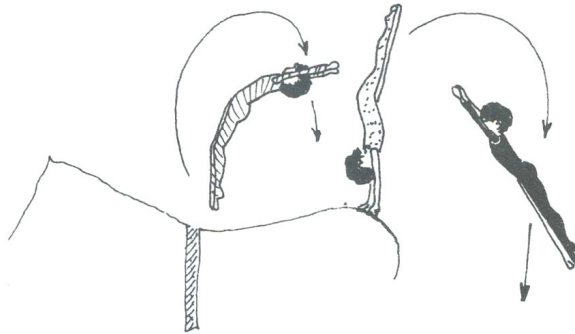


63 Flic-Flac off

(x)



64 Salto off, straight or tucked FW/BW

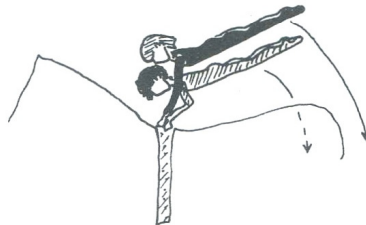
(x) s



Partner dismounts

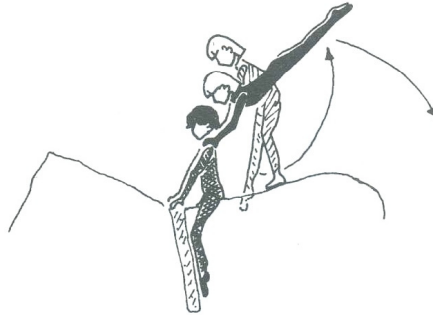
65 Double flank-off

M



66 'High handstand off' (over shoulders of sitting)

M



67(a) Jump-through off

FW over 1 or 2 sitting partners

M

(b)

BW over 1 or 2 sitting partners

S

(c)

FW/BW over kneeling partners

S

(illustrated a)



68 supp straddle jump off

M



- 69(a) Squat vault jump over sw stir arabesque
 (b) Squat through or straddle over sw stir arabesque
 (illustrated b)

M

S



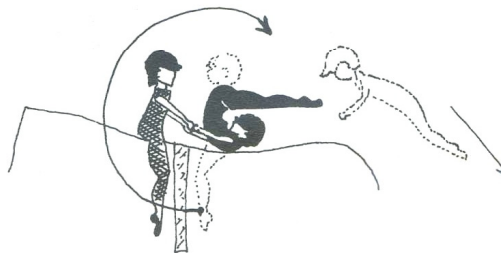
- 70 ass Cartwheel off

(M)



- 71 ass Roll-off dismount (with high push off)

(M)



- 72 Back roll-off over supine partner (high push off)

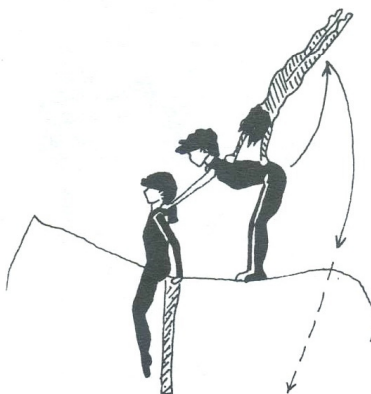
(M)



- 73(a) Vault off
(b)
(illustrated b)

from cross lie on bench
from cross lie on high bench

M
S



- 74 Underswing from high bench over BK

M



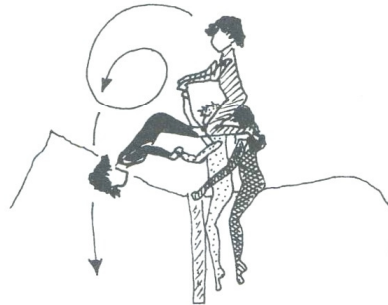
- 75 Roll-off from high bench

(M)



- 76 Straight arm roll from shoulders

M



- 77 'Star DMT': Tucked/piked straight arm flip-through

S



- 78 sim Salto off FW and BW

(S)

