

151 'Hangman'

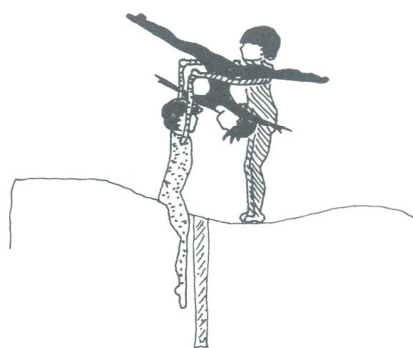
(s)



152 'High hangman'

free on interlocked arms

(x)

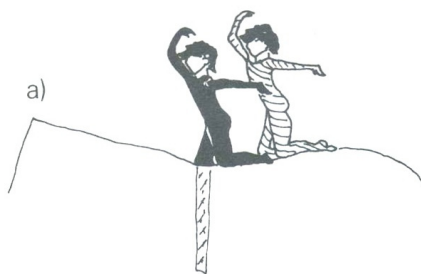


## Kneeling exercises

153(a) Pair kneel  
(b)

FW free  
BW free

E  
M



154 'Look-out'

free

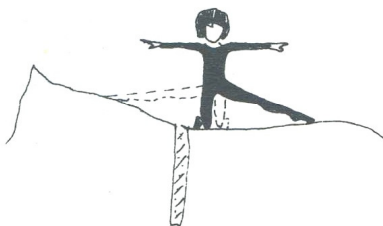
(s)



155 'sw Sady'

INS/OUT, foot on NK or BK, free

S



156(a) 'FW sign post'

bench FW w/leg &amp; arm extended sw

M

(b)

same BW

S

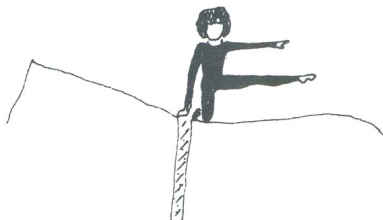
(illustrated a)



157 'sw sign post'

holding w/one hand

S



158(a) 'High sign post'

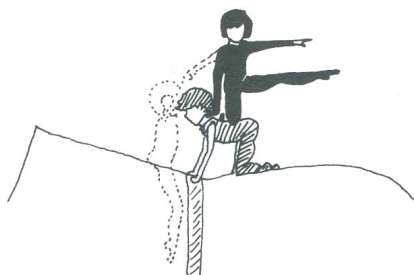
on bench, also ass  
one hand, on high bench

S

(b)

(x)

(illustrated a)



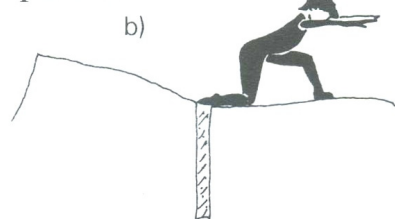
- 159 'Hunter kneel' knee stand, all directions  
 (a) standing leg in stir E  
 (b) standing leg not in stir M



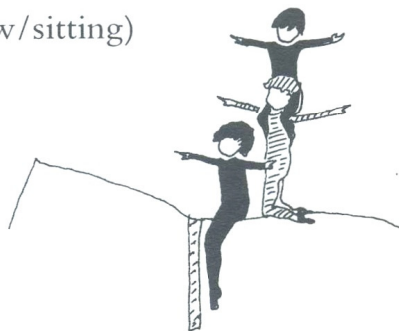
- 160 'Cha-Cha-Cha' interlocked hunter kneel (M)



- 161(a) Prince seat FW, also double E  
 (b) BW, free with lean M  
 (c) dbl sw princes S



- 162 Shouldersit on kneel (w/sitting) M



## Benches

- 163(a) Sitting on bench (or flag) FW/BW  
(b) on high bench

E  
M

a)



b)



- 164(a) 'Lorelei' on bench  
(b)  
(illustrated a)

FW  
BW

M  
S



- 165 Crosslie on bench,  
(a)  
(b)  
(illustrated b)

all directions  
holding w/one hand  
free

M  
S

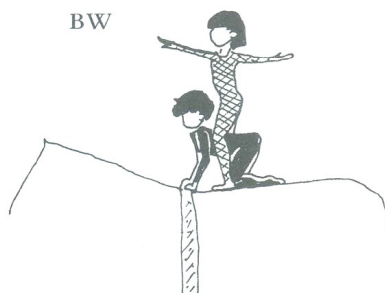


- 166 Candle on bench

M



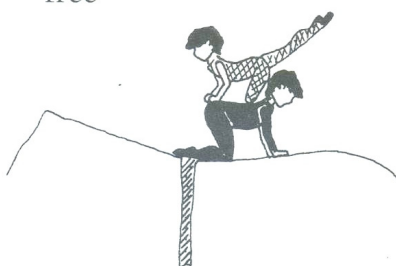
- 167(a) Stand over bench FW E  
 (b) FW stand over flag or BW over bench M  
 (c) BW S  
 (illustrated a)



- 168(a) Kneeling on bench FW M  
 (b) BW M  
 (illustrated b)



- 169(a) Flag FW/BW on bench holding (BW or opp: M) E  
 (b) free M  
 (illustrated a)

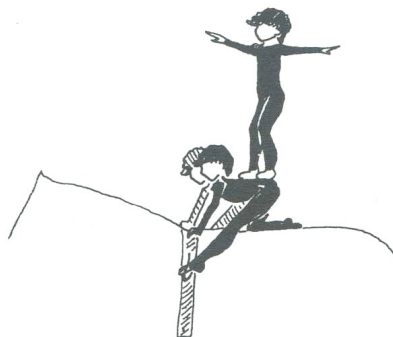


- 170 Stand on bench S



171 Hungarian Post

S



172 'Limp flag' on high bench, free

(M)

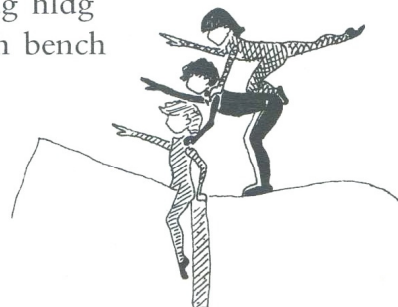


173(a) Sitting FW/BW and high bench, flag hldg  
 (b) Kneel and other variations on high bench  
 (c) all exercises free on high bench  
 (illustrated c)

M

S

S



174 Stands on high bench  
 (Shoulder hang on high bench see exercise no. 275)

S

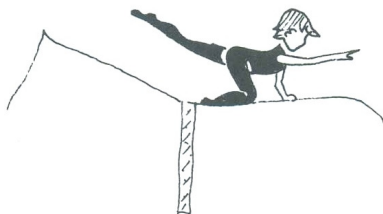


## Flags

175(a) BW flag on croup  
(b)  
(illustrated b)

holding  
free

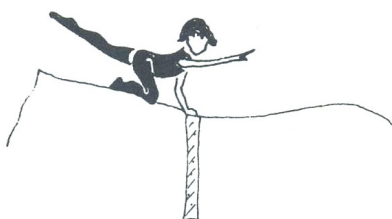
E  
M



176(a) BW flag on neck  
(b)  
(illustrated b)

holding  
free

E  
M



177(a) Cross flag  
(b)  
(illustrated b)

1 hand on grip, other on BK  
free

E  
M



178(a) Doubled-up flag  
(b)  
(illustrated b)

both holding  
both free

E  
M



179(a) '2 × flag'  
(b)  
(illustrated a)

holding  
on NK free, both free

M  
S



180(a) Crossed flags  
(b)  
(illustrated a)

holding  
both free

M  
S



181(a) BW double flag  
(b)  
(illustrated b)

holding  
on NK free, both free

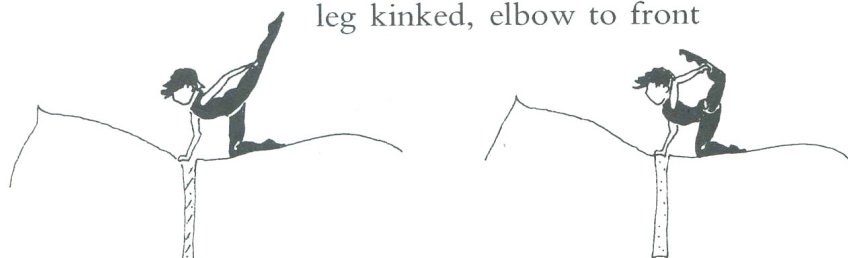
M  
S



182(a) Bielman flag  
(b)

straight, elbow to back  
leg kinked, elbow to front

S  
S





183 BW stand over BW bench or flag

S



184(a) 'Dbl Decker flag'

both holding

M

(b)

one/both free

S

(c)

BW, holding

S

(d)

facing opposite ways

S

(illustrated b)



185 Triple flag

flag and arabesque, all directions

M

(a)

holding

S

(b)

all one arm

(illustrated b)



- |                       |                             |     |
|-----------------------|-----------------------------|-----|
| 186(a) Shoulder flag  | FW/BW on two partners, hldg | (E) |
| (b) Same free         |                             | M   |
| (c)                   | on one partner, hldg        | M   |
| (d)                   | on one partner, free        | S   |
| (illustrated b and c) |                             |     |



- 187 'Babysitter flag'

(S)



- 188 Lifted flag

(S)

