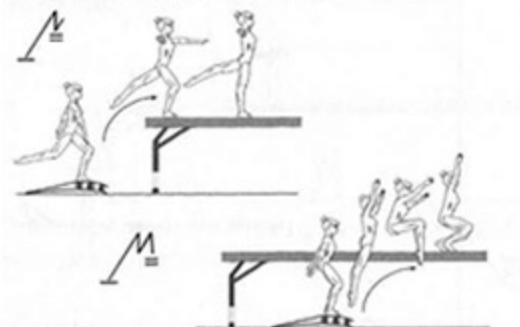


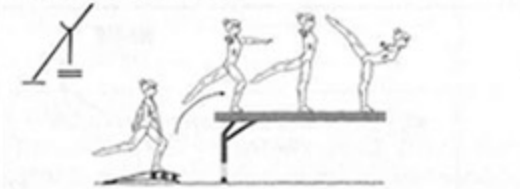
# "A" BEAM MOUNTS Revised 2014

## A

**1.101**  
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



**1.102**  
Scissors leap to cross sit on L or R thigh diagonal approach to beam



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

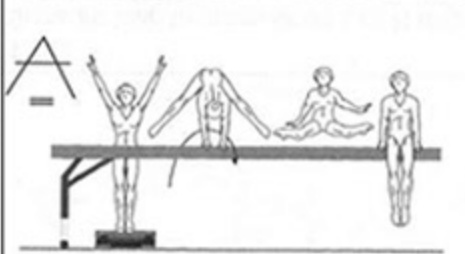


Scissors leg swing with 1/2 turn (180°) to cross straddle sit (Not illustrated)

**1.109 Back Pullover - new 2014**  
**1.114 Front Walkover from board New 2014**

## A

**1.103**  
From side stand frontways – flank over or straddle cut forward to rear support



**1.104**  
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 turn (90°) to cross split sit

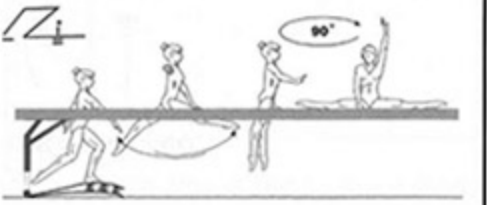


## A

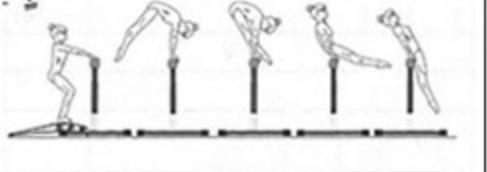
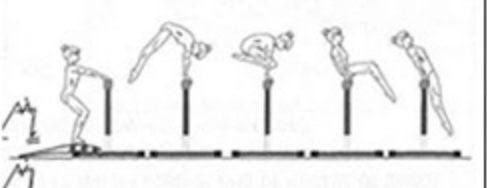
**1.105**  
Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)



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

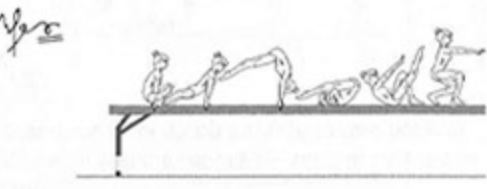
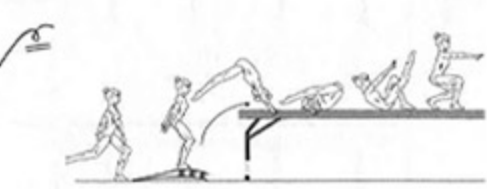


**1.106**  
From side stand frontways – jump to tuck stand, squat through or stoop through to rear support



## A

**1.107**  
Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward



**1.108**  
Chest or head stand

