

RELEASE CHART	Skill Family Color Code			Hndstnd/Cast/Circles	Hechts	Flight bar to bar	Saltos	Vaults	Lee Bjella/Ann Heppner 2012				
Root	B's			C's		D's			E's				
CAST	B 2.202 	B 2.202 	B 2.204  ok for SR	C 2.301 	C 2.301 	C 2.304 ok SR  Caslavaska	D 2.401 	D 2.402  Brause	D 2.402  Radochla		E 2.502  Brause 1/1	E. 2.502  Comaneci	
CNTRSWNG	B 2.205  to LB			C 2.305 	C.2.306  Pritchard		D 2.405 	D 2.406 LB  Cox	D 2.406  Bullock	D 2.406 LB  Montell	E 4.506  Cntr Kim		
UPRISE				C 2.302  SchierKehre			D 2.402  JanzKehre	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  Clr HechtK	E 3.501 HB  Khorkina	E 3.502  Jones/Hindorff	E 3.508 Sims 
UNDRSWG	B 3.201  to HB		B 3.203 	C 3.301  Hic Up	C 3.303  to LB		D 3.403  to LB				E 3.503  Strong		
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** 	D. 7.407**  Li Li			
GIANTS/BK				C 4.302 	C 4.303 		D 4.402  Dochney	D 4.405  Tkatchev			E 4.502 ok SR  Chusovitina	E 4.505  P.Tkatchev	E 4.505  Shush
GIANTS/BK	B 4.206  Peach			C 4.306  Cullinan	C 4.307  Turchin	C 4.307  Laumann	D 4.406  Pak	D 4.407  O'Neal	D 4.407  Geinger	D 4.407  Deltchev	E 4.506  Phillips/Bhard	E 4.507  Hubbard	E 4.507  Hristakieva
BAILS	B 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  to LB	D 5.404  Mix Delt	E 5.504  Garrett	E 5.505  Cappuccitti	E 5.505  Str. Jaeger
GIANTS/FR							D 5.405  Jaeger	D 5.405  Grable	D 5.406  Khorkina		E 5.505  Mo	E 5.506 Perret  Perret	E 5.507  Karpenko/Ling
STALDERS	B 6.201 	B 6.202  to LB	B 6.202 	C 6.302  to LB	C 6.305  Ray	C 6.305  to HB	D 6.402  to LB	D 6.402  to HB	D 6.404 	D 6.405 	E 6.505  Ricna	E 6.505  to HB	
TOE ON/FR	B 7.203  to LB			C 7.310  Hic Up	C 7.310  Reinhardt		D 7.409 	D 7.410  Maloney	D 7.410  Oster		E 7.510  Byhovsky	E 7.511  Tweddle	E 7.511  Ray
SEAT CRCL	B 7.204 	B 7.204 	B 7.206  to LB	C 7.313  to HB									
STR. CUT	B 7.205 			C 7.305  to HB									
HECHTS				C 7.301  to HB			D 7.401  Hechtkehr	D 7.401  Clr HechtK.					

# RELEASE MOVES

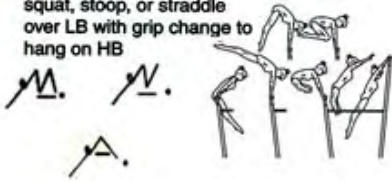
L. Bjella 2012

## 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



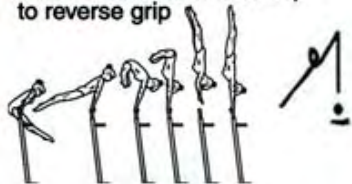
### C 2.304

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**

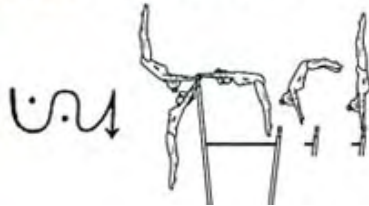
## B2.205

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



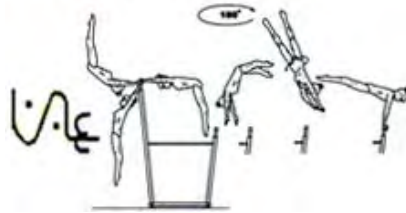
## D2.405

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



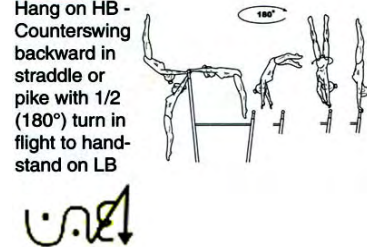
## C2.306

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)



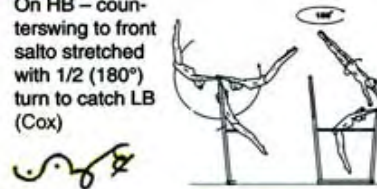
## D2.406

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

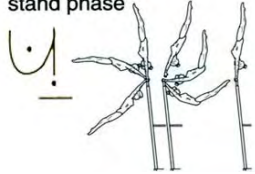
UNDERSWINGS	Color Code: <span style="background-color: red; color: white;">Handstand/Cast/Circles</span> <span style="background-color: green; color: white;">Hechts</span> <span style="background-color: orange; color: white;">Flight Bar to Bar</span> <span style="background-color: purple; color: white;">Saltos</span> <span style="background-color: blue; color: white;">Vaults</span>				
<p><b>B3.201</b></p> <p>Underswing on LB with 1/2 (180°) turn and grip change to hang on HB</p>	<p><b>C3.301</b></p> <p>Clear underswing on LB, release &amp; counter movement forward in flight to hang on HB</p>		<p><b>E4.506</b></p> <p>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)</p>		
<p><b>B3.203</b></p> <p>Underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB</p>	<p><b>C3.303</b></p> <p>From handstand on HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB</p>	<p><b>D3.403</b></p> <p>On HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to handstand on LB</p>	<p><b>E3.503</b></p> <p>Handstand on HB, facing LB - underswing 1 1/2 turn and flight over LB to hang on LB (Strong)</p>		
DISLOCATES	Color Code: <span style="background-color: red; color: white;">Handstand/Cast/Circles</span> <span style="background-color: green; color: white;">Hechts</span> <span style="background-color: orange; color: white;">Flight Bar to Bar</span> <span style="background-color: purple; color: white;">Saltos</span> <span style="background-color: blue; color: white;">Vaults</span>				
<p><b>C3.306</b></p> <p>Underswing backward (inverted pike swing) on HB - dislocate (Schleudern) to near handstand with hop-change to regular grip on HB</p>	<p><b>C3.306</b></p> <p>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</p>	<p><b>C3.306</b></p> <p>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)</p>	<p><b>D7.406</b></p> <p>circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB (Teza)</p>		
<p><b>D3.406</b></p> <p>From hang on HB – stoop through, underswing backward (inverted pike swing) on HB – dislocate with flight to handstand on LB (Zuchold-Schleudern)</p>	<p><b>D7.407</b></p> <p>Clear rear pike support on HB (legs together) – full circle swing backward with counter flight backward straddled (LiLi)</p>	<p><b>D7.406</b></p> <p>circle swing backward and 1/2 (180°) turn with flight to handstand on LB</p>			

# 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



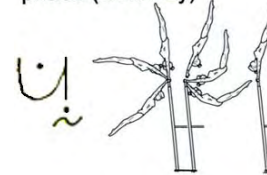
**C 4.303**

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)



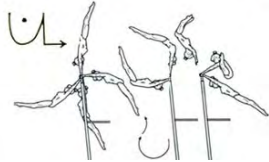
**E 4.502**

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)



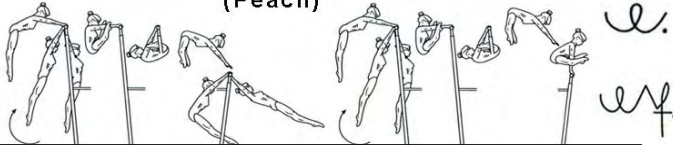
**E 4.505**

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



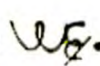
**B4.206**

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



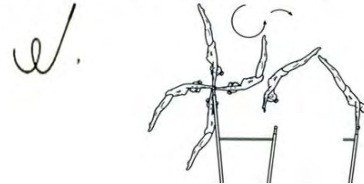
**C 4.306**

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)



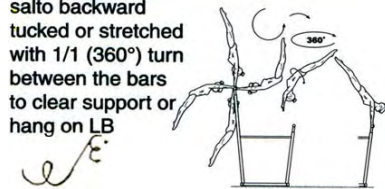
**D4.406**

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) (/Phillips/Bhardwaj)  
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



**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)

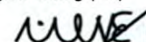


**D4.407**

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

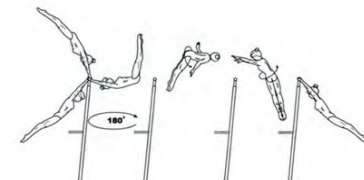


straddled-piked (Nyeste Salto) to hang on HB, also from one arm giant swing (Liu)



**D4.407**

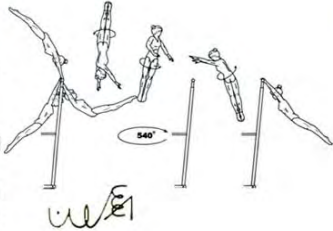
Piked (Geindler- Salto)



**GIANTS BACKWARD cont**

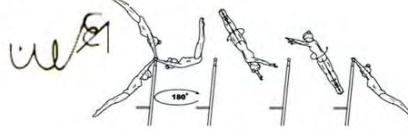
**E 4.507**

(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)

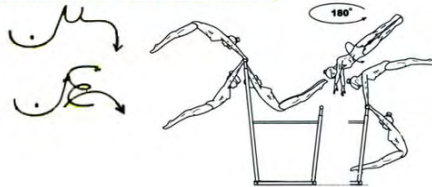


**BAILS**

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

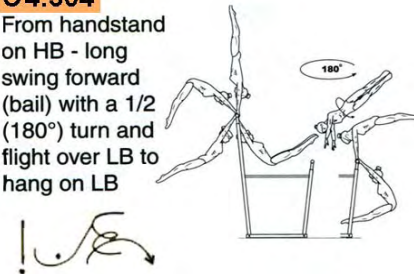
**B4.204**

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)



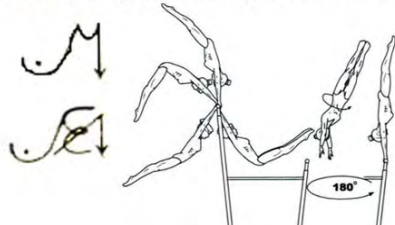
**C4.304**

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



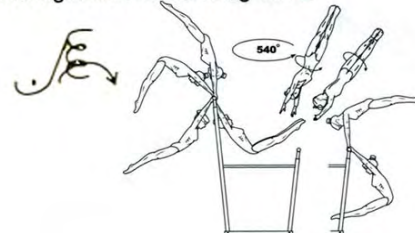
**D4.404**

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**

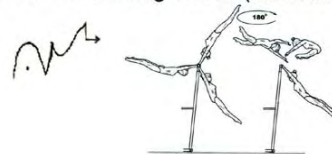
**C 5.306**

(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)



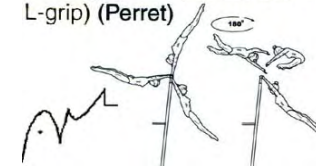
**D 5.406**

(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**

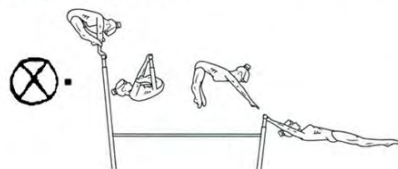
**B 6.201**

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



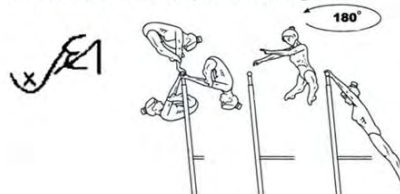
**B 6.202**

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



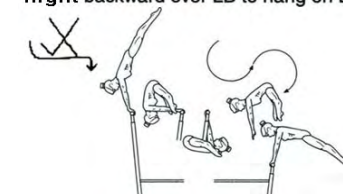
**B 6.202**

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



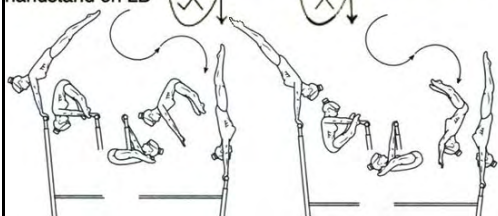
**C 6.302**

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



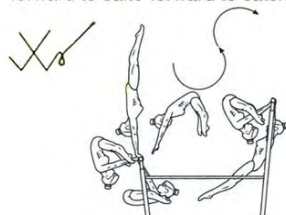
**D 6.402**

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



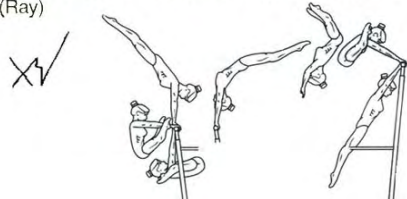
**E 6.505**

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



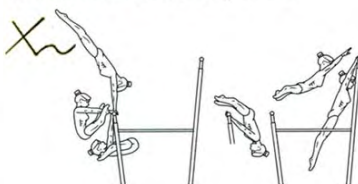
**C 6.305**

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



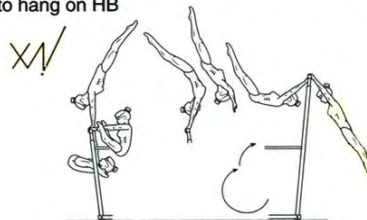
**C 6.305**

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



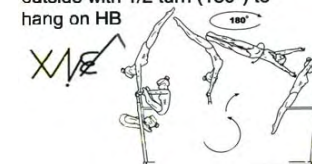
**D 6.405**

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

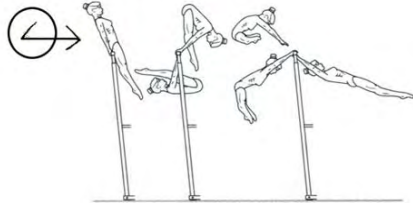
**C7.313** Clear pike circle back on LB, release and counter flight to hang or with hecht to HB

## STRADDLE CUTS

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

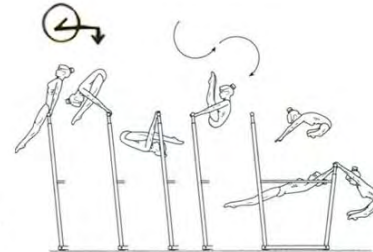
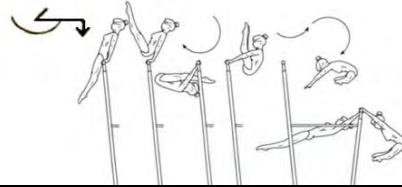
### B 7.205

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

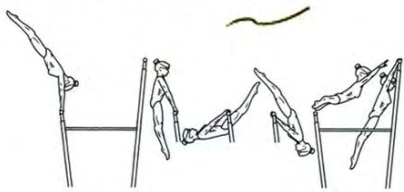


## HECHTS

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

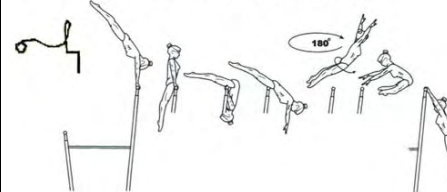


with 1/2 (180°) turn (legs together or straddled)



### 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)

