

Arabesques

- 245(a) Stir arab
 (b)
 (c)
 (illustrated c)

FW/BW/sw hldg
 all dir one hand
 free

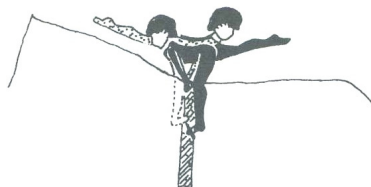
E
 M
 S



- 246(a) '2 × stir arab'
 (b)
 (c)
 (illustrated a)

hldg
 one hand each
 free

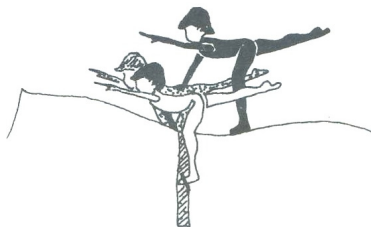
E
 M
 S



- 247(a) Triple arab
 (b)
 (illustrated b)

all directions, hldg
 all one hand

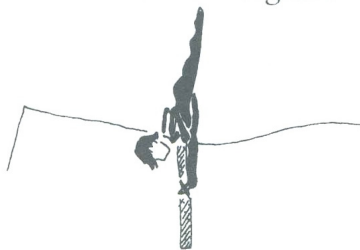
M
 S



- 248 Stir needle

full 180 degrees

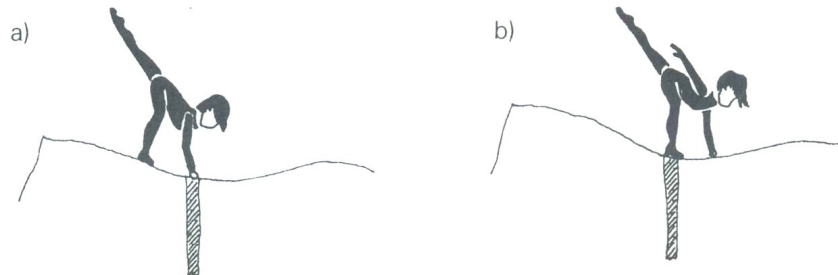
M



- | | | |
|-------------------|----------|---|
| 249(a) Arab on BK | hldg | E |
| (b) | one hand | M |
| (c) | free | S |
| (illustrated a) | | |



- | | | |
|----------------|------------------------------|---|
| 250(a) BW arab | on NK or surcingle, hldg | M |
| (b) | on NK or surcingle, one hand | S |



- | | | |
|--------------------|--------------------------------|---|
| 251(a) ass BW arab | on NK, supp from sitting, hldg | E |
| (b) | same w/one arm | M |
| (c) | same free | S |
| (illustrated a) | | |



- 252(a) '2 × arab'
 (b)
 (illustrated b)

on BK and NK, hldg
 on BK and NK, one hand each

M
 S



- 253 Flag and arab on BK or NK

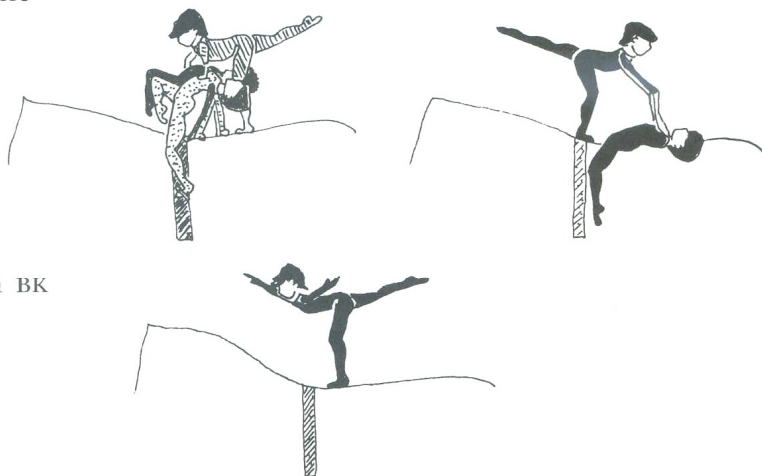
- (a) both hldg
 (b) FW one free one arm
 (c) both FW, free one arm each
 (d) both BW or opp, one or both free one arm
 (illustrated d)

E
 M
 M
 S



- 254(a) 'Dbl coathanger' and arab
 (b) arab on supine

(s)
 (s)



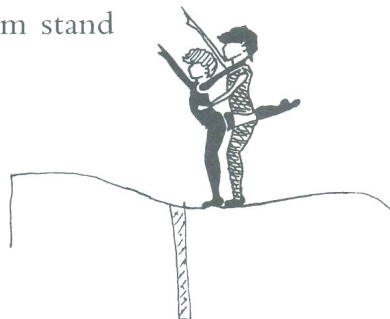
- 255 Free arab on BK

S



256 ass free arab on BK from stand

(s)



257 Straddle shoulderstand and arab, hldg or free

s



258(a) Shoulder arab
(b)

on two sitting, hldg
on one, or free

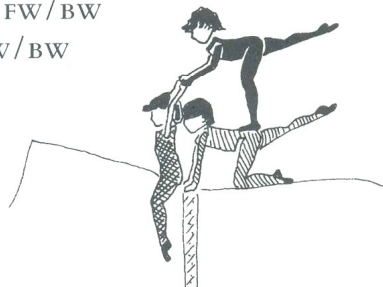
M
S



259(a) ass arab
(b)
(illustrated b)

on bench, FW/BW
on flag, FW/BW

M
S



260(a) 'High cross arab'

on interlocked arms, both hldg
same one hand

(M)

(b)

(S)

(illustrated a)



261 'High fw arab' on arms

(S)



262 'Dbl decker arab'

(S)



263 Stir Bielman arab

kinked leg, elbow to front

S



264 Double Bielman

(s)



265 'Superhigh Bielman' on high bench

(s)

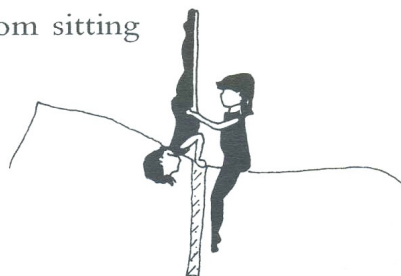


Shoulderstands/hangs

266 Ass shoulderstand

from sitting

E



267(a) Shoulderstand

FW/BW, both hands

(M)

(b)

all dir one hand

S

(illustrated a)

