**RECOGNIZABLE GYMNASTICS SKILLS/ NON-FIG A’S**

**Men’s Artistic Gymnastics**

**FLOOR EXERCISE**

* cartwheels
* forward rolls
* backward rolls
* head stand
* round off
* jump 1/2 turn
* jump 1/1 turn

**POMMEL HORSE**

* false scissor
* flank off
* single leg travels (only one count per routine)
* reverse single leg stockli in or out (again, only one counts per routine)
* leg cuts? (not a big fan of this, but if every one wants this, I'm okay with it, but again, only count one per routine)

**STILL RINGS**

* hanging L
* skin the cat
* back lever
* shoulder stand
* back tuck off
* front tuck off

**PARALLEL BARS**

* shoulder stand
* straddle L
* forward roll
* backward roll
* back up rise
* under bar back up rise
* wendy off
* stutz off
* moy to upper arm support
* front tuck off
* back tuck off

**HORIZONTAL BAR**

* back up rise support
* back hip circle
* front hip circle
* pull over
* glide kip to support
* swing half turn above 45 degrees?  Not sure, but added to see what others thought
* back flyaway tuck
* front flyaway tuck