

GYMNASTICS SHORTHAND

Once you have memorized some basic symbols for shorthand and a few basic premises, using shorthand becomes easy, or at least a lot easier than the alternative! You MUST be able to get a routine down so that you can discuss it with other judges or coaches if necessary. You must be able to review it after seeing many routines where it may be impossible to rely on your memory. If you have to do some kind of shorthand, you may as well learn it correctly the first time!

GENERAL SHORTHAND FOR ALL EVENTS

| | | | | | |
|-----------------------------|---|-----------------|---|-------------------|---|
| Full turn | ○ | back salto | e | tuck position | ∩ |
| Full twist | ε | front salto | ∞ | straddle position | ∧ |
| Jump or in air | ⏟ | handstand | ! | pike position | ✓ |
| In support or on the ground | = | free (no hands) | ∫ | layout position | / |
| | | | | hecht position | ⌒ |

PREMISE #1: LINES THROUGH SYMBOLS ADD TURNS OR TWISTS

(Exception: watch the 1/2 and 3/4 turns.)

| | | | | | |
|-------------|---|--------------|---|-------------------------------------------------------|-------------|
| 1/2 turn | ∪ | 1/2 twist | ε | handstand 1/2 pirouette | ∪ ! |
| 1/4 turn | ∩ | 3/4 turn | ∩ | handstand 1/1 twist on 1 arm (e.g., Healy on bars) | ∩ ! ε |
| 1 1/2 turn | ∅ | 1 1/2 twist | ε | handstand full pirouette | ∪ ! ∅ |
| double turn | ⊗ | double twist | ε | handstand 2/1 pirouette | ∪ ! ⊗ |

PREMISE #2: ONE LINE UNDERNEATH MEANS "IN THE AIR"
TWO LINES UNDERNEATH MEAN "ON THE GROUND OR IN SUPPORT"

| | | | | | | | |
|-----------|---|--------|---|-----------|--------|--------------------|--------|
| Full turn | ○ | splits | ≡ | back roll | ∩ ≡ | tuck (squat) mount | ∩ ≡ |
|-----------|---|--------|---|-----------|--------|--------------------|--------|

Jump full turn



split leap



back salto



tuck jump



PREMISE #3: SOME SYMBOLS LOOK LIKE THE SKILL

Cartwheel
(2 arms, 2 legs)



round-off
(legs together)



flip-flop



back walkover
(dot for head shows arch)



front walkover
(dot for head more in line with arms)



PREMISE #4: ADD " f " FOR FREE (NO HANDED) ELEMENTS

Cartwheel



front walkover



round-off



Aerial cartwheel



front aerial



brani



PREMISE #5: " / " AND " _ " SHOW FLIGHT

Cartwheel



flip-flop



handstand



front walkover



Dive cartwheel



gainer flip-flop



jump to handstand



front handspring
(walkover w/
flight)



PREMISE #6: " = " SHOWS GOING DOWN ON THE BEAM OR GROUND

Flip-flop



straddle jump



back salto



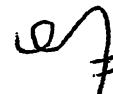
Flip-flop swing down



straddle to support



back salto swing down



Schushunova



PREMISE #7: " / " AT THE FRONT OF A SKILL SHOWS A FRONT MOVEMENT

" \ " AT THE BACK OF A SKILL SHOWS A ONE ARM SKILL (except walkovers)

flipflop



handstand



back stalder circle
(back stalder is more common)



1-arm flipflop



1-arm handstand



front stalder



PREMISE #8: "TAILS" CAN SHOW HEIGHT AND AMPLITUDE OF MOVES (especially helpful in compulsory bar routines)

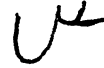
1 1/2 turn



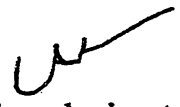
1 1/2 turn w/
leg above



back giant 1/2
at horizontal



back giant 1/2
at 45 degrees above horizontal

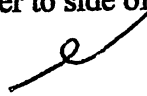


TUMBLING FOR BEAM AND FLOOR

whipback



gainer to side of beam



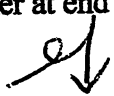
press to handstand



Side salto



gainer at end of beam



press handstand lower to planche



DANCE FOR BEAM AND FLOOR

Scale



body wave



hitch kick



Sissone



hop w/ 1 leg
above horizontal



tour jete
(leap 1/2)



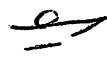
fouette
(1/2 to scale)



Split leap



stag leap



switch leg



ring leap



Side leap



switch leg to side



cat leap



arch jump



Tuck jump
from 2 feet



wolf jump (tuck jump
w/ 1 leg extended)



sheep jump



illusion
1/2



BARS SHORTHAND

To high bar



to hang



flight to handstand
on low bar



catch
other bar

Cast



clear hip



back giant



Kip



long hand kip



front giant




Counterswing



underswing feet off

underswing feet on




Back hip circle 


uprise 


stalder circle 


Front hip circle 

pike circle 


stalder to handstand 

dislocate 

pike circle to handstand 

front stalder 

BAR GRIPS

L grip 

mixed L grip 

reverse grip


(cast hand) hop to reverse grip



(cast hand) hop to L grip




Front giant 


L grip front giant 


slip grip front giant

NOW.....PUT THE SYMBOLS YOU KNOW TOGETHER TO FORM THE OTHER SYMBOLS!!

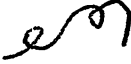
BARS

1. kip catch 

kip full twist from LB to HB 

jump full twist to kip 

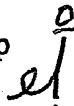
2. cast handstand 1/2 to mixed L 

cast front salto to hang 


cast handstand 1/1 pirouette



cast handstand hop full pirouette



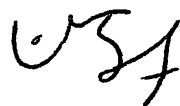
cast handstand 1/1 after (Healy) to L grip

3. uprise to handstand 


uprise to clear support




turning uprise (uprise 1/2 to clear support)



uprise straddle vault to L grip

4. underswing 1/2 over low bar (bail) 

from handstand underswing 1/2 to handstand on low bar




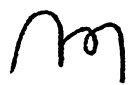
swing (giant technique) 1/2 over low bar 

5. Hindorff (clear hip through handstand, flight over same bar)



Schaposchnikova (clear hip near handstand flight to hand on high bar)



- | | | | | |
|----|------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 6. | Peach (back salto) from high bar to low |  | Pak salto (layout back salto) from HB to clear support onLB |  |
| 7. | Delchev (back giant, back pike salto 1/2 to hang) |  | Jaeger (front giant swing, front salto to hang) |  |

TUMBLING

Arabian (jump 1/2 front)



full twisting flipflop



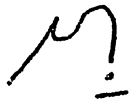
double back salto



valdez (tuck sit to
back walkover)



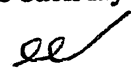
Arabian handspring



1/1 into fr. Handspring



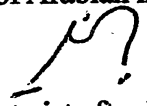
double back layout



flipflop 1/4 to handstand



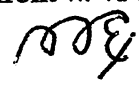
Onodi (w/ flight into and
out of Arabian handspring)



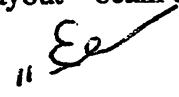
1/1 twist after handspring



double front w/ 1/2 twist

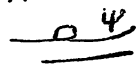


jump from 2 feet 1/2 twist
to bk. Layout - beam dismount)





DANCE

Leap w/ 1/4



switch leap to ring

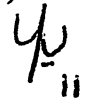
( = switch leap,
 = ring leap)



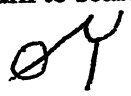
tour jete to ring



Strug (tour jete 1/2
to 2 feet)



1 1/2 turn to scale



1 1/2 turn in scale



BARS

1. Glide kip, cast to 45 degrees, clear hip, cast pike on, long hang kip, cast hand, clear hip hand, giant, counterswing, kip, cast squat on, long hang kip, cast hand, giant, layout flyaway.
2. Jump straddle over LB w/ hands catch HB, long kip, cast hand, giant, counterswing to handstand, kip, cast hand, hecht to high bar, long kip, cast, tuck flyaway.
3. Jump to high bar kip, cast hand, underswing $\frac{1}{2}$ over low bar (bail), kip, cast squat on, long kip, cast handstand, giant $\frac{1}{2}$, front giant $\frac{1}{2}$, tuck double back dismount.
4. Kip, cast hand, underswing w/ counterflight to catch HB, long kip, cast hand, giant full, giant hop full, slip grip front giant to handstand on LB, kip, cast squat on, long kip, cast hand, back staldler hand, Comaneci dismount.
5. Jump hecht over LB to catch HB, swing fwd. $\frac{1}{2}$ twist, long kip, cast handstand, Pak salto, glide $\frac{1}{2}$ turn glide kip, cast hand, Weiler kip $\frac{1}{2}$, Schaposhnikova, long kip, cast handstand hop to reverse grip, front giant double front dismount.
6. Jump $\frac{1}{2}$ to handstand w/ hips extended mount, staldler w/ counterflight to HB, long kip, cast hand, staldler $\frac{1}{2}$ to L grip, front staldler in L Healy full, Jaeger, swing $\frac{1}{2}$ over LB to hand on LB, underswing w/ counterflight to HB, long kip, cast hand, giant $\frac{1}{2}$, giant to hand back salto tuck $\frac{1}{1}$.

BEAM

1. 2 foot jump on to stand, $\frac{1}{2}$ turn, [flip-flop step-out, flip-flop step-out], wolf hop, [split leap, sissone, straight jump], $\frac{1}{2}$ illusion, [cat leap, cartwheel], tuck jump, full turn, straight jump $\frac{3}{4}$, front aerial $\frac{1}{1}$.
2. Head kip, $\frac{1}{2}$ turn, [round-off, flip-flop to 2 feet], jump full turn, full turn w/ leg above horizontal, [hitch kick, cartwheel], [split jump off 2 feet, pike jump, tuck jump $\frac{1}{2}$], [round-off, tuck back].
3. [Press handstand $\frac{1}{2}$ pirouette, flip-flop step-out, flip-flop step-out], [back walkover, ring jump], full turn, front walkover, [switch leg leap, tuck jump $\frac{3}{4}$], [cartwheel, gainer layout off the side].
4. [Round-off flip-flop swing down mount, flip-flop], [wolf hop, aerial cartwheel], [switch leap, split leap $\frac{1}{4}$], full turn, [round-off, back layout full].
5. Jump to splits off 2 feet, [flip-flop step out, layout step out, layout to 2 feet], [switch leap w/ $\frac{1}{4}$ turn, Schuschunova], $\frac{1}{4}$ turn on beam, swing/cast to handstand, step down, [wolf jump $\frac{1}{1}$, tuck jump $\frac{1}{1}$], [front handspring, gainer tuck off end of beam].
6. Tuck front salto mount, $1 \frac{1}{2}$ turn w/ leg above horizontal, [flip-flop, flip-flop $\frac{3}{4}$ to handstand], [aerial walkover, straight jump], [sheep jump, flip-flop from 2 feet swing down], stand, side balance stand on toe w/ free leg above 140 degrees, [round-off, flip-flop to 2 feet, double back pike].

FLOOR

1. [Round-off, flip-flop, layout], full turn, fwd. body wave, [cat leap, flip-flop, straddle jump], [switch leg, switch leg $\frac{1}{4}$, full twisting Schuschunova], [front handspring, flyspring, front pike salto], double turn, [round-off, flip-flip, tuck back].
2. Double turn w/ leg above horizontal, [front tuck salto, round-off, flip-flop, layout full], [cat leap 1/1, cat leap 1 $\frac{1}{2}$], [split leap, tour jete], [front handspring, layout front, tuck front], back extension roll to double pirouette, tuck jump 1/1, [round-off, flip-flop, Arabian salto].
3. [Round-off, flip-flop, double back tuck], [switch ring leap, wolf hop 1/1, double turn], [aerial walkover, round-off, flip-flop w/ $\frac{1}{2}$, double front tuck], [straddle 1/1, straddle 1/1], Khorkina (leap 1 $\frac{1}{2}$ twist to front lying support).
4. [Tour jete $\frac{1}{2}$ to 2 feet, flip-flop, straddle jump 1/1], [round-off, flip-flop, full twisting double back tuck], [switch leg leap, switch $\frac{1}{4}$ w/ addition $\frac{1}{2}$], triple turn, [round-off, whip salto $\frac{1}{2}$, double front].
5. ~~Round-off~~, [round-off, flip-flop, double back layout, punch front tuck], [hitch kick $\frac{1}{4}$ $\frac{1}{4}$, gainer Layout step out], split leap ~~leap~~ w/ $\frac{1}{2}$, [Strug, tuck jump 2/1], [round-off, fipflop, triple full], Double turn in scale, [front handspring, layout front 1 $\frac{1}{2}$, flip-flop, back layout 2 $\frac{1}{2}$, front layout].

Bars

1. $\angle e l e^{\mu} r e l e \rightarrow \angle e^{\mu}$
 $r e l u e$
2. $\sim r e l e \downarrow \angle e \sim r e u e$
3. $r e l e \rightarrow \angle e^{\mu} r e l e \ddot{u} \ddot{u} e u e$
4. $\angle e l e^{\mu} r e l e \ddot{u} \ddot{u} e \downarrow \angle e^{\mu} r$
 $e l x l e u e$
5. $\sim r e l e e \downarrow e l e \ddot{u} e$
 $r e l e u e$
6. $\downarrow e l x l e \sim x l e e l e \downarrow e^{\mu}$
 $r e l e \ddot{u} e u e$

Beam

$$1. \underline{1} \cup \underline{K} \cup \underline{K} \quad \underline{W} \quad \underline{e} \quad \underline{e} \quad \underline{1} \quad \downarrow$$
$$\underline{K} \quad \underline{X} \quad \underline{0} \quad ? \quad \underline{K} \quad \underline{e} \quad \underline{E}$$

$$2. \underline{1} \cup \underline{K} \cup \underline{K} \quad \underline{0} \quad \underline{0} \quad \underline{\leq} \quad \underline{X} \quad \underline{e} \quad \underline{v} \quad \underline{K}$$

lem

$$3. \underline{K} \quad \underline{K} \quad \underline{K} \quad \underline{K} \quad \underline{0} \quad \underline{K} \quad \underline{z} \quad \underline{K} \quad \underline{X}$$

$$4. \underline{K} \quad \underline{K} \quad \underline{W} \quad \underline{X} \quad \underline{z} \quad \underline{e} \quad \underline{Y} \quad \underline{0} \quad \underline{K} \quad \underline{E}$$

$$5. \underline{e} \quad \underline{K} \quad \underline{e} \quad \underline{e} \quad \underline{z} \quad \underline{K} \quad \underline{e}$$
$$\underline{W} \quad \underline{0} \quad \underline{K} \quad \downarrow$$

$$6. \underline{0} \quad \underline{0} \quad \underline{K} \quad \underline{K} \quad \underline{K} \quad \underline{K} \quad \underline{W} \quad \underline{K}$$
$$\underline{K} \quad \underline{K} \quad \underline{K} \quad \underline{K}$$

Floor

1. $K \cap \epsilon$ 0 2 $(\Gamma \cap \Delta)$ $(Z \perp \Delta)$

$\Gamma \cap \Delta$ \otimes $K \cap \epsilon M$

2. \otimes $m \cap \epsilon$ $(\Gamma \cap \Delta)$ $\underline{\underline{\epsilon}}$ ψ

$\Gamma \cap \Delta$ \otimes $\Gamma \cap \Delta$ $K \cap \epsilon M$

3. $K \cap \epsilon M$ $(\supset \Gamma \cap \Delta)$ \otimes $K \cap \epsilon M$

$(\Gamma \cap \Delta)$ ϵ

4. ψ $\Gamma \cap \Delta$ $K \cap \epsilon M$ $Z \perp \Delta$

\otimes $K \cap \epsilon M$

5. $K \cap \epsilon M$ $(\psi \psi)$ $\underline{\underline{\epsilon}}$ $(\psi \psi)$

$K \cap \epsilon$ \otimes $\Gamma \cap \Delta$ ϵ $\Gamma \cap \Delta$