

RELEASE MOVES

L. Bjella 2012

CASTS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Salto** **Vaults**

B 2.202

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



B 2.202

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



B 2.204

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



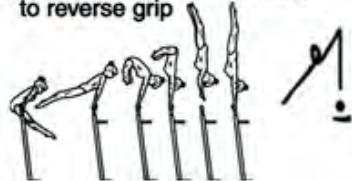
C 2.304

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



C 2.301

Cast to handstand with hop to reverse grip



C 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



D 2.401

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



D 2.402

from inner front support – Radochia roll to hang



D 2.402

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



E 2.502

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



E 2.502

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



COUNTERSWINGS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

B2.205

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



C2.305

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



C2.305

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



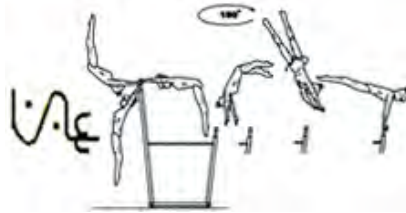
D2.405

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



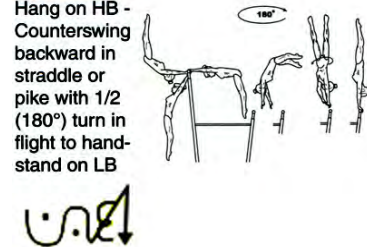
C2.306

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



D2.405

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



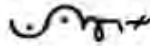
D2.406

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



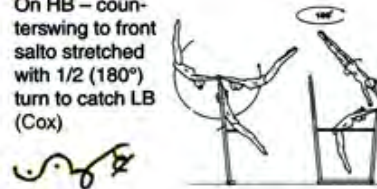
D2.406

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



D2.406





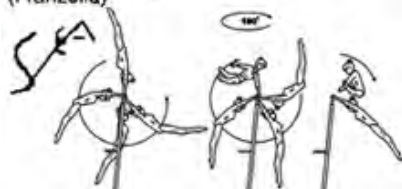


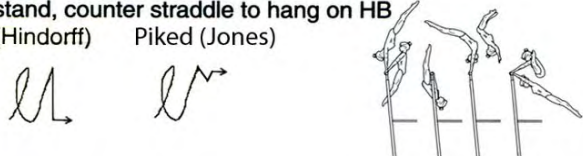
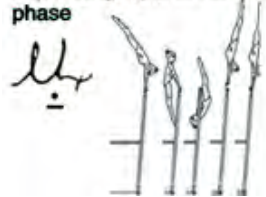



On HB - counterswing to front salto stretched with 1/2 (180°) turn to catch LB (Cox)



E4.506

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)



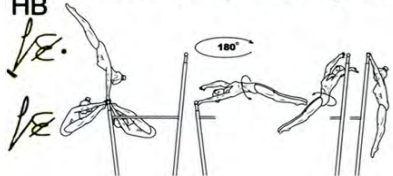
UPRISE	Color Code: Handstand/Cast/Circles Hechts Flight Bar to Bar Saltos Vaults				
<p>C2.302 Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang</p> 	<p>D 2.402 Handstand on HB- Giant circle backward with 1/2 (180°) turn, uprise backward with rear vault in flight over HB to hang (Janz-Kehre)</p> 	<p>D 2.403 Hang on HB – uprise backward with hop to reverse grip in handstand. (McCalla)</p> 			
	<p>D2.404 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)</p> 	<p>D2.404 Back uprise, release with 1/2 (180°) turn and straddle flight backward over HB (Franzella)</p> 			
CLEAR HIPS	Color Code: Handstand/Cast/Circles Hechts Flight Bar to Bar Saltos Vaults				
<p>D3.401 Inner front support on LB- clear hip circle through handstand with flight to hang on HB (Schaposchnikova)</p> 	<p>E3.501 Inner front support on LB- clear hip circle through handstand with 1/2 (180°) turn in flight to hang on HB (Khorkina)</p> 	<p>E3.502 Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff) Piked (Jones)</p> 			
<p>D3.404 Clear hip circle to handstand with hop-change grip in handstand phase</p> 	<p>D3.408 On LB facing HB – Clear hip circle forward to immediate front salto over LB to catch HB (Pelaez)</p> 	<p>E3.508 Clear Hip to front salto catch same bar (Sims)</p> 	<p>D7.401 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</p> 		

UNDERSWINGS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

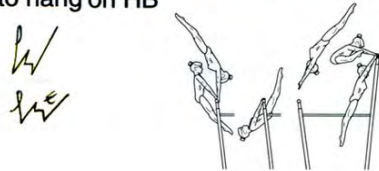
B3.201

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



C3.301

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



E4.506

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)



B3.203

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



C3.303

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



D3.403

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



E3.503

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



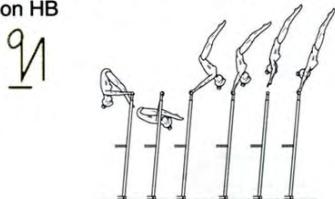
DISLOCATES

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

Lee Bjella 2012

C3.306

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



C3.306

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



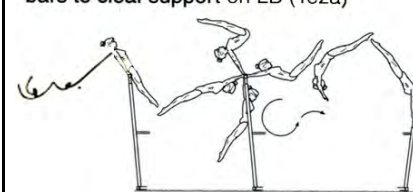
C3.306

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)



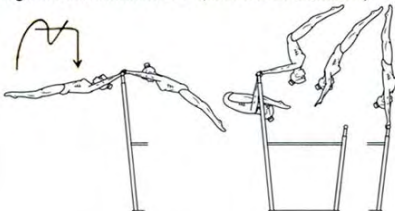
D7.406

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

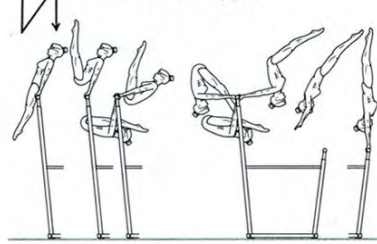


D3.406

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

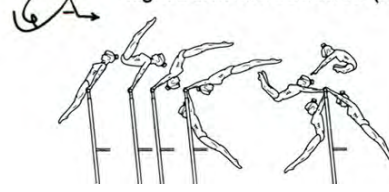


also from rear support



D7.407

Clear rear pike support on HB (legs together) – full circle swing backward with counter flight backward straddled (LiLi)



D7.406

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

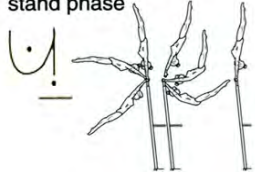


GIANTS BACKWARD

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Salto** **Vaults**

C 4.302

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



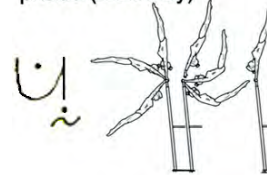
C 4.303

Giant Hop 1/2 to L or mixed-L grip (Higgins)
OR Hop 1/1 to L or mixed-L grip (Healy)



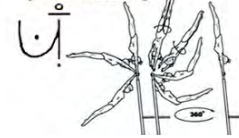
D4.402

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



E 4.502

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



D4.405

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



E 4.505

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



E 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)



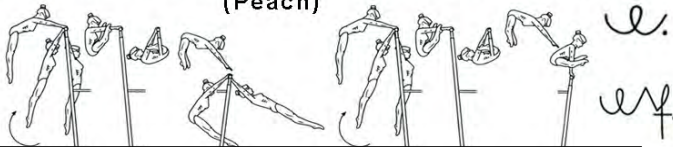
E 4.505

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



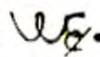
B4.206

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



C 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)



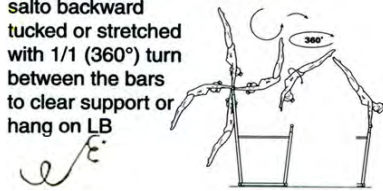
D4.406

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



E 4.506

(Pak 1/1) 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 (/Phillips/Bhardwaj)



C4.307

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 (no illustration)(Laumann)

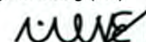


D4.407

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

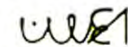
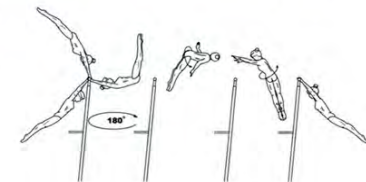


straddled-piked (Nyeste Salto) to hang on HB, also from one arm giant swing (Liu)



D4.407

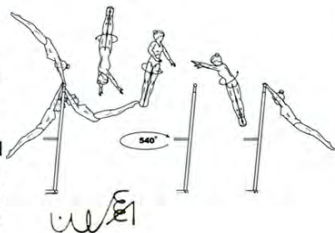
Piked (Geinder- Salto)



GIANTS BACKWARD cont

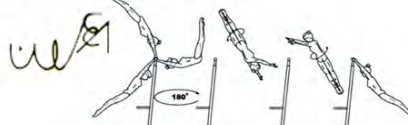
E 4.507

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



E 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 Geringer) (Hubbard & Martinjak)

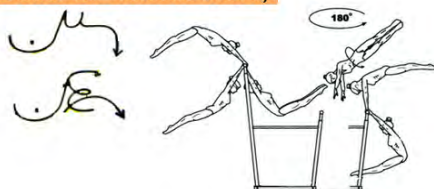


BAILS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

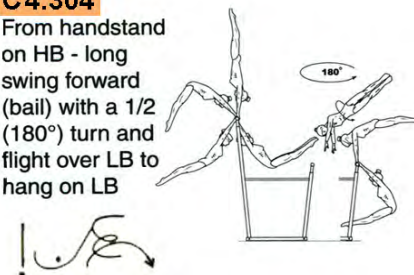
B4.204

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)



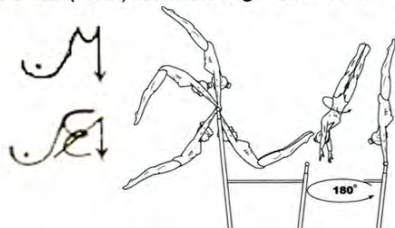
C4.304

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



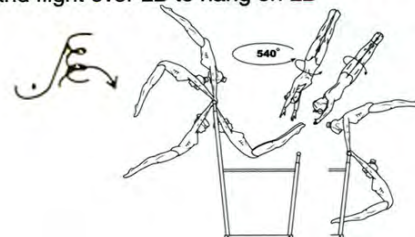
D4.404

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



E 4.504

Hang on HB, long swing forward with $1\frac{1}{2}$ (540°) turn and flight over LB to hang on LB

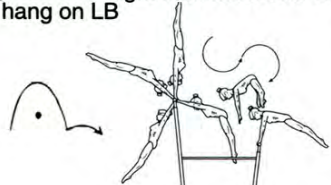


GIANTS FORWARD

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Salto** **Vaults**

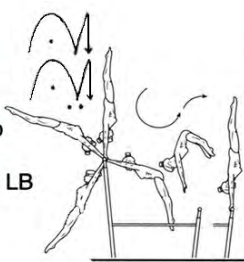
C 5.303

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



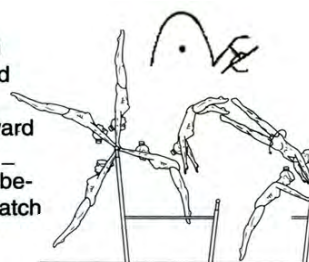
D 5.403

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



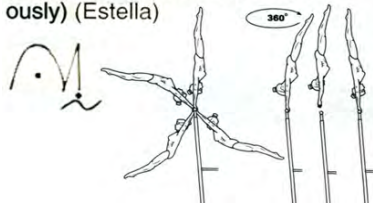
D 5.403

(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)



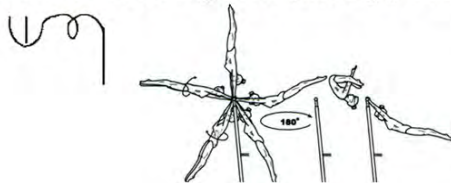
D5.402

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



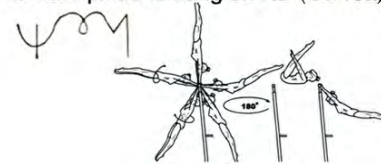
D5.404

(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)



D5.404

(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 piked to hang on HB (Garrett)



C5.305

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



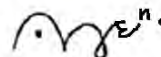
D5.405

(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



D5.405

LB tuck Jaeger with 1/1 to HB (Grable)



E 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)



E 5.505

stretched Jaeger-Salto



E 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)



GIANTS FORWARD cont.

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

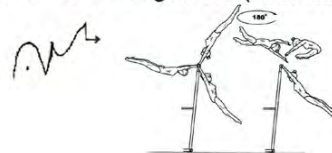
C 5.306

(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)



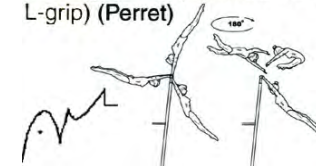
D 5.406

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



E 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)

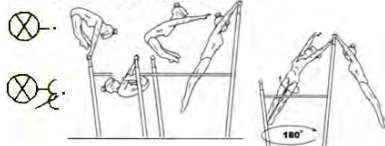


STALDERS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

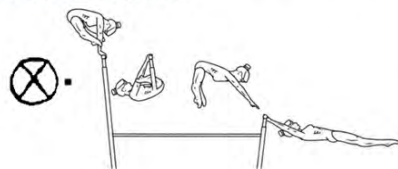
B 6.201

Clear straddle circle forward on LB with grip change to hang on HB also with 1/2 turn



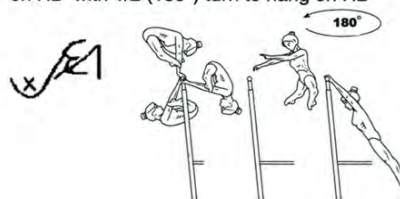
B 6.202

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



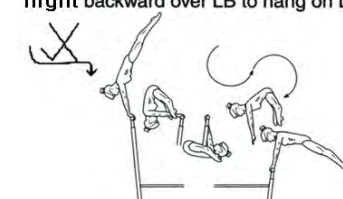
B 6.202

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



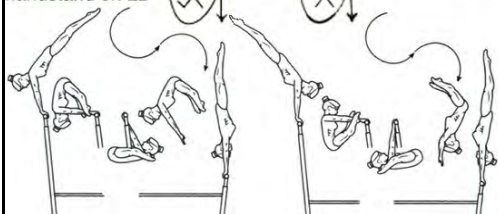
C 6.302

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



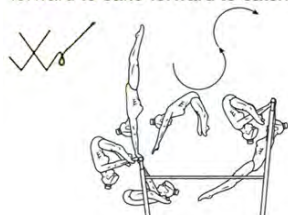
D 6.402

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



D 6.402

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



D 6.404

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



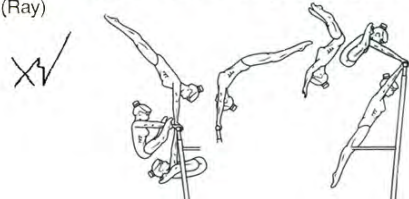
E 6.505

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



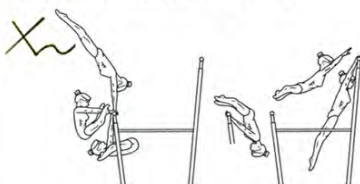
C 6.305

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



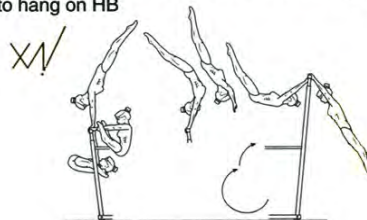
C 6.305

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



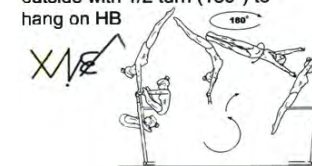
D 6.405

Facing outward - Stalder backward with flight to hang on HB



E 6.505

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



TOE ON / AND FREE

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Salto** **Vaults**

B7.203
Sole circle backward piked with flight from HB to stand on LB

D7.409
Pike sole circle backward with hop-change to reverse grip in handstand phase

C7.310
Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB

C7.310
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)

D7.410
Inner front support on LB – Pike sole circle backward through handstand with flight to hang on HB (Maloney)

D7.410
Underswing (pike sole circle) on LB, release and counter movement forward in flight with 1/1 turn to hang on HB (Oster)

E7.510
On LB – pike sole circle backward through handstand with flight and 1/2 (180°) turn to catch HB (performed in either direction) (Byhovsky)

E7.511
Handstand on HB – pike sole circle backward counter straddle-reverse hecht over HB to hang (Ray)

With 1/2 turn - (Tweddle)

SEAT CIRCLES

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Salto** **Vaults**

B7.204
Rear support on LB – seat (pike) circle forward through clear rear support with 1/2 (180°) turn to hang on HB

B7.206
-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

B7.206
Rear support on LB - seat (pike) circle backward with 1/2 (180°) turn and grip change to hang on HB

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

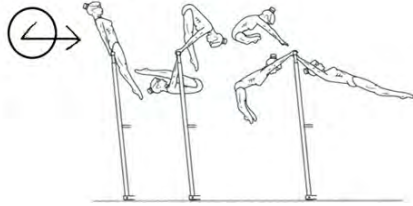
C7.313 Clear pike circle back on LB, release and counter flight to hang or with hecht to HB

STRADDLE CUTS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

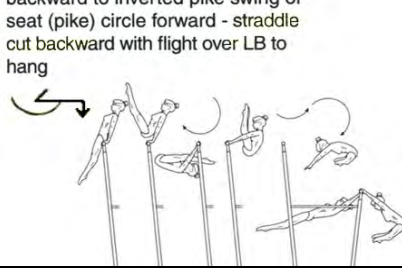
B 7.205

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



C 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



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

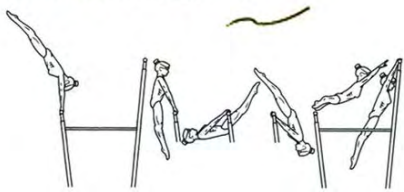


HECHTS

Color Code: **Handstand/Cast/Circles** **Hechts** **Flight Bar to Bar** **Saltos** **Vaults**

C7.301

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

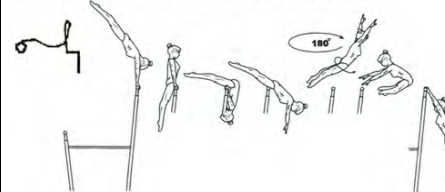


with 1/2 (180°) turn (legs together or straddled)



D 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)



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

