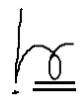
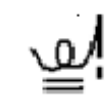



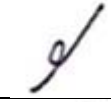
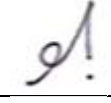
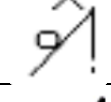
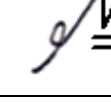

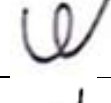
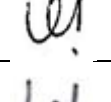
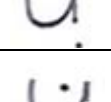

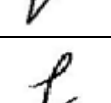
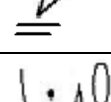
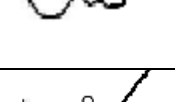



## WAG Gymnastic Symbols – Basic Practise Sheet No.1

Name	Symbol					
<b>Beam and Floor</b>						
handstand						
Back flip	∩					
Back walkover	∩ •					
Forward walkover	∩ •					
Cartwheel	X					
Round off	Y					
Handspring	∩ 					
Front salto	Y					
Back salto Tuck/pike/stre	∩ Y					
Back salto stretched	∩ 					
Back salto 1/1 twist tuck/stre	∩ Y					
Back salto 2/1 stretched	∩ 					
Back salto ½ twist tuck/stretched	∩ Y					
Split leap						
Split jump						
Split change	Z					
Jump 1/1	O					
Straight jump						
Wolf jump	W					
1/1 turn/ pivot	O					
2/1 turn	⊗					
1 ½ turn	⊗					
Forward roll	Y					

Handstand fwd roll						
Back roll to handstand						
Back roll to handstand 1/2 turn						
<b>BARS</b>						
Glide kip						
Long kip						
cast						
Cast handstand						
Cast handstand straddle						
Cast tuck on						
Back hip circle						
Clear circle						
Clear circle to handstand						
Giant circle						
Long swing						
Underswing dismount						
Toe shoot dismount						
Tuck flyaway dismount						
Stretched flyaway dismount						
Free choice!						