

22 'Cartwheel mount'

to BW seat on NK

S



23 'Rollmops'

roll-down from shoulderstand with  
touch-down and immediate roll mount

(S)



## Partner mounts

24(a) Double mount  
(b)  
(illustrated a)

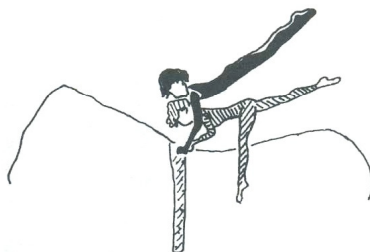
from INS  
from OUT

M  
S



- 25 Mount under flank to sitting

M



- 26 Pass Diep mount from sitting

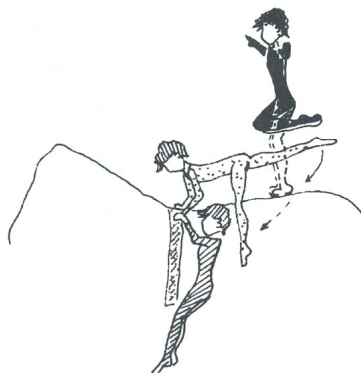
M



- 27 'Skip' mount under free jump  
 (a) to seat astride  
 (b) to outside seat  
 (illustrated a)

E

M

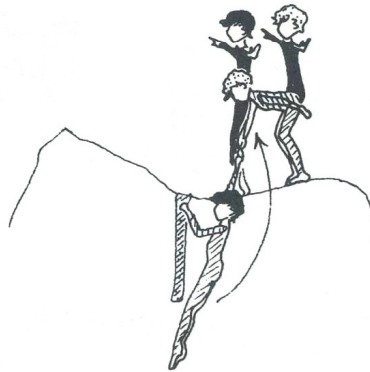


28(a) ass MT by standing  
(b)

into sitting  
into kneeling/standing

E

M



29 ass MT from BW stand into kneel/standing

(S)



30 Mount under swing into high handstand (depends on height M/s)



- 31 Mount into supp handstand

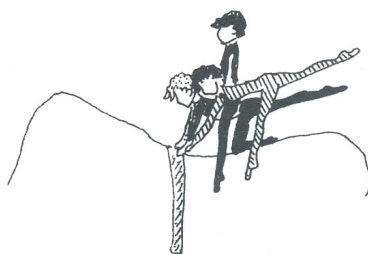
S



- 32(a) Mount onto bench/flag, assisted  
(b) not assisted

(M)

M

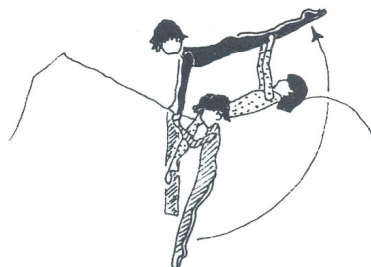


- 33 Mount into 'Hanging spider'  
(not illustrated, compare drawing no. 150)

(S)

- 34 Mount into wheelbarrow over supine

S

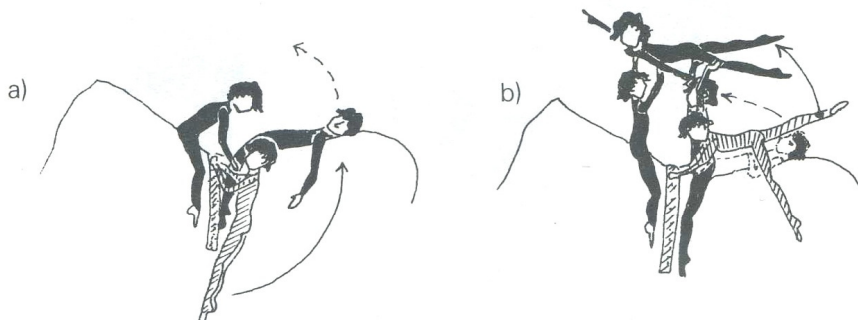


- 35 Mount into wheelbarrow over supine w/immediate tilt-up into handstand

S



- 36 Mount into rocket angel (flyer)  
 (a) over reclining partner  
 (b) direct

S  
(X)

- 37 ass sim Scissor mount from INS and OUT

(S)



- 38 Direct mount into 'Zigzag' (s)



- 39 'Peak mount' with suspension in the air (s)



- 40 Pass Roll mount by standing FW/BW/SW s



- 41      ass Roll MT into sw belly lie under sw stand

(x)



## Single dismounts

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- 42      fw 'push-away' w/suspension in air (also assisted)

E



- 43      BW 'push-away'

E

