Principles of the shorthand system
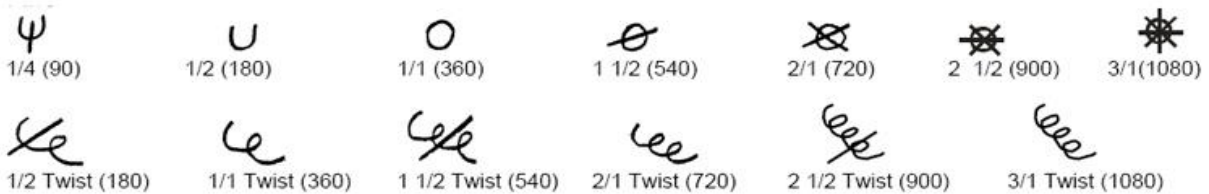
1. Body Position

Straight	straddle	pike	tuck	cossack

2. Location of the body

In the air = airborne

In support =

Landing in support = from airborne going to the floor

Jump from two feet / feet together =
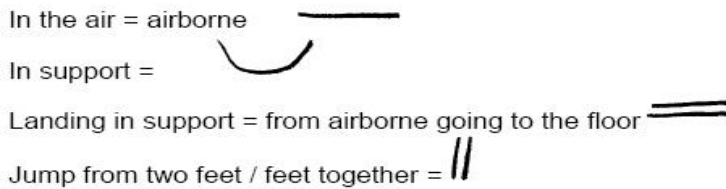
3. Look at the pattern on the floor (rotation)

1/4 (90)	1/2 (180)	1/1 (360)	1 1/2 (540)	2/1 (720)	2 1/2 (900)	3/1 (1080)

1/2 Twist (180)	1/1 Twist (360)	1 1/2 Twist (540)	2/1 Twist (720)	2 1/2 Twist (900)	3/1 Twist (1080)

4. To qualify the action with the body position the following symbols are used :

Switch	Straddle	Balance	Free, no support

One, using one arm or one leg (1 to the left of the symbol is leg or take off, 1 to the right of the symbol is the arm or landing) =

Hinge •   Lateral →
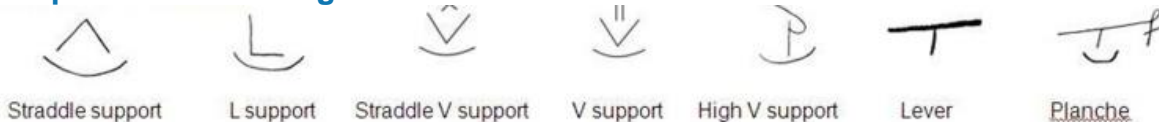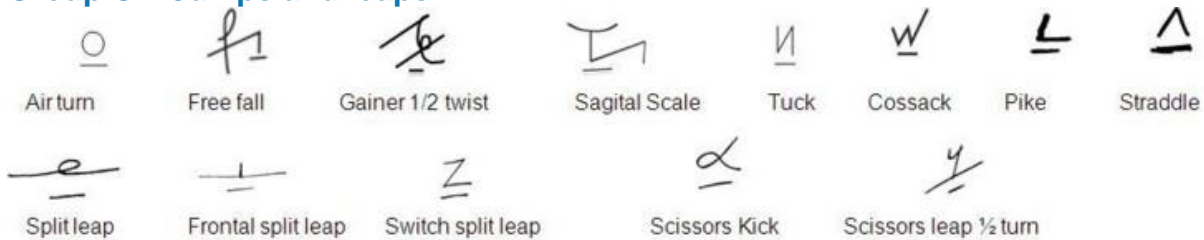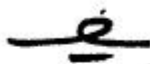
5. Symbols
Group A – Dynamic Strength

Push up	Plio Push up	Wenson PU	Straddle cut	Explosive A-Frame

High V	Double leg 1/1 circle	Flair	Helicopter

Group B – Static Strength

Straddle support	L support	Straddle V support	V support	High V support	Lever	Planche

Group C – Jumps and leaps

Air turn	Free fall	Gainer 1/2 twist	Sagital Scale	Tuck	Cossack	Pike	Straddle

Split leap	Frontal split leap	Switch split leap	Scissors Kick	Scissors leap ½ turn

Group D – Balance and Flexibility

Split	Frontal split	Vertical split	Turn	Sagittal balance	Balance 1/1 turn	Illusion	Free Illusion

Examples:

split leap

split jump

Free fall

straddle jump

scissors kick

pike jump

switch leap

Scissors leap 1/2 turn

Straddle leap

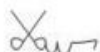1/2 twist to push up

1/2 twist to split

1/1 twist to push up

Gainer 1/2 twist to push up

Gainer 1 1/2 twist to pushup

Flair to Wenson

Helicopter to split

Straddle support 1/1 turn

Air turn to split

Straddle Jump to Push up

Pike Jump ½ twist to PU

Free Illusion to vertical split