

FIGURES

BEGINNERS AND AG10 FIGURES

1. BALLET LEG SINGLE (1.6)

From a **Back Layout Position** one leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. After that, the bent leg is straightened in **Ballet Leg Position**. The leg is then returned to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



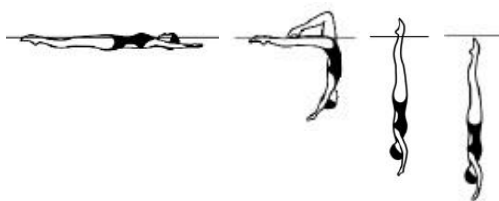
2. FISHTAIL (1.5)

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The foot of the forward leg is at the surface, regardless of the height of the hips. The legs join to assume a **Vertical Position** while descending to ankle level. A *Vertical Descent* is executed.



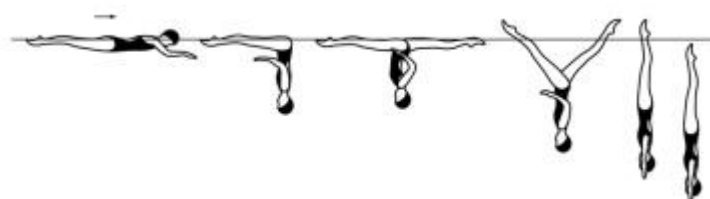
3. SIMPLE NOVA (1.4)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The legs join to assume a **Vertical Position** while descending to ankle level. A *Vertical Descent* is executed.



4. 362. SURFACE PRAWN (1.3)

From a **Front Layout Position**, a **Front Pike Position** is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A Vertical Descent is executed.



AG8 FIGURES

1. 360 DEGREES ROTATION IN TUCK POSITION (1.0)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. A 360 degrees rotation is made while keeping the body position. Hips stay as the centre of rotation. Feet and body will be extended back to **Back Layout Position**.



2. SOMERSAULT BACK TUCK (1.1)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



3. BENT KNEE BACK LAYOUT POSITION (1.2)

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. After that the toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



4. BENT KNEE FRONT LAYOUT POSITION (1.0)

From a **Front Layout Position**, one leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Front Layout Position**. After that the toe moves along the inside of the extended leg until a **Front Layout Position** is assumed.

