

Balance Beam – Group 6 & Group 7 (Rolls, Walkovers, Cartwheels)

1. Shoulder roll forward with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

2. From clear straddle support - swing backward to handstand - walkover forward

A Value Part D Value Part

B Value Part E Value Part

C Value Part

3. Walkover forward with support of one arm

A Value Part D Value Part

B Value Part E Value Part

C Value Part

4. Cartwheel with flight phase before hand support

A Value Part D Value Part

B Value Part E Value Part

C Value Part

5. Aerial cartwheel with switch of legs-take-off and land on same leg (Baudhuin)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

6. From extended tuck sit-walkover backwark with support on one arm

A Value Part D Value Part

B Value Part E Value Part

C Value Part

7. Flick-flac with step-out, with support on one arm

A Value Part D Value Part

B Value Part E Value Part

C Value Part

8. Flick-flac with step-out from side position (Tousek)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

9. Flick-flac with support on one arm with legs together, landing on both legs in stand

A Value Part D Value Part

B Value Part E Value Part

C Value Part

10. Flic-flac with tucking and stretching of hips in flight phase with swing down to cross straddle-sit (Chen Flic)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

11. All flic-flac variation with high flight phase, and swing down to cross straddle sit (Korbu flic-flac)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

12. Flic-flac with $\frac{3}{4}$ (270*) twist to side handstand (No hold required) (Omelianchik)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

13. Flic-flac from side position to front support

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

14. Flic-flac from side position to front support with hip circle backward

A. A Value Part

D. D Value Part

B. B Value Part

E. E Value Part

C. C Value Part

15 Cartwheel with 1/1 - 2/1 (360*-720) turn in handstand

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

16. From extended tuck sit - walkover backward with 1/1 (360*) turn - $\frac{1}{2}$ (180*) turn in hand-stand on one arm, second $\frac{1}{2}$ (180*) turn with late support of second arm (Diamidov)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

17. Walkover backward in side position to side stand

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

18. Aerial round-off, landing on both legs

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

19. Aerial cartwheel to an immediate scale with back leg maintained a minimum of horizontal for 2 sec.)(Peko)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

20. Aerial cartwheel, also from stand on one leg-swing free leg through backward.

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

21. Aerial walkover forward to land on two feet
(Davidson)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

EXTRA CREDIT:
Submit the Code of
Points page #,
Element Number and
short-hand symbol
for each skill.

22. Aerial walkover forward passing free leg
backward to finish in a scale (leg horizontal or
above) (2sec)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

23. (aerial) walkover forward

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

24. Roll backward to handstand

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Free shoulder roll forward with straightening to
tuck stand or stand without hand support
(Garrison)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

ANSWER KEY – GROUP 6 & 7 (Rolls, Walkovers, Cartwheels)

#	Correct Value Part	Element #	Page #	Symbol
1	B Value Part	6.201	73	
2	B Value Part	7.201	77	
3	B Value Part	7.201	77	
4	B Value Part	7.203	78	
5	E Value Part	7.503	78	
6	B Value Part	7.206	80	
7	C Value Part	7.308	81	
8	D Value Part	7.409	82	
9	C Value Part	7.310	83	
10	C Value Part	7.312	84	
11	B Value Part	7.212	84	
12	E Value Part	7.510	83	
13	C Value Part	7.309	82	
14	C Value Part	7.309	82	
15	C Value Part	7.307	81	
16	C Value Part	7.306	80	
17	C Value Part	7.304	79	
18	E Value Part	7.503	78	
19	E Value Part	7.503	78	
20	D Value Part	7.403	78	
21	E Value Part	7.502	77	
22	E Value Part	7.502	77	
23	D Value Part	7.402	77	
24	B Value Part	6.204	75	
25	C Value Part	6.302	74	