

264 Double Bielman

(s)



265 'Superhigh Bielman' on high bench

(s)

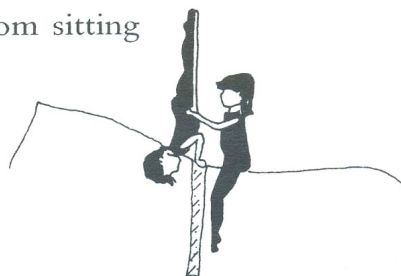


## Shoulderstands/hangs

266 Ass shoulderstand

from sitting

E



267(a) Shoulderstand

FW/BW, both hands

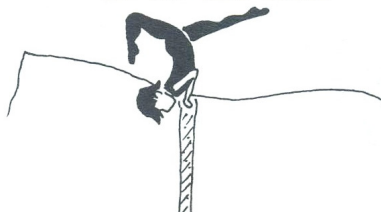
(M)

(b)

all dir one hand

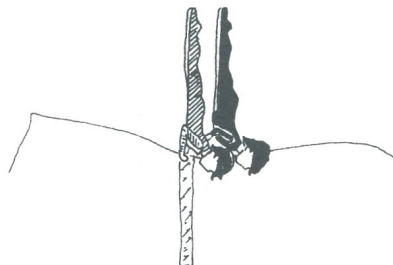
S

(illustrated a)



268 Double shoulderstand

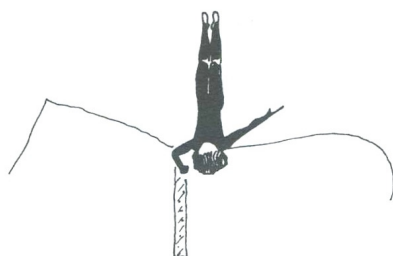
S



269 'High candle'

facing away from horse,  
both or one hand

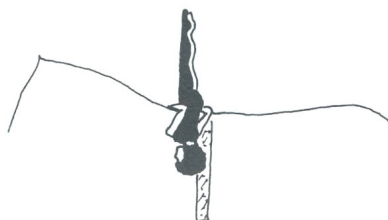
(S)



270 Shoulderhang

FW/BW

M



271(a) 'The Jester'

SW

M

(b) Double sw sh.hang

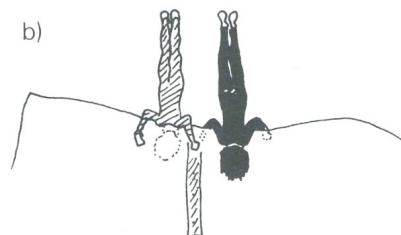
(also direct mount into!)

(S)

a)



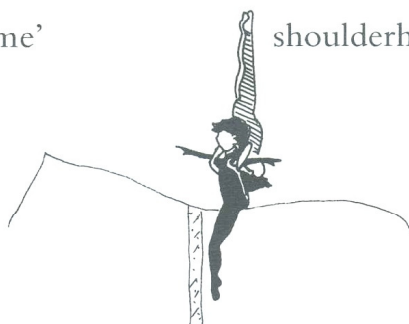
b)



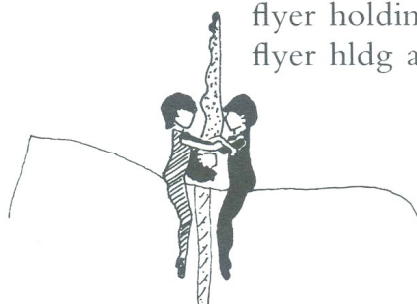
272 'Extrovert' sw and i/o (s)



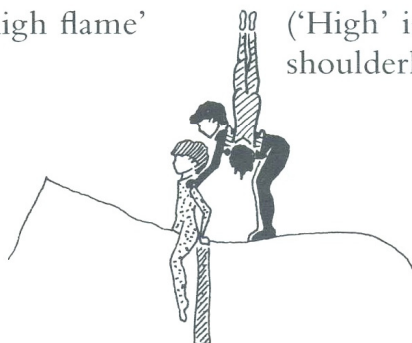
273 'The flame' shoulderhang on sitting person s



274 'Doubled flame' (parallel bar stand)  
 (a) flyer holding grips M  
 (b) flyer hldg arms of partners S  
 (illustrated b)



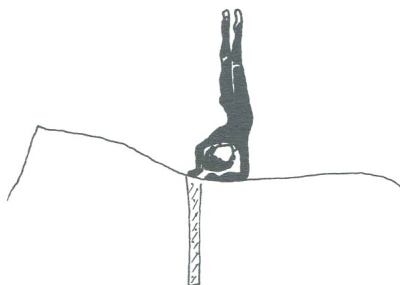
275 'Superhigh flame' ('High' is shoulderstand on bench)  
 shoulderhang on high bench s



## Handstands

276 'Elbow stand'

(s)



277 Ass handstand  
FW/BW

Supp from FW seat

(a)

supp with both hands, on both hands

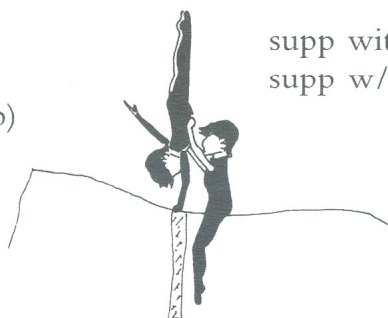
M

(b)

supp w/one hand, or on one hand

S

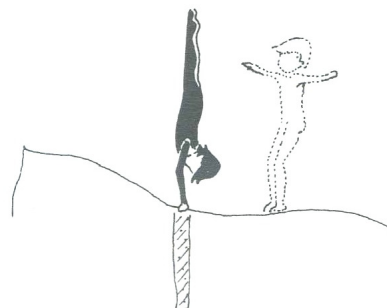
(illustrated b)



278 Free handstand

FW/BW/SW

S



279 BW handstand

supp from BW seat

(a)

on BK or grips

M

(b)

held w/one hand/or on one hand

S

(illustrated a)



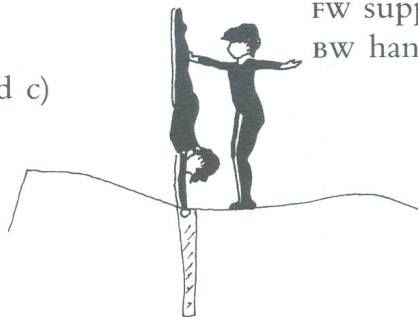
- 280 BW handstand on CP supp from FW seat S



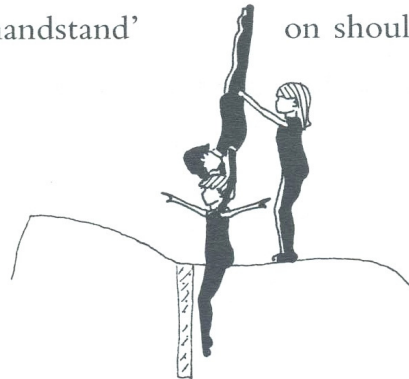
- 281 'vw' sw handstand supp by one partner or by two partners w/one hand each (s)



- 282 Handstand supp from standing
- (a) FW on grips from FW stand M
  - (b) FW supp w/one hand, or on one hand S
  - (c) BW handstand, from FW stand S
  - (illustrated c)



- 283 'High handstand' on shoulders of sitting, from stand S



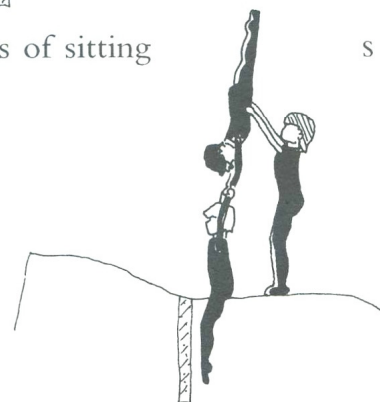
- 284 Handstand on parallel bars, all directions

(s)



- 285 'Superhigh handstand' supp on extended arms of sitting

s



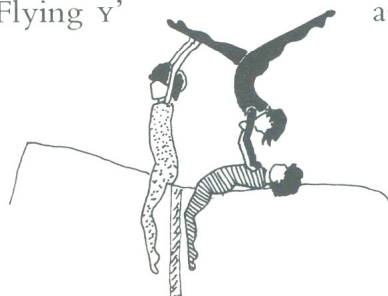
- 286 Handstand on knees of standing

(s)

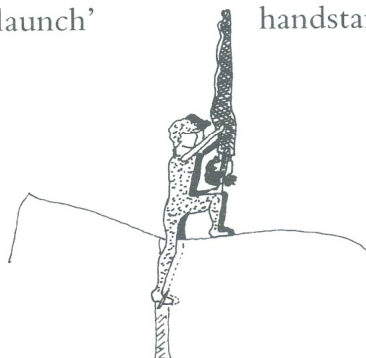


- 287 'Flying Y' ass handstand on supine, all dir

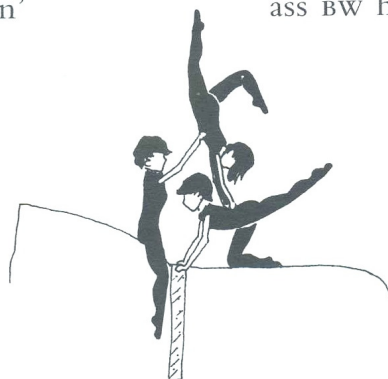
(s)



- 288 'Rocket launch' handstand on knees of stir hunter (s)



- 289 'Harlekin' ass BW handstand on FW flag M



## Lifts

- 290 'Flying handstand' lifted by shoulders on extended arms from sitting, supp by standing s

