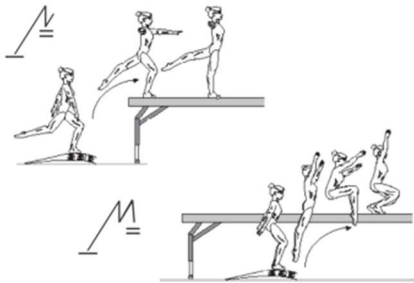


## A Beam Mounts

### 1.101 (D)

Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs

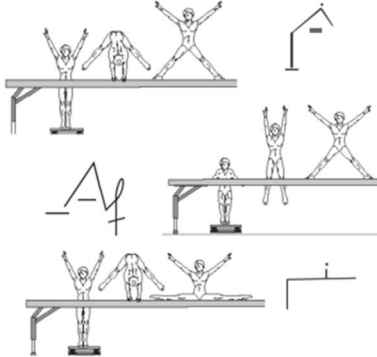


Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale – take off from one leg



### 1.104 (D)

From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit



also with hand support to 1/4 (90°) turn to cross split



### 1.102

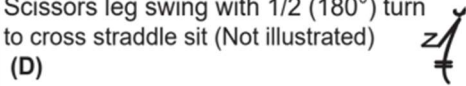
Scissors leap to cross sit on L or R thigh - diagonal approach to beam (D)



One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam (NA)

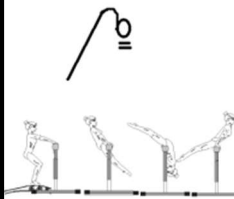


Scissors leg swing with 1/2 (180°) turn to cross straddle sit (Not illustrated) (D)



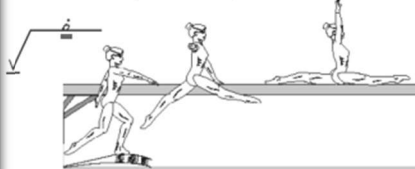
### 1.109

From side stand frontways with take-off from one or two feet - back hip pullover to front support

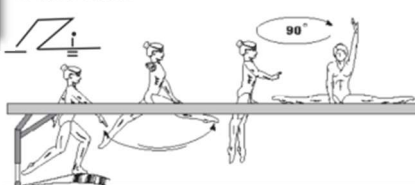


### 1.105 (D)

Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)

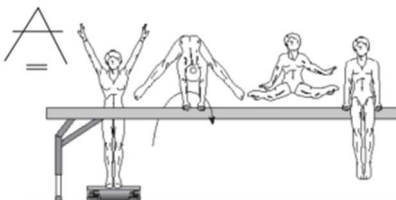


Split leap forward with leg change to straddle split sit sideways with support on one hand



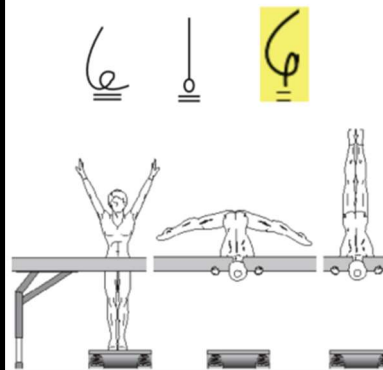
### 1.103 (NA)

From side stand frontways – flank over or straddle cut forward to rear support



### 1.108

Chest, head stand, or shoulder stand



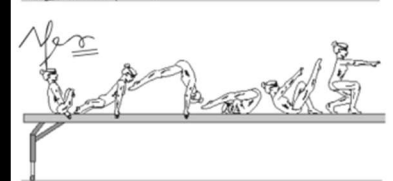
### 1.113

Cartwheel with hands on spring-board to finish in a front support on beam (not illustrated)



### 1.107 (FA)

Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward



### 1.114

Front walk-over with hands on springboard to rear support (sit) on beam (not illustrated)

