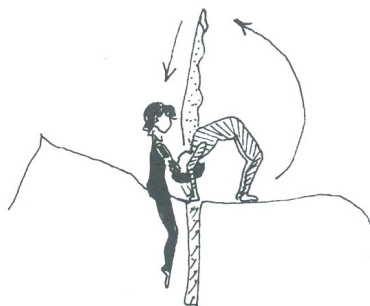


106 'Kick-over' from bridge to BW seat on NK

(s)



Partner transitions

107 'Musical chairs'

(a) sitting turns

$\frac{1}{2}$ turn

E

(b)

$\frac{3}{4}$ turn

M

(c)

full turn

S

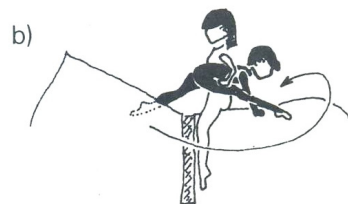
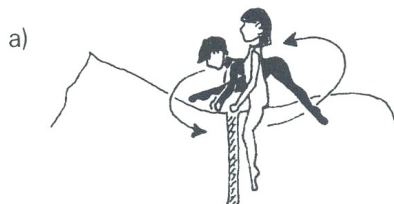
(illustrated b)



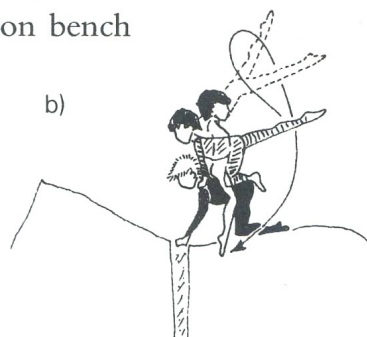
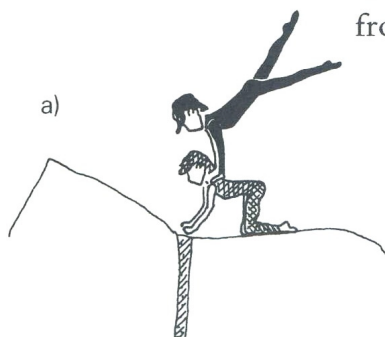
108 The 'flea'

(swing around partner) from FW seat behind partner to BW seat on NK and vice versa

E



- 109(a) $\frac{1}{2}$ scissors to BW seat on bench M
 (b) on high bench S
 (c) from flag on bench M



- 110 'Jack knife' from high handstand onto high bench S



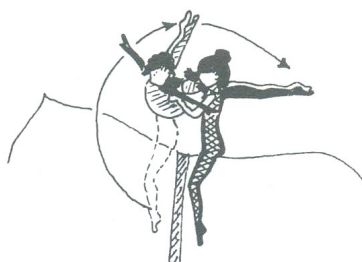
- 111 Jump-through to standing/sitting
- (a) FW over 1 or 2 sitting partners M
 (b) BW over 1 or 2 sitting partners (M) S
 (c) straddle jump FW over sitting M
 (d) jump over kneeling S
 (e) jump over standing partner (X)



112 Roll from or to shoulder lie

- (a) supporting partner sits
(b) support kneels or stands

M
S



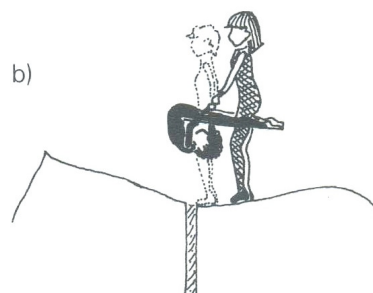
113 'Rock 'n Roll'

(x) S

a)

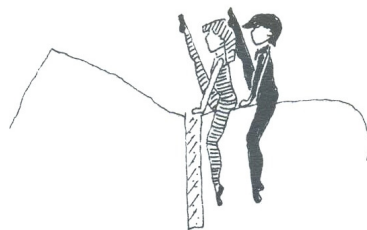


b)



114 Double mill

S



115 Double scissors

(if also BW: x)

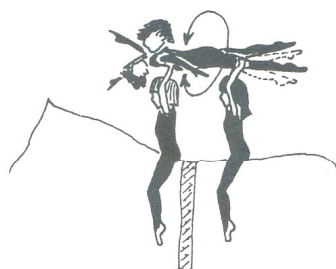
S



116 Turn flyer fw/sw

(without coming down)
(from standing)s
(x)

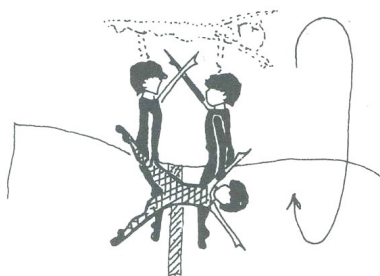
117 'Flying pancake flip'

(rotating flyer UP and DN)
(from standing)s
(x)

118 'The dump'

(roll down from flyer and suspend)

(s)



- 119 'Flying cartwheel' (suspended and turned by partners) (s)
(depends on scope) (x)



Seats single and combined

- 120 'Taylor' seat

- | | | |
|-----------------|---------------|---|
| (a) | FW/BW holding | E |
| (b) | FW free | M |
| (c) | BW free | S |
| (illustrated b) | | |

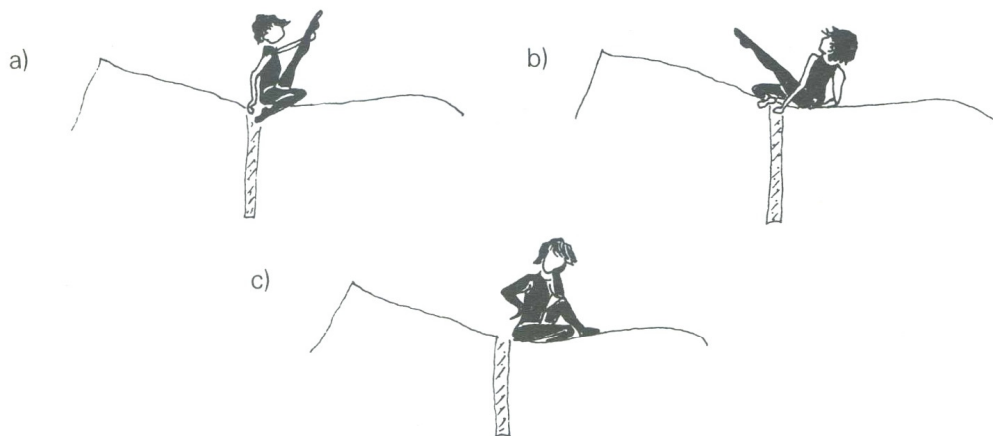


- 121 'Ballerina seat'

- | | | |
|-----------------|----------------------------------|-----|
| (a) | (straddle seat one leg extended) | E |
| (b) | FW holding | M |
| (c) | FW free and BW holding | (M) |
| (illustrated a) | BW free | |



- 122 'Lorelei' all dir (sit on heel, one leg extended) (E)
 (a) holding (E)
 (b) free M
 (c) 'the thinker' (S)



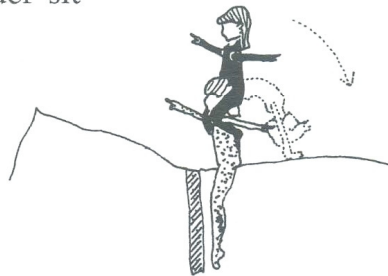
- 123 Full splits, all directions (M)
 (a) holding w/both hands (M)
 (b) holding w/one hand S



- 124 Basic seat combinations FW/BW/sw, double, triple E

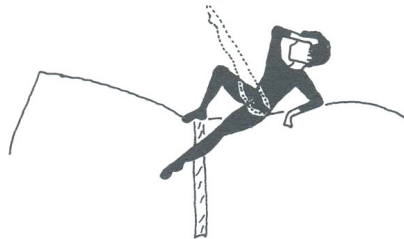


- 125(a) Shoulder sit on sitting partner E
(b) bridge from shoulder sit (M)



Lying exercises

- 126 'Siesta' (reclining on arm) (M)



- 127 'Cross lie' on BK (sw lie on belly or back)
(a) holding w/one hand M
(b) free S
(illustrated b)



- 128(a) Cross lie on NK holding w/both hands M
(b) holding w/one hand S
(illustrated b)

