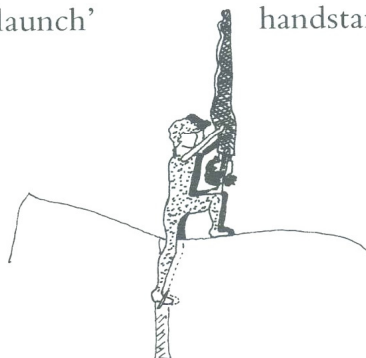
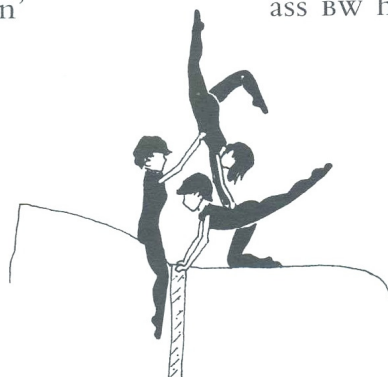


- 288 'Rocket launch' handstand on knees of stir hunter (s)

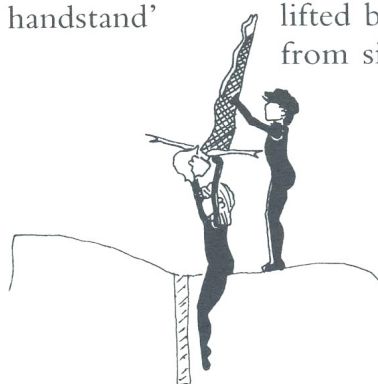


- 289 'Harlekin' ass BW handstand on FW flag M

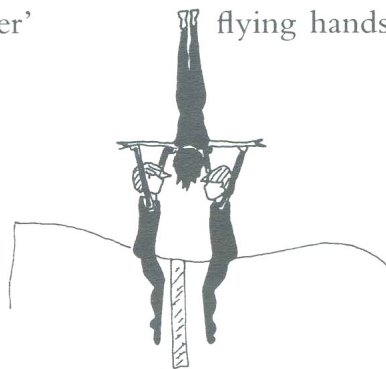


## Lifts

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



- 291 'Eiffel Tower' flying handstand lifted by arms only (s)



- 292 'Highchair' sitting flyer



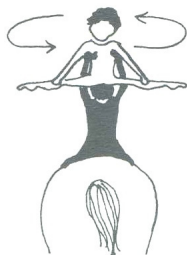
s

- 293 'Exhibit'

(a)

(b)

(illustrated a)



lifted at armpits, free split 180  
from sitting  
same from standing

(M)

(s)

- 294 fw 'shoulder split'

(a)

(b)

(illustrated b)

supp by two sitting partners  
held by body or arms  
held by legs only

M

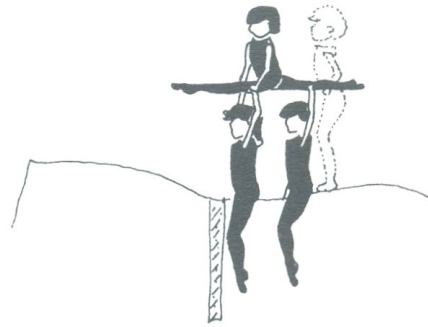
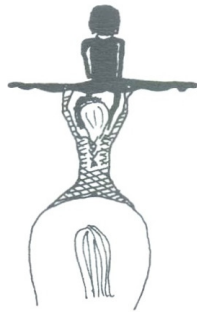
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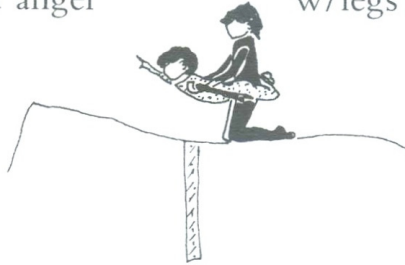
- 295 fw shoulder split on one sitting, one supine partner (s)



- 296(a) 'Lifted split' FW/BW/SW lifted by two sitting or one sitting/one standing partner (s)



- 297 'Carried angel' w/legs 'locked' supp from kneeling M



- 298(a) 'Carried angel' with legs locked and sitting partner in front (as triple exercise)

M

- (b) with legs extended (resting on hips)

S

- (c) crosswise to the horse

S

- (illustrated b)



- |                         |   |       |
|-------------------------|---|-------|
| 299(a) 'Rocket angel'   | flyer lifted on extended arms, all directions | (M) s |
| (b) 'High rocket'       | supp. from kneeling                           | s     |
| (c) 'Super high rocket' | supp. from standing                           | (x)   |



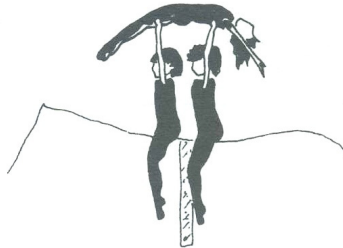
- |              |                                |     |
|--------------|--------------------------------|-----|
| 300 'Spider' | lifted from BW and FW seat, SW | (M) |
|--------------|--------------------------------|-----|



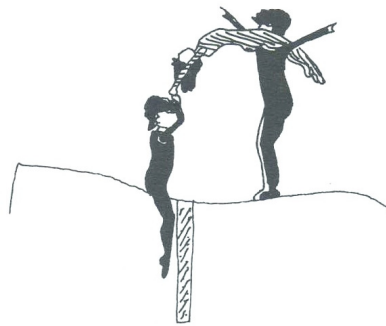
- |                 |                    |     |
|-----------------|--------------------|-----|
| 301 'The diver' | free balanced lift | (s) |
|-----------------|--------------------|-----|



- 302 'Draped lift' UPS flyer, bent back, all dir (M)



- 303 'High draped lift' from sitting and standing (S)



- 304 'Keyhole' from sitting and supine (S)



# Glossary

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- abbreviations TR = transition; MT = mount; DMT = dismount; arab = arabesque
- CP = croup; BK = back; NK = neck (the horse's); SH = shoulder (a partner's); stir = stirrup
- BW = backward; FW = forward; SW = sideways; INS = inside; OUT = outside (referring to the centre of the vaulting circle regardless of direction); DN = down; UPS = upside down; I/O = inside out; REV = reverse; OPP = opposite; DIR = direction
- hldg = holding; fr = free; ass = assisted; supp = supported; extd = extended; hi = high; sp hi = superhigh; crd = carried (held at mid point of body); w/ = with; dbl = double; 2 X = same exercise mirror image; dbl decker = stacked exercise; sim = simultaneous
- alignment parallelism of the limbs to the plane appropriate to the exercise
- 'angel' by 'angel' exercises we generally mean an element where the flyer is fully supported in a horizontal position by his partners and without direct contact with the horse. These exercises are technically described as flyers
- arabesque 'standing flag': vaulter stands on one foot, other leg is held free away from the horse
- blanket dimensions of a vaulting blanket: extending 10 to 15 cm max. in front of the surcingle, max. 70 cm behind. No wider than 90 cm measured from side to side
- bridge exercise where vaulter pushes up to support on both arms and legs from supine position, back rounded. Support on one leg is possible
- bridle allowable snaffles are: single-jointed loose-ring snaffle with round mouth piece; simple egg-butt snaffle with round, single-jointed mouth piece; simple D-ring snaffle with single jointed round mouth piece; straight-bar/mullen mouth snaffle with round mouth piece. All mouthpieces to be 14 mm minimum thickness at corners



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- bench position where the upper body is horizontal and the lower legs or feet (in high bench) lie or stand on the contact surface
- candle exercise where the vaulter lies on his back with both legs extended into the air, hip at right angle
- cavesson lunging cavesson: strong noseband with a jointed metal nose piece, well padded all around with a metal ring in the centre and two side rings. Some cavessons have nosebands with two joints and no padding at the back; these fit under the bit as a drop noseband. Only cavessons with a padded back-strap to the noseband should be worn above the bit as a cavesson noseband. The lunge line is fitted to the cavesson rather than the bit of the bridle
- chambon kind of running rein from the bit via 'earrings', so the horse feels pressure on top of the head when in the wrong position. See drawings on page 41
- composition arrangement of elements in artistic form
- compulsories the six basic exercises (seat, flag, mill – scissors, stand, flank) which are precisely defined and prescribed for competition
- continuity smooth connection or uninterrupted flow in the entire composition
- difficulty of execution the relative difficulty of an exercise increased or decreased by the mechanics or degree of scope in the execution
- 'double decker' all exercises where two partners perform the same move on top of each other. Can be a double exercise (see no. 184) or triple (see no. 212) depending on the nature of the exercise
- dynamic exercise an exercise which consists of movement, such as swings, rolls, jumps etc.
- elevation height of the legs off the horse
- essence intent or purpose of exercise (what are we trying to prove? what is the value of this exercise?). The most important aspect of an exercise
- extension straightness of the arms during flight exercises
- flag element where one leg is held free while in a (low) bench position. Sometimes also called 'flare'
- flight dynamic passage through the air as the result of a vigorous swing or kick. Flight is an essential element in the achievement of extension
- flyer a vaulter supported fully by his partners, the 'undermen'. Standing flag positions, are also sometimes called flyer (as a translation from the German 'Flieger'), although this position is technically an arabesque

form	posture and stretch of the body, stretch and straightness of the limbs and extremities, correct position of the hands, feet, head
hangs	exercises in which the shoulders are below the point of support
height	usually means height off the horse
kneel	elements where one or both lower legs lie on a contact surface, with the hip joints straight
kur	a freestyle exercise or composition thereof. May be performed, invented, combined at the vaulter's discretion
lunging	the skill of controlling and directing the performance of the horse via a lunge rein with the aid of a lunge whip
lunging whip	with thong long enough to reach the hock of the horse
lunge rein	or lunge line, affixed to the bridle and held by the lunger in the centre of the circle. Should be at least 7 metres long to allow for a prescribed lunging circle of 13 m diameter
lying exercises	elements in which the body is stretched out in an almost horizontal position
mechanics	correct position and arrangement of body parts to fulfil the criteria of an exercise as defined and described. Note: height and straightness of arm and leg and duration of exercise are <i>not</i> mechanics. Sufficient deviation from outline <i>is</i> a matter of mechanics
needle	standing position on one foot with upper body extended down onto one leg and legs in full split position
off centre	placement of vaulter's body weight other than centred over the horse's spine (usually to the outside)
originality	use of unusual or new exercises or combinations
<i>pas-de-deux</i>	exercises performed by two vaulters together as a pair
polish	extra smoothness and style
rolls	exercises which contain a rotation around the side axis of the body, with the body bent and rounded
scope	height, width and stretch of extremities
shoulderhang	vertical up-side-down hanging exercise supported by arms and with hip joints straight



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- shoulderstand vertical up-side-down element with support of arms and on one or two shoulders, hip joints straight
- side reins with rubber ring inserts for give, fixed to the surcingle and the ring of the bridle (see illustration page 39). All types of running reins are prohibited in competition, but can be very useful for training, see chapter 7
- splits exercises with legs stretched out to sides or front and back at an angle of 180 degrees
- static exercise an exercise during which a pose is held without change for a prescribed number of canter strides (4 in compulsories, 3 in kur)
- stirrups for vaulters means the foot loops on the surcingle for hangs
- support exercises also press-up or push-up exercises: elements in which the shoulder axis is above the hands, with the weight transferred through the arms onto the support area (like in a wheelbarrow)
- surcingle the 'belt' around the horse, equipped with two solid handles and two foot loops for hangs (sometimes called 'stirrups')
- swings swinging exercises starting from the hip or shoulder. The side axes of the body are parallel to the axis of revolution
- transitions the linking movement between two exercises. May be counted as an exercise in itself in competition, if complex and difficult enough
- twists or turns: elements containing a rotation of the body around the vertical axis
- underpad 'fuzzy', the long padding in the shape of the surcingle and long enough to extend to under the buckles on both sides of the girth
- use of space optimum utilization of all three dimensions in the space on and around the horse
- variety diversity in choice of exercises and/or composition
- vaulting the performance of gymnastic exercises on horseback