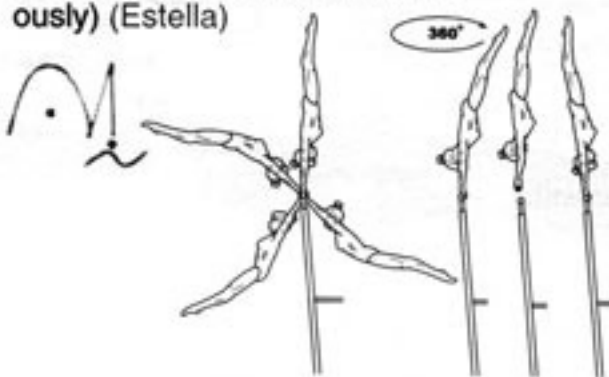
5.403

(Handstand on HB) Swing down forward (back facing LB) in reverse grip, backward swing, release and turn (180°) in flight between the bars to catch LB in hang (Ejova)



5.402

Giant Circle forward in reverse grip, hop to L-grip in handstand phase (hands must release simultaneously) (Estella)



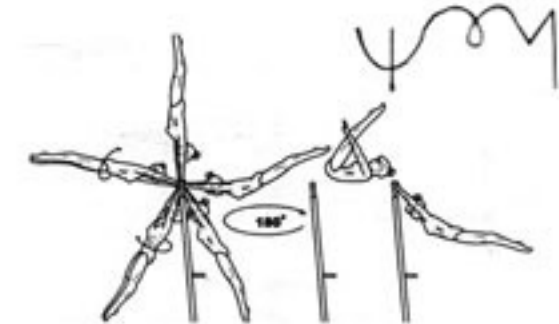
5.404

(Handstand on HB) -Swing down between bars with 1/2 (180°) turn through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or tucked to hang on HB (Mixed-grip Deltchev)



5.504

(Handstand on HB) -Swing down between bars with 1/2 (180°) turn through brief hang in cross grip or change to regular grip, swing backward with salto forward piked to hang on HB (Garrett)



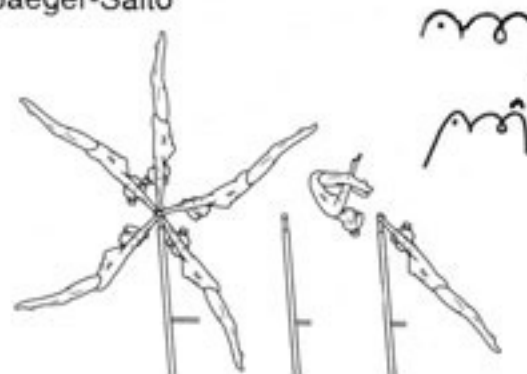
5.305

Facing out on LB, giant circle forward to salto forward to catch HB



5.405

(Handstand on HB) -Swing down forward between bars in reverse grip or L-grip, swing backward with salto forward tucked or straddled to hang on HB tucked or straddled Jaeger-Salto



5.405

From a reverse grip handstand on LB, 3/4 front giant to release, front salto tucked with a 1/1 (360°) turn to catch HB in regular grip (Grable)



## FRONT GIANTS continued

**5.505**

(Handstand on HB) - Swing down forward between bars in reverse grip or L-grip, swing backward with salto forward piked or stretched (Cappuccitti) to hang on HB (piked)



**5.505**

stretched Jaeger-Salto



**5.505**

Jaeger-salto with 1/2 (180°) turn



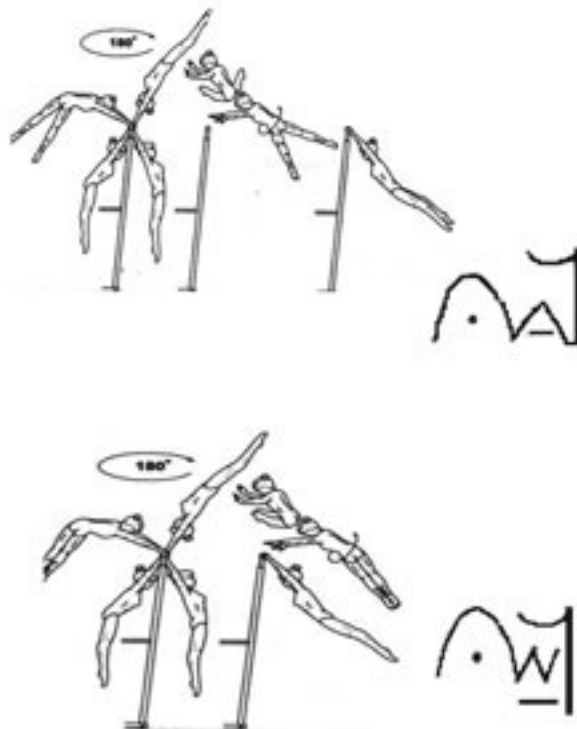
**5.505**

(Handstand on HB) Swing down forward between bars in L-grip, with salto forward tucked over HB to hang on HB in reverse grip (Mo-Salto)



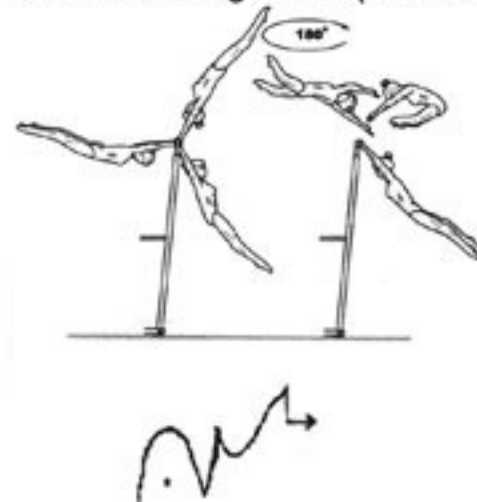
**5.306**

(Handstand on HB) - Circle swing forward in reverse grip with free stoop or straddle vault and 1/2 (180°) turn over HB to hang (Wenning/Volpi)



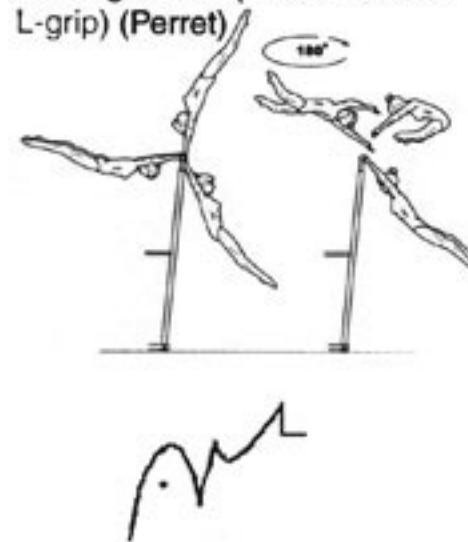
**5.406**

(Handstand on HB) - Circle swing forward in reverse grip with (180°) turn and straddle flight over HB to hang on HB (Khorkina)



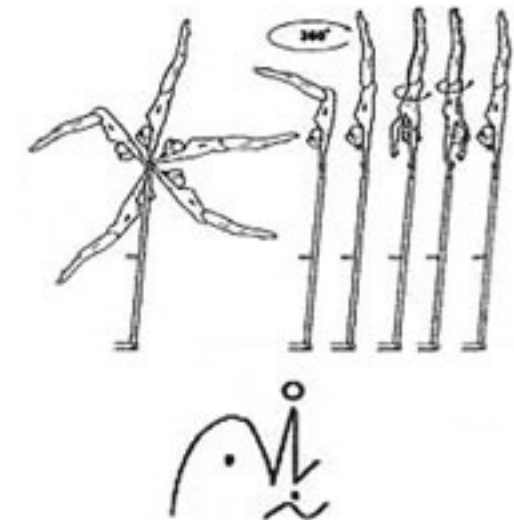
**5.506**

(Handstand on HB) - Circle swing forward in L-grip with 1/2 (180°) turn and straddle flight over HB to hang on HB (Khorkina from L-grip) (Perret)



**5.507**

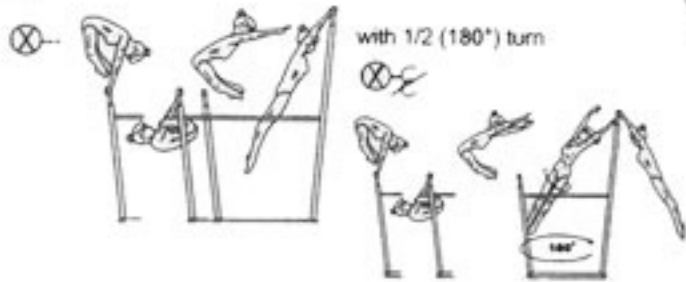
(Handstand on HB) - Giant circle swing forward in L-grip with stretched body (L-grip front giant), hop-change to reverse grip to initiate 1/1 turn (360°) completed in hand-stand phase ....to mixed-L-grip (Karpenko)...to L-grip (Ling)



# STALDERS

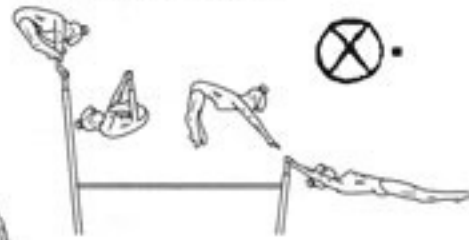
6.201

Clear straddle circle forward on LB with grip change to hang on HB



6.202

Clear straddle circle backward on HB with grip change to hang on LB



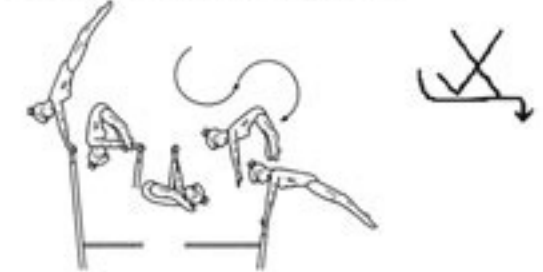
6.202

(Handstand on HB) - Clear straddle circle backward on HB with 1/2 (180°) turn to hang on HB



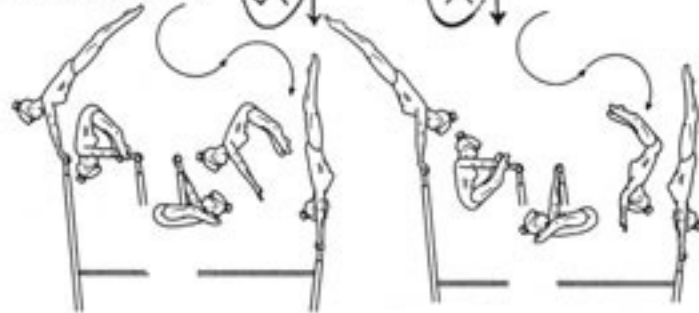
6.302

Clear straddle circle forward on HB with flight backward over LB to hang on LB



6.402

Clear straddle circle forward or backward on HB with flight to handstand on LB



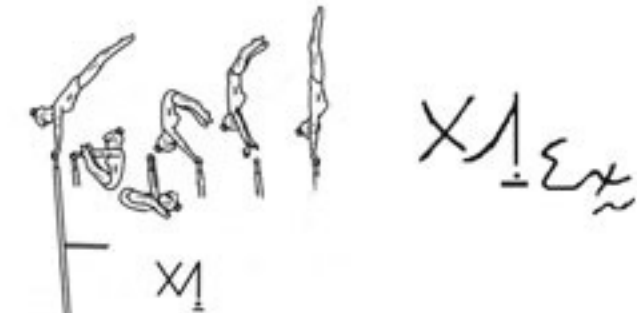
6.402

Facing outward on LB, Stalder forward to salto forward to catch HB



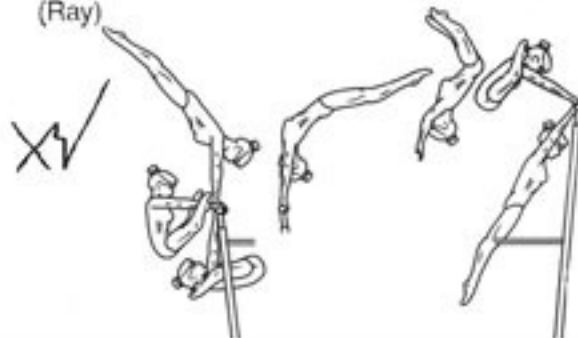
6.404

Stalder backward to handstand with hop- change grip in handstand phase, also with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip



6.305

Facing inward - Stalder backward with release and counter movement forward in flight to hang on HB (Ray)



6.305

Facing inward - Stalder backward with release and hecht to hang on HB



6.405

Facing outward - Stalder backward with flight to hang on HB



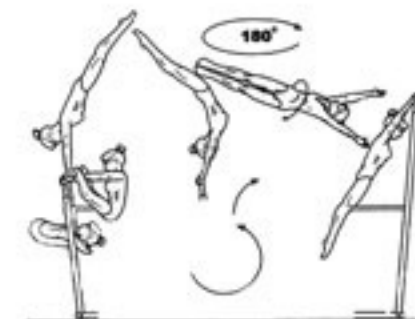
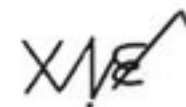
6.505

Stalder backward on HB through handstand with counter straddle to hang on HB (Ricna-Straddle)



6.505

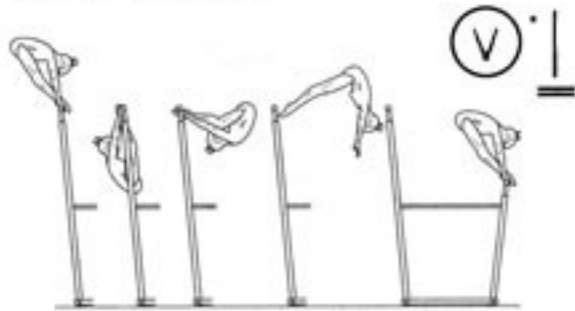
with 1/2 turn (180°), or from outside with 1/2 turn (180°) to hang on HB



## TOE ON AND FREE

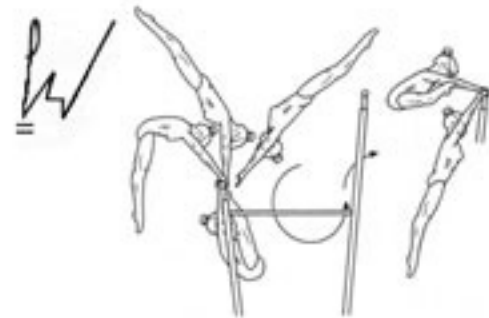
7.203

Sole circle backward piked with flight from HB to stand on LB



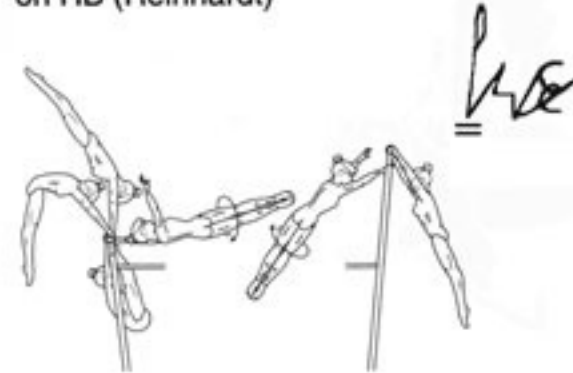
7.310

Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB



7.310

Underswing (sole circle) on LB, release and counter movement forward in flight with 1/2 (180°) turn to hang with mixed grip on HB (Reinhardt)



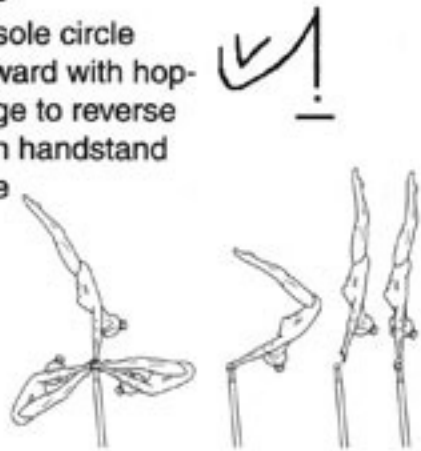
7.313

Clear pike circle backward on LB with release and counter flight to hang on /hb or with hecht flight to hang on HB (not illustrated)



7.409

Pike sole circle backward with hop-change to reverse grip in handstand phase



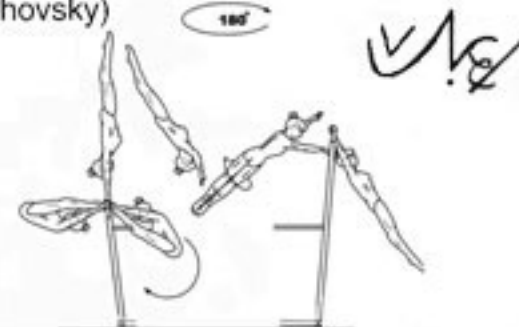
7.410

Inner front support on LB – Pike sole circle backward through handstand with flight to hang on HB (Maloney)



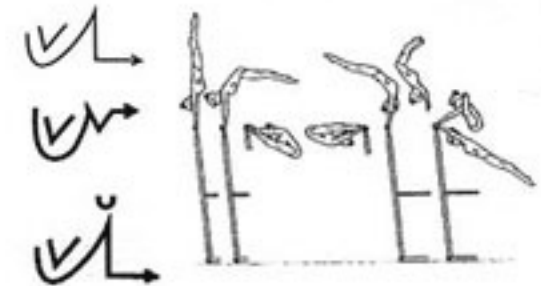
7.510

On LB – pike sole circle backward through handstand with flight and 1/2 (180°) turn to catch HB (performed in either direction) (Byhovsky)



7.511

Handstand on HB – pike sole circle backward counter straddle-reverse hecht over HB to hang (Ray), also with pike, also with 1/2 turn (Tweddle) (not illustrated)



## SEAT CIRCLES

7.204

Rear support on LB – seat (pike) circle forward through clear rear support with 1/2 (180°) turn to hang on HB



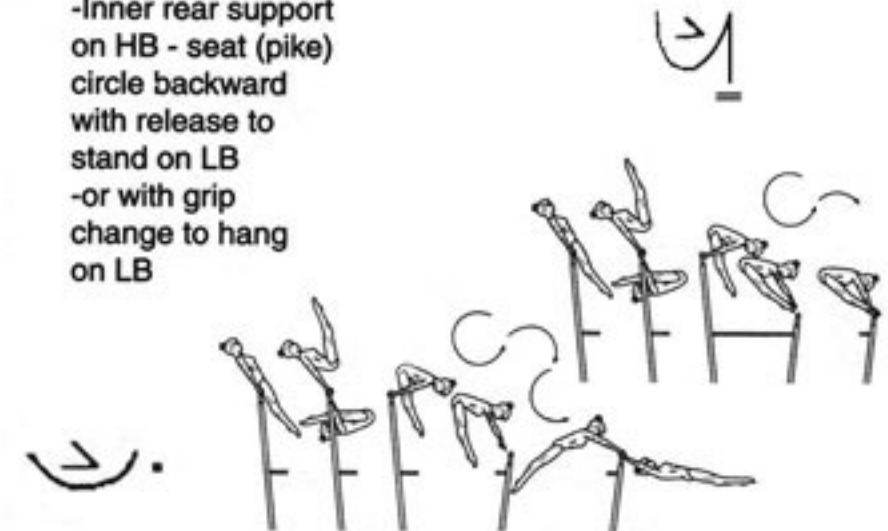
7.206

Rear support on LB - seat (pike) circle backward with 1/2 (180°) turn and grip change to hang on HB



7.206

-Inner rear support on HB - seat (pike) circle backward with release to stand on LB -or with grip change to hang on LB



-Handstand on HB – stoop in to seat (pike) circle forward through clear support – (with beat of lower legs on HB) salto forward to catch in reverse grip in hang on HB

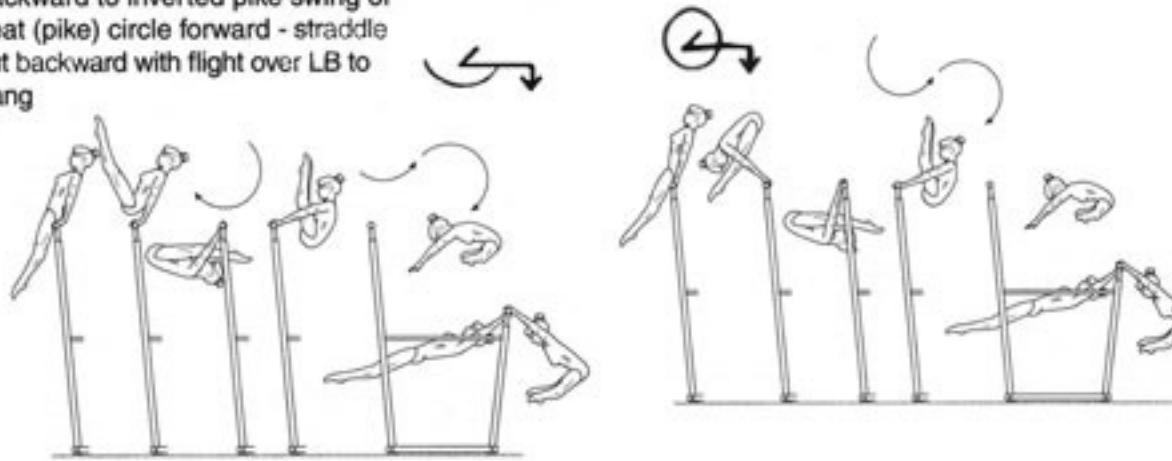


# STRADDLE CUT

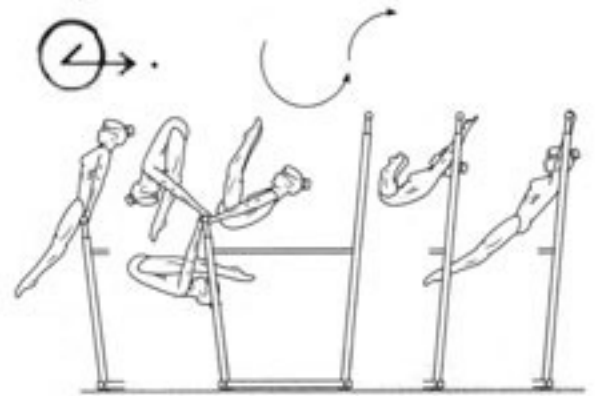
**7.205**  
Rear support on LB or HB - seat (pike)  
circle forward with straddle cut backward to  
hang on same bar



**7.305**  
Outer rear support on HB – fall  
backward to inverted pike swing or  
seat (pike) circle forward - straddle  
cut backward with flight over LB to  
hang

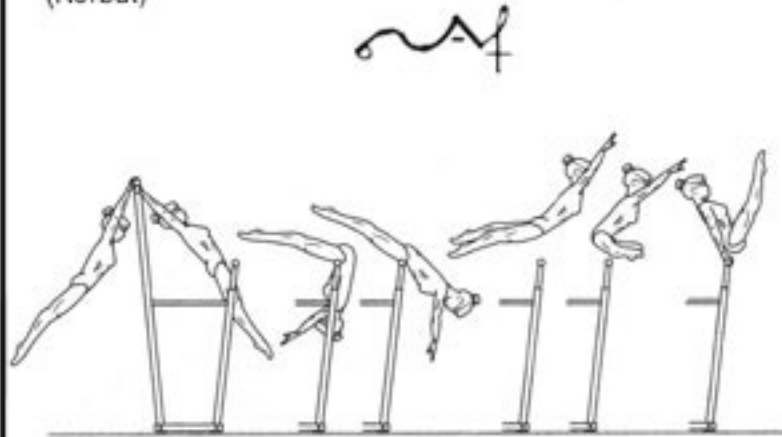


**7.305**  
Rear support on LB- seat (pike) circle forward  
with straddle cut backward and grip change to  
hang on HB

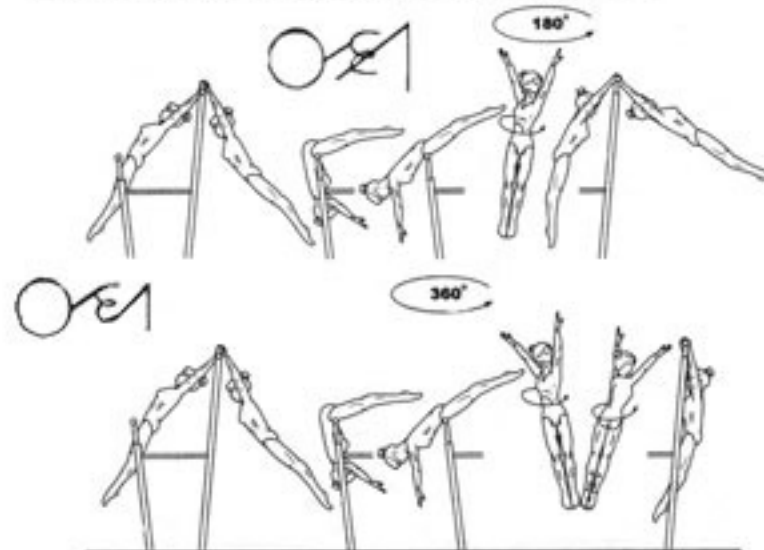


# HECHTS

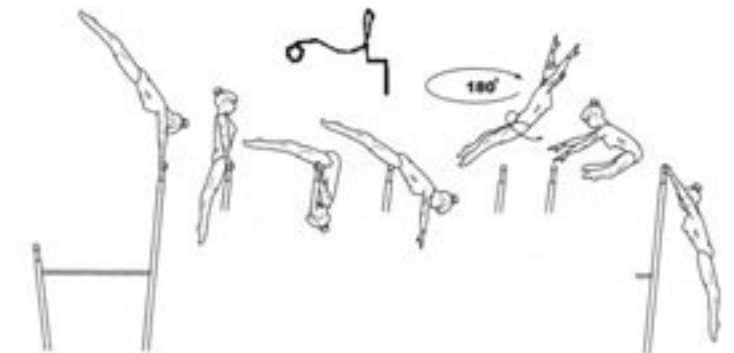
**7.202**  
Free hip circle backward on LB – hip repulsion  
– with free straddle forward over LB to rear support  
(Korbut)



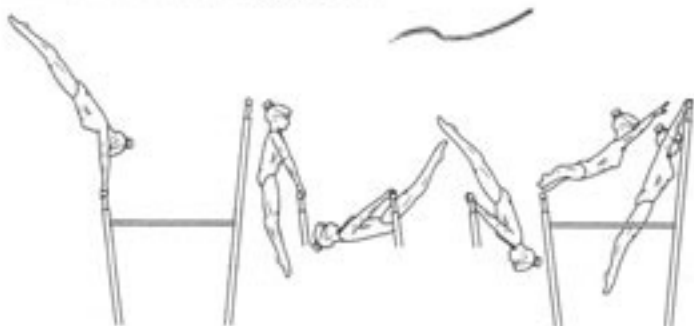
**7.302**  
Free hip circle backward on LB – hip repulsion – with 1/2 or 1/1  
(180°-360°) turn and grip change to hang on HB



**7.401**  
Free hip circle backward on LB or HB, hecht  
with flight and 1/2 (180°) turn passing over  
bar to hang on same bar (Hechtkehre)



**7.301**  
Outer front support – clear hip circle backward on  
LB with hecht to hang on HB



**7.301**  
with 1/2 (180°) turn (legs together or straddled)



**7.401** from clear hip circle backward on HB (free or  
clear Hechtkehre)

