

Skills that will receive an 'A' value, but will not fulfill any EG.

The interpretation of Rule II - C - 2a stating that only the skills on the approved list are recognized for A value, no element group credit. Additional skills need to be submitted for approval. Any skills not listed and not in the FIG code will not receive any credit. Such as...PH-leg cut, simple leg travel, PB-shoulder stand.

FX

cartwheel

round off

1 circle

PH

single leg stockli

leg circle travel

false scissor

single leg circle

jump moore

single leg kehr from a leg cut

loop on (Schwabenflank, as a mount)

**loop off (Wende), coming from the downhill position, w/o a circle beforehand**

SR

bail- from a maltese, planche, shoulder stand, or handstand. (A bail may only receive credit once in each direction)

muscle up

shoulder stand

shoulder giant

PB

fly away Stutzkehr dismount (swing forward w/ 1/2 turn to dismount)

forward roll

backward roll

moy to upper arm

back uprise

wende dismount

peach to upperarm

Kenmotsu to upperarm

front toss to upperarm

straddle L

drop kip

HB

swing 1/2 turn

back hip circle

front hip circle

cast hop (og to ug)

hop kip

sole circle w/o giant

cross arm giant

giant w/ 1 hand in eagle grip

roll 1 hand to eagle grip

hop from U giant to O grip

baby giant, either way

**half higgins (FIG COP pg 142, Box 37 - Giant swing backward w/ 1/2 turn {blind change or 1/2 higgins} is a FIG A)**

kip

drop kip

back uprise below horizontal

**pull over**

**xochihua ([see here](#) for skill)**