



## Element list

### [MAG] Rings M-009

element ID	element
II-23	[Colak] Vertical pull up with straight arms to V-cross (2 s.)
II-39.1	Slow roll fwd straight to cross (2 s.)
II-39.2	Slow roll fwd straight to L-cross (2 s.)
II-52.1	[Azarian] Slow Roll bwd with straight body to cross (2 s.)
II-52.2	[Azarian] Slow Roll bwd with straight body to L-cross (2 s.)
II-52.3	[Tay] Azarian to V-cross (2 s.)
II-58.1	[Nakayama] From or through hanging scale rearways, pull to cross (2 s.)
II-58.2	[Nakayama] From or through hanging scale rearways, pull to L-cross (2 s.)
II-58.3	[NG Kiu Chung] Nakayama to V-cross (2 s.)
II-60	[Zahran] Through hanging scale rearways (no hold required) pull with straight body through cross to inverted swallow (2 s.)
II-63.1	[Li Xiaoshuang] From support, lower slowly to hang, and pull with straight arms to cross (2 s.)
II-63.2	[Li Xiaoshuang] From cross, lower slowly to hang, and pull with straight arms to cross (2 s.)
II-64.1	Vertical pull up to cross (2 s.)
II-64.2	Vertical pull up to L-cross (2 s.)
II-66	[Tulloch 2] From hang vertical pull up, slowly with straight arms through cross to inverted swallow (2 s.)
II-77	From L-cross, press to inverted cross (2 s.)
II-78	From cross, press with straight body to inverted cross (2 s.)
II-84	From swallow, press to inverted cross (2 s.)
II-88	From cross, press to planche without first going to support (2 s.)
II-89	From cross, press to swallow (2 s.)
II-90	[Carmona] Through hang rearways press with straight body to inverted cross (2 s.)
II-94.1	[Vorobiov] From inverted cross lower slowly to inverted hang and felge bwd slowly to cross (2 s.)
II-94.2	[Zou] From inverted cross lower slowly to inverted hang and felge bwd slowly to V-cross (2 s.)
II-108	[Simonov] Roll backward slowly with straight arms and body to inverted cross through swallow
II-118	[Ng Kiu Chung 2] Slow roll fwd with straight body through cross and press to support scale without first going to support (2 s.)
II-119	[Wynn] Slow roll fwd with straight body through cross to inverted cross (2 s.)
II-120	[Tulloch] Azarian to inverted swallow (2 s.)
II-124.1	[Davtyan] Slow roll fwd with straight body to cross (2 s.), also from inverted hang
II-124.2	[Davtyan] Slow roll fwd with straight body to L-cross (2 s.), also from inverted hang
II-125	[Pham 2] Slow roll fwd with straight body through cross to swallow (2 s.)
II-132	[Balandin 1] From hang vertical pull up to swallow (2 s.)
II-137	[Balandin 3] From hang vertical pull up through swallow to support scale.
II-138	[Balandin 2] From hang vertical pull up to inverted cross (2 s.)
III-16.1	Honma to cross (2 s.)
III-16.2	Honma to L-cross (2 s.)
III-17	[Tanaka] Honma to V-cross (2 s.)
III-22.1	Bwd swing, salto fwd piked to cross (2 s.)
III-22.2	Bwd swing, salto fwd piked to L-cross (2 s.)
III-27.1	Uprise fwd to cross (2 s.)
III-27.2	Uprise fwd to L-cross (2 s.)
III-33.1	Uprise bwd to cross (2 s.)
III-33.2	Uprise bwd to L-cross (2 s.)
III-39.1	Kip to cross (2 s.)
III-39.2	Kip to L-cross (2 s.)
III-40	[Molinari] Kip to V-cross (2 s.)

III-45.1	Back kip to cross (2 s.)
III-45.2	Back kip to L-cross (2 s.)
III-53	Back kip to inverted cross (2 s.)
III-57.1	Felge upward to cross (2 s.)
III-57.2	Felge upward to L-cross (2 s.)
III-65	Felge upward to inverted cross (2 s.)
III-77	Uprise bwd to inverted cross (2 s.)