

| <b>B</b>                   | <b>I</b>                    | <b>N</b>          | <b>G</b>              | <b>O</b>                  |
|----------------------------|-----------------------------|-------------------|-----------------------|---------------------------|
| undershoot<br>1/1          | back hip<br>circle          | kip on<br>low bar | straddle<br>1/2 off   | single<br>leg<br>shoot up |
| glide<br>swing             | tap<br>swing                | squat on          | back hip<br>circle x2 | straddle<br>1/1 off       |
| straddle<br>off low<br>bar | undershoot<br>1/2           | <b>FREE</b>       | front hip<br>circle   | long<br>hang<br>pull over |
| pullover                   | straddle<br>off high<br>bar | single<br>leg kip | leg<br>shoot          | single<br>leg<br>swing up |
| leg cut                    | front mill                  | stem<br>rise      | undershoot<br>off     | kip on<br>high bar        |

| <b>B</b>          | <b>I</b>                  | <b>N</b>                   | <b>G</b>                  | <b>O</b>                    |
|-------------------|---------------------------|----------------------------|---------------------------|-----------------------------|
| undershoot<br>1/2 | back hip<br>circle x2     | straddle<br>1/2 off        | glide<br>swing            | squat on                    |
| kip on<br>low bar | undershoot<br>off         | single<br>leg<br>shoot up  | front mill                | straddle<br>1/1 off         |
| pullover          | front hip<br>circle       | <b>FREE</b>                | long<br>hang<br>pull over | back hip<br>circle          |
| leg<br>shoot      | stem<br>rise              | undershoot<br>1/1          | kip on<br>high bar        | straddle<br>off high<br>bar |
| single<br>leg kip | single<br>leg<br>swing up | straddle<br>off low<br>bar | tap<br>swing              | leg cut                     |

| <b>B</b>                   | <b>I</b>            | <b>N</b>              | <b>G</b>                    | <b>O</b>                  |
|----------------------------|---------------------|-----------------------|-----------------------------|---------------------------|
| front mill                 | stem<br>rise        | back hip<br>circle x2 | single<br>leg<br>swing up   | front hip<br>circle       |
| undershoot<br>1/1          | pullover            | single<br>leg kip     | tap<br>swing                | single<br>leg<br>shoot up |
| straddle<br>off low<br>bar | kip on<br>high bar  | <b>FREE</b>           | straddle<br>off high<br>bar | leg<br>shoot              |
| undershoot<br>1/2          | straddle<br>1/1 off | straddle<br>1/2 off   | undershoot<br>off           | kip on<br>low bar         |
| long<br>hang<br>pull over  | back hip<br>circle  | squat on              | glide<br>swing              | leg cut                   |