



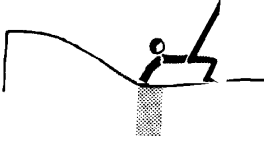
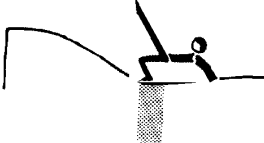


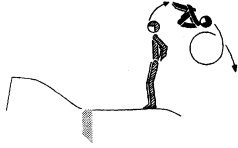

DESCRIPTION OF EXERCISES

Nomenclature

Which position, movements, or directions are meant?

Positions are related to the way the horse goes – they have the ending ways	
	frontways	The vaulter stands facing in direction of the horses way
	rearways	The vaulter stands facing against direction of the horses way

<p>If the determination is not exact enough, in, out, up or down has to be added</p>	<p>Sideways in</p>	
	<p>Sideways out</p>	
<p>If this rule is not applicable the position of the head determines the position</p>	<p>Frontways up</p>	
	<p>Rearways up</p>	

Movements are related to the Vaulters body they have the ending ward	
	Frontways backward	
	Rearways forward	
Some movements have special names like ...	Delphinsalto "frontways forward to rear inward somersault"	
	Auerbachsalto "rearways backward to front inward somersault"	

1. Mounts

The mounts are performed from the inside, if not otherwise mentioned.





All mounts from the outside are one degree in the difficulty higher than the same one from the inside.

All mounts in the upper level assisted by one or two vaulters are S exercises.




1.1 Mounts in hanging position

L	M	S	RS
	Mount to the shoulder hang sideways out from inside	All other mounts to the shoulder hang	







1.2 Mounts in kneeling position




L	M	S	RS
 Mount to kneel frontways	 Mount to kneel frontways from outside		
	 Mount to kneel sideways in or out from inside	 Mount to kneel sideways in or out from outside	
Mount to kneel assisted by another vaulter			

1.3 Mounts in lying position or flyer

L	M	S	RS
Mount to layout sideways up	Mount to layout sideways in or out from inside	Mount to layout sideway in or out from outsides	
 <p>Mount to layout frontways from inside</p>	Mount to layout frontways from outside		
	Mount to layout frontways up with open legs	 <p>Mount to layout frontways up with closed legs</p>	
		 <p>Mount direct to the flyer</p>	

1.4 Mounts in sitting position

L	M	S	RS
 <p data-bbox="400 353 564 432">Mount to seat sideways in or out</p>	 <p data-bbox="616 353 796 477">Mount to seat rearways on neck through seat sideways in or out</p>	 <p data-bbox="831 353 1011 477">Mount to seat rearways on neck direct, no seat sideways in or out</p>	
	<p data-bbox="616 544 796 645">Mount to seat sideways in or out from the outside</p>		
 <p data-bbox="616 857 796 913">Assisted Dieb mount</p>		 <p data-bbox="831 857 1011 891">Dieb mount</p>	
 <p data-bbox="616 1149 796 1205">Mount to seat under free jump</p>		<p data-bbox="831 981 1011 1059">Mount to seat sideways out under free jump</p>	
	<p data-bbox="616 1283 796 1339">Mount to support outside</p>		


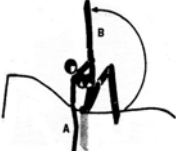


L	M	S	RS
	 <p data-bbox="606 336 790 380">Scissors on from the inside</p>	<p data-bbox="821 224 997 280">Scissors on from the outside</p>	
	 <p data-bbox="606 548 790 604">Mount to seat on the bench / flag</p>		
		 <p data-bbox="821 795 1005 851">Somersault on to seat</p>	
	<p data-bbox="606 918 790 996">Assisted somersault on to seat</p>	<p data-bbox="821 918 1005 1019">Assisted somersault on to medium or upper level</p>	

1.5 Mounts in standing position



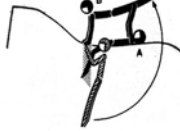
Head below the hip axis

All mounts to the shoulder stand / handstand are S exercises.



Head above the hip axis

L	M	S	RS
			Mount through the handstand without assistance
		 <p>Mount to the shoulder stand</p>	
		 <p>Assisted mount to the handstand</p>	
	Mount to squat position from the inside	Mount to squat position from the outside	
 <p>Mount to stand assisted by standing vaulter</p>	Assisted mount to stand with split kick 90° during the flight phase above the horse		
		 <p>Mount to stand</p>	

1.6 Mounts to supported position

L	M	S	RS
	 <p data-bbox="603 353 794 409">Mount to support inside</p>	<p data-bbox="815 237 1007 293">Mount to support outside</p>	
	 <p data-bbox="625 584 767 640">Mount to wheelbarrow</p>	<p data-bbox="820 479 1002 584">Mount to wheelbarrow landing with one leg</p>	
	 <p data-bbox="625 801 767 882">Mount to supported wheelbarrow</p>		

1.7 Mounts to flag position






L	M	S	RS
	 <p data-bbox="600 347 794 425">Mount to flag (leg above horizontal line)</p>	<p data-bbox="815 241 1007 342">Mount to flag (leg above horizontal line) from the outside</p>	
		 <p data-bbox="820 622 1000 723">Mount to arabesque (leg above horizontal line)</p>	




2. Dismounts

S exercises are:




- All somersaults and dismounts with rolls from the upper level,
- All dismounts with handspring movements,
- All dismounts from the upper level or from a standing supporting vaulter.






2.1 Roll Dismounts / "Kippen"

L	M	S	RS
	Roll frontways forward over the horse's shoulder to the outside	 <p>Roll rearways backward over the horse's shoulder</p>	
	Roll rearways forward over the croup	 <p>Roll frontways backward over the croup (also over a lying vaulter)</p>	
	 <p>Roll sideways backward to the in or outside</p>	Roll sideways forward to the in or outside	
	 <p>Flip through</p>	 <p>Flip through</p>	






L	M	S	RS
	forward from shoulder kneel	forward	
	 <p>Roll forward from lying across on the bench / flag</p>	Roll from lying across on the high bench	
 <p>Roll down forward from a sitting vaulter</p>	Roll down forward from a keeling vaulter	 <p>Roll down forward from a standing vaulter</p>	

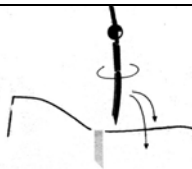
2.2 Swinging Dismounts

L	M	S	RS
 <p>V-dismount frontways / rearways</p>	 <p>Flank-off over the croup to the rear from the seat / bench</p>		
Flank-off from lying across to the in or outside	 <p>Flank-off from lying across on the bench</p>	Flank-off from lying across on the high bench	

L	M	S	RS
	 <p data-bbox="598 291 790 369">Flank-off with half turn from the croup / neck</p>	 <p data-bbox="813 358 1005 481">Flank-off from seat rearwards on the neck with turn over the horse's back</p>	
 <p data-bbox="391 672 574 772">Dismount through handstand from arabesque / flag</p>	<p data-bbox="606 560 782 660">Dismount through handstand from kneel</p>		
	<p data-bbox="606 840 782 940">Dismount through handstand with ¼ turn</p>	 <p data-bbox="813 952 1005 1075">Dismount through handstand from the croup with ½ turn</p>	
	 <p data-bbox="606 1299 782 1422">Dismount through handstand from the shoulders (medium level)</p>		




2.3 Jump Dismounts

L	M	S	RS
 <p>Tuck flank over arabesque sideways in the loops</p>	<p>Tuck jump / straddle jump over arabesque sideways in the loops</p>		
 <p>Straddle jump over the croup</p>	 <p>Supported straddle split kick over one or two sitting vaulters</p>	<p>Supported straddle split kick backward over one or two sitting vaulters</p>	
		<p>Supported jump-through forward / backward over one or two kneeling / standing vaulters</p>	
	 <p>Split / straddle kick off frontways</p>	<p>Split / straddle kick off rearways</p>	
<p>Tuck / stretch jump to in or outside</p>	 <p>Tuck / stretch jump to the rear</p>		

L	M	S	RS
		 <p>Stretch jump with 360 degree rotation</p>	

2.4 Turning Dismounts

All dismounts with a turn are S-exercises.



L	M	S	RS
		 <p>Cartwheel</p>	
		 <p>Handspring in all directions</p>	
		 <p>Flick-Flack</p>	

3. Dynamic exercises

S exercises are:

- All rolls in the upper level,
- All somersaults,
- All handsprings,
- All exercises on a standing supporting vaulter.



3.1 Turns




L	M	S	RS
<p>Turn from seat sideways in or out on the neck to seat frontways on the back or reverse</p>	 <p>Prince seat turn from frontways to rearways Prince seat</p>		
 <p>Twist from seat sideways in or out to seat frontways on neck</p>	<p>Handstand ½ turn by changing the hands between two supporting vaulters</p>		
	<p>Flyer – changing the direction with ¼ turn</p>	<p>Flyer – changing the direction – frontways-rearways, sideways in -out, frontways up - down</p>	

3.2 Rolls





All rolls in the upper level or on a free standing supporting vaulter are S-exercises.






All free rolls are RS-exercises.


L	M	S	RS
 <p>Roll backward from seat rearways to seat rearways on the neck</p>	<p>Roll backward from seat rearways with scissors movement to seat frontways on the neck</p>		
	<p>Roll backward from seat rearways to flag rearways on the neck</p>	<p>Roll backward from seat rearways to arabesque rearways on the neck</p>	<p>Roll backward to handstand on the horse</p>
	<p>Roll forward / backward from the neck to lying across</p>	<p>Roll forward / backward from the neck to seat frontways / rearways</p>	
		<p>Roll forward from support on the croup to seat frontways on the neck</p>	
	 <p>Roll forward from neck (all positions) to lying on the horse's back with closed legs</p>	<p>Handstand rearways – rolling down</p>	

L	M	S	RS
Rolling down from shoulder stand to layout	 <p data-bbox="616 286 796 360">Roll up from layout to shoulder stand</p>		
Roll down or up from or to lying on sitting vaulter	Roll down or up from or to lying on kneeling vaulter	Roll down or up from or to lying on standing vaulter	
	Supported roll from the shoulders out of kneeling position	 <p data-bbox="820 701 1002 801">Supported roll from the shoulders out of kneeling position</p>	
		 <p data-bbox="828 947 994 974">Rock'n Roll Roll</p>	



3.3 Swinging exercises



L	M	S	RS
<p>Reverse scissors from the seat frontways on neck with lying back</p>	 <p>Reverse scissors from seat frontways on neck with free support</p>	 <p>Scissors / reverse scissors on croup</p>	
	 <p>Half scissors on the bench</p>	<p>Half scissors on the high bench</p>	
 <p>From flag on neck to seat frontways or kneeling frontways supported by both arms</p>			
<p>From flag on neck to flag frontways or sideways supported by both arms with changing the supporting leg</p>		<p>From flag on neck to flag frontways or sideways supported by both arms without changing the supporting leg</p>	

L	M	S	RS
<p>From flag frontways to flag on neck with changing the supporting leg</p>	 <p>From flag frontways to flag on neck without changing the supporting leg</p>		
		<p>Vault off lie-across from the high bench</p>	
<p>Squat from the support in or out to the seat</p>	<p>Squat from the support sideways to the support in or out</p>	 <p>Squat from the support sideways to support with 90°</p>	
 <p>Changing supporting leg from the flag / arabesque through the handstand</p>	 <p>Swing to the shoulder stand from seat / arabesque</p>	<p>Swing to shoulder stand through straddle split kick 90°</p>	
	 <p>Supported swing with 1/2 turn from seat to seat changing position</p>		

L	M	S	RS
	<p>Swing between horse and high bench</p>	 <p>Swing up between two vaulters</p>	




3.4 Springing exercises

L	M	S	RS
	 <p>Forward spring / split over one or two sitting vaulters</p>	<p>Backward spring / split over one or two sitting vaulters</p>	
		<p>Forward / Backward spring over one or two kneeling / standing vaulters</p>	
	<p>Spring from stand with ¼ turn</p>	 <p>Spring from stand frontways to stand rearways (1/2 turn) vice versa</p>	<p>Spring from stand frontways to stand frontways with full turn</p>

L	M	S	RS
	Spring from kneeling frontways to stand frontways	 <p>Spring from kneeling frontways to stand rearways</p>	
 <p>Prince seat to stand frontways – one or two vaulters</p>			

3.5 Handsprings

All handspring exercises are S-exercises.


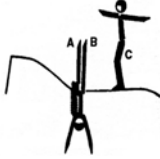


L	M	S	RS
		 <p>Arcade backward / forward from back to neck (also over a vaulter)</p>	
		 <p>Handspring from the flyer to the horse's neck</p>	
		 <p>Handspring on the outside of the horse or on the horse</p>	





4. Static exercises

S exercises are:



- All exercises on the free high bench or on a free standing base.

4.1 Hanging exercises





L	M	S	RS
 <p data-bbox="403 465 571 517">Seat hang one leg in the loop</p>			
 <p data-bbox="411 703 571 777">Cossack hang (double) – all variations</p>			
	 <p data-bbox="603 965 794 1039">Shoulder hang all positions, holding with both hands</p>	<p data-bbox="815 853 1007 927">Shoulder hang all positions, holding with one hand</p>	
		 <p data-bbox="815 1200 1007 1296">Shoulder hang on seating / kneeling / standing base and on the bench</p>	

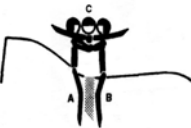
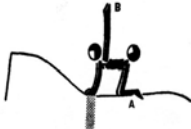

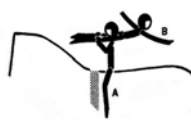

L	M	S	RS
	 <p data-bbox="627 327 767 398">Split hang between two vaulters</p>	 <p data-bbox="815 300 1003 353">Split hang on one standing vaulter</p>	
		 <p data-bbox="831 613 1000 667">Hang between two vaulters</p>	
		 <p data-bbox="831 846 1000 900">Knee hang on standing base</p>	
	<p data-bbox="600 965 791 1061">Hang inside or outside on one or two kneeling vaulters</p>	<p data-bbox="815 965 1007 1061">Hang inside or outside on one or two standing vaulters</p>	

4.2 Kneeling exercises

L	M	S	RS
<p>Kneel free / double kneel / triple kneel frontways</p>	<p>Kneel free / double kneel / triple kneel rearways / sideways</p>		
 <p>Prince / double prince frontways</p>	<p>Prince / double prince rearways Prince rearways on neck</p>	<p>Prince / double prince sideways</p>	
<p>Kneel free frontways / rearways / sideways with one leg, leg stretched down</p>	<p>Kneel holding frontways / rearways / sideways with one leg, leg stretched or straddled up</p>		<p>Kneel free frontways / rearways / sideways with one leg, other leg free</p>
	<p>Kneel / prince free frontways / rearways on the bench</p>	<p>Kneel / prince free on the high bench</p>	
<p>Kneel / prince holding frontways / rearways on one or two sitting vaulters</p>	 <p>Kneel / prince free frontways / rearways on one or two sitting vaulters</p>		

4.3 Lying and flying exercises





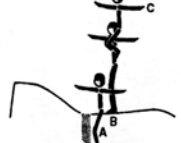
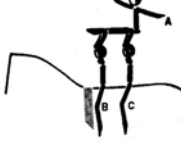
L	M	S	RS
Lying along holding	 <p>Lying along holding with one arm</p>		
 <p>Lying frontways / rearways on the shoulders of sitting base</p>	Lying frontways / rearways on the shoulders of kneeling base	Lying frontways / rearways on the shoulders of standing base	
Lying sideways up / down / on the side on the horse's back held with both arms	Lying sideways up / down / on the side on the horse's back held with one arm	 <p>Lying sideways up / down / on the side on the horse's back free</p>	
Lying sideways on the bench held with both arms	Lying sideways on the bench held with one arm	 <p>Lying sideways on the bench held free</p>	
	Lying sideways on the high bench held with one arm	Lying sideways on the high bench free	


L	M	S	RS
<p>Lying sideways on the arms held with one arm</p>	 <p>Lying sideways on the arms free</p>		
<p>Candle on the horse's back</p>	 <p>Candle on the bench</p>	<p>Candle on the high bench</p>	
		 <p>Lying on the shoulder –blade, one foot supported – one leg and one arm free</p>	
	 <p>Lying straddled rearways on both shoulders of sitting vaulter</p>	<p>Lying straddled rearways on both shoulders of kneeling / standing vaulter</p>	
	<p>Flying angel legs crossed, base sitting</p>	 <p>Flying angel legs crossed / stretched, base standing</p>	

L	M	S	RS
	<p>Flying angel and seat (A seats in front)</p>		
	<p>Flying angel supported – all variations</p>		

4.4 Sitting exercises

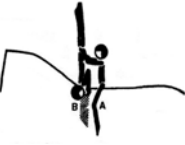



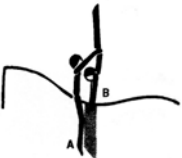
L	M	S	RS
<p>Tailor seat frontways free / rearways holding</p>	<p>Tailor seat rearways free</p>		
<p>Straddle seat frontways holding</p>	<p>Straddle seat frontways free / rearways holding</p>	<p>Straddle seat rearways free</p>	
	<p>Split holding</p>	<p>Split with one hand holding</p>	

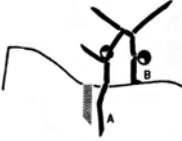

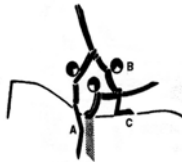
L	M	S	RS
 <p data-bbox="392 293 576 376">Seat frontways / rearways on the bench / flag</p>	 <p data-bbox="608 309 791 387">Seat frontways / rearways on the high bench</p>	<p data-bbox="818 203 1007 282">Seat frontways / rearways on the free high bench</p>	
	<p data-bbox="608 454 791 555">Split seat frontways / rearways on the bench</p>	<p data-bbox="818 454 1007 555">Split seat frontways / rearways on the high bench</p>	
 <p data-bbox="392 734 576 790">Shoulder seat on the sitting base</p>	 <p data-bbox="608 734 791 790">Shoulder seat on the kneeling base</p>	 <p data-bbox="818 745 1007 801">Shoulder seat on the standing base</p>	
	<p data-bbox="608 898 791 999">Shoulder seat / split seat on one shoulder of the sitting base</p>	<p data-bbox="818 898 1007 1021">Shoulder seat / split seat on one shoulder of the kneeling / standing base</p>	
<p data-bbox="392 1099 576 1200">Seat sideways on the arms (Holmen), holding</p>	<p data-bbox="608 1099 791 1178">Seat sideways on the arms (Holmen), free</p>		
		 <p data-bbox="818 1373 1007 1429">Seat / tailor seat supported</p>	

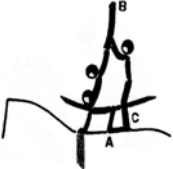
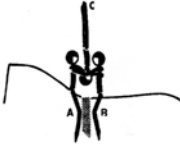
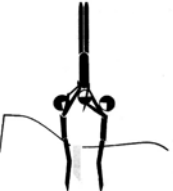

L	M	S	RS
	Free split held at the body	 <p>Free split held at the legs</p>	








4.5 Standing exercises






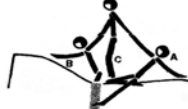
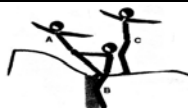
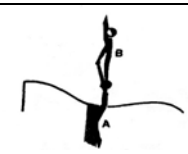
- Head below the hip axis
- Head above the hip axis

L	M	S	RS
 <p>Shoulder stand supported by sitting base</p>	Shoulder stand supported by standing base	 <p>Shoulder stand in all positions and all levels</p>	
		 <p>Neck stand</p>	
		 <p>Handstand free</p>	Handstand free on the grips / the horse's back
	 <p>Handstand frontways / rearways, held by sitting base</p>	Handstand frontways / rearways with one arm, held by sitting base with both arms or Handstand	








L	M	S	RS
	frontways / rearways	frontways / rearways / sideways with both arms, held by sitting base with one arm	
	Handstand on the horse's back, held by sitting und standing base	 <p>Handstand on the croup behind one sitting frontways base</p>	
	Handstand frontways at the grips – held with both arms by standing base	 <p>Handstand – Stand, all variations – without frontways held on the grips</p>	
	 <p>Handstand rearways (B) held with both arms on the flag / bench (C) – seat rearways (A)</p>	<p>Handstand rearways (B) held with one arm on the flag / bench (C) – seat rearways (A)</p>	

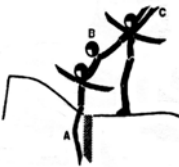



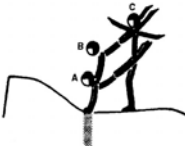
L	M	S	RS
		 <p data-bbox="815 324 1010 477">Handstand (B) on the shoulders / flag/ arabesque (A) – standing (S) and similar variations</p>	
		<p data-bbox="815 548 1010 651">Handstand on the hands of a sitting base (supported) - Standing</p>	
	 <p data-bbox="614 822 794 947">Holmenstand – vaulter held himself at the bases or at the grips</p>	<p data-bbox="815 721 1010 797">Holmenstand – vaulter free, held from one vaulter</p>	
		 <p data-bbox="815 1167 1010 1216">Upper arm stand sideways</p>	
		 <p data-bbox="815 1413 1010 1440">Upper arm stand</p>	

L	M	S	RS
		(“Königskerze”)	
 <p>Stand in the loops</p>			
 <p>Knee-stand on neck /back free – Stand leg in the loop</p>	 <p>Loop Stand rearways / sideways free</p>		
		Stand sideways with crossed legs	Stand on one leg – other leg free
 <p>Double Stand frontways</p>	Triple stand frontways	 <p>Stand / Double stand / triple stand rearways / sideways</p>	
 <p>Seat – Stand / Kneel – Stand frontways</p>		Seat – Stand / Kneel – Stand rearways	
Seat – Kneel – Stand frontways		 <p>Seat – Kneel – Stand rearways</p>	






L	M	S	RS
	<p data-bbox="603 203 793 282">Stand rearways over bench / flag frontways</p>	 <p data-bbox="815 304 1011 383">Stand rearways over bench / flag rearways</p>	
 <p data-bbox="384 539 580 562">Stand over bench</p>	 <p data-bbox="600 539 796 595">Stand frontways over the flag</p>	 <p data-bbox="831 539 1011 618">Stand on the bench / flag / high bench</p>	
		 <p data-bbox="815 786 1011 864">Roman stand on side-by-side bench</p>	
		 <p data-bbox="879 1010 935 1032">Star</p>	
		 <p data-bbox="823 1167 1011 1211">Galleon at least 45 degrees</p>	
	<p data-bbox="603 1283 793 1339">Stand on one or two bases - held</p>	 <p data-bbox="831 1368 1011 1447">Free standing split on one or two bases</p>	








4.6 Supporting exercises







L	M	S	RS
 <p data-bbox="395 309 564 383">Support on the neck, facing to the horse</p>	<p data-bbox="603 237 788 311">Straddle split support sideways in or out</p>	 <p data-bbox="836 293 987 367">Kick support sideways in or out</p>	
		 <p data-bbox="821 533 1002 658">Straddle split support frontways / rearways on the grips</p>	
 <p data-bbox="395 801 564 875">Wheelbarrow frontways up or down</p>	 <p data-bbox="608 801 788 898">Wheelbarrow frontways up or down, supported with one leg</p>	<p data-bbox="821 730 1002 835">Wheelbarrow frontways up or down, supported by one arm</p>	
		<p data-bbox="821 909 1002 1037">Wheelbarrow rearways on the croup, supported with one arm by sitting base</p>	
 <p data-bbox="395 1193 576 1267">Wheelbarrow on the hip supported by standing base</p>	 <p data-bbox="608 1211 788 1308">Wheelbarrow, legs at the hip of the free standing base</p>		
	<p data-bbox="608 1346 788 1442">Wheelbarrow, legs at the shoulders of the standing base</p>		







L	M	S	RS
	 <p data-bbox="608 331 786 479">Wheelbarrow on the shoulders – Legs on the shoulders / hips of the free standing base</p>		
 <p data-bbox="395 651 582 799">Wheelbarrow frontways / rearways on the shoulders (held by sitting / kneeling base)</p>	 <p data-bbox="608 638 786 786">Wheelbarrow frontways / rearways on the shoulders – base is sitting rearways</p>		
		<p data-bbox="818 846 997 943">Wheelbarrow frontways on the shoulder of one kneeling vaulter</p>	
	 <p data-bbox="608 1115 786 1189">Wheelbarrow double side by side</p>	 <p data-bbox="834 1124 984 1176">Double wheelbarrow</p>	





4.7 Bench exercises




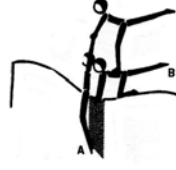
L	M	S	RS
	 <p data-bbox="603 331 794 432">Bench rearways up on the neck, stretching up one leg</p>		
 <p data-bbox="392 566 577 622">Bench frontways up on the croup</p>	<p data-bbox="603 499 794 611">Bench frontways up on the croup which stretching one leg</p>	<p data-bbox="818 499 1010 656">Bench frontways up on the croup supported by one arm and stretching up the other leg</p>	
		 <p data-bbox="836 813 1002 891">Bielmann-Flag elbows point frontways</p>	
 <p data-bbox="392 1037 577 1115">Flag rearways on the neck – half flag</p>	<p data-bbox="603 958 794 1037">Flag rearways on the neck – full flag</p>		
<p data-bbox="408 1182 561 1216">Flag rearways</p>	 <p data-bbox="603 1261 794 1350">Flag rearways on the croup – full flag</p>		

L	M	S	RS
 <p>Flag sideways – half flag</p>	 <p>Flag sideways – full flag</p>		
 <p>Double flag frontways</p>			
<p>Double flag rearways, both half flags</p>	 <p>Double flag rearways on neck half flag / both full flags</p>		
 <p>Head to head flag, both half flags</p>	<p>Head to head flag, on neck full flag / both full flags</p>		
	 <p>Back to back flag, both half flags</p>	<p>Back to back flag, both full flags</p>	
<p>Flag frontways / rearways on one / two sitting bases, half flag</p>	<p>Flag frontways / rearways on two sitting bases, full flag</p>	 <p>Flag on one sitting / kneeling / standing base, full flag</p>	

L	M	S	RS
<p>Flag frontways on the bench, half flag</p>	 <p>Flag frontways on the bench, full flag</p>	 <p>Flag rearways on the bench, full flag</p>	
	<p>Flag on flag, both half flags</p>	 <p>Flag on flag all variations except both half flags</p>	
	<p>Flag frontways on the high bench, half flag</p>	 <p>Flag frontways on the high bench, full flag or Flag rearways / sideways on the high bench, half / full flag</p>	
 <p>Arabesque frontways / rearways / side in the loop holding two hands</p>	<p>Arabesque frontways / rearways / side in the loop holding one hand</p>	<p>Arabesque frontways / rearways / side in the loop free</p>	
 <p>Side by side arabesque in loops holding two hands</p>	<p>Side by side arabesque in loops holding one hand</p>	<p>Side by side arabesque in loops holding free</p>	

L	M	S	RS
	<p data-bbox="603 203 793 309">Triple arabesque in loops and on back, all holding two hands</p>	 <p data-bbox="818 297 1002 398">Triple arabesque in loops and on back, all holding one hand</p>	
 <p data-bbox="387 562 576 611">Needle in the loop – all positions</p>			
	 <p data-bbox="603 763 793 969">Bielemann arabesque in the loop – all directions (hand and foot above head level, elbow pointing frontways)</p>		
 <p data-bbox="387 1144 576 1245">Arabesque frontways on back, holding two hands</p>	 <p data-bbox="603 1133 793 1234">Arabesque rearways on back, holding one hand</p>		 <p data-bbox="1046 1133 1198 1211">Arabesque frontways on back, free</p>

L	M	S	RS
	 <p data-bbox="603 315 794 421">Needle frontways / rearways (also on neck), holding two hands</p>	<p data-bbox="815 208 1007 309">Needle frontways / rearways (also on neck), holding one hand</p>	
			<p data-bbox="1034 443 1222 645">Bielmann arabesque on back, free – all directions (hand and foot above head level, elbow pointing frontways)</p>
	 <p data-bbox="603 804 794 909">Arabesque rearways with support by lying vaulter</p>	<p data-bbox="815 719 1007 819">Arabesque rearways with one hand support by lying vaulter</p>	
 <p data-bbox="416 1066 564 1193">Arabesque holding two hands – seat frontways / rearways</p>	<p data-bbox="603 981 794 1081">Arabesque holding one hand – seat frontways / rearways</p>	<p data-bbox="815 981 1007 1081">Bielmann arabesque holding by sitting base</p>	
	<p data-bbox="603 1265 794 1366">Head to head arabesque, holding on sitting base</p>	 <p data-bbox="815 1357 1007 1458">Head to head arabesque, holding one hand on sitting base</p>	

L	M	S	RS
 <p data-bbox="395 300 571 450">Arabesque frontways between two bases, standing leg supported by sitting base</p>		 <p data-bbox="821 300 997 450">Arabesque frontways between two bases, standing leg high supported</p>	
	 <p data-bbox="608 651 783 775">Arabesque holding two hands on one / two sitting bases / bench</p>	<p data-bbox="821 465 997 589">Arabesque holding one hand on one / two sitting bases / bench</p> <p data-bbox="821 629 997 707">Bielmann Arabesque on one / two bases</p> <p data-bbox="821 741 997 819">Arabesque free on one / two bases</p>	
		 <p data-bbox="821 1014 997 1088">Arabesque (C) – on the half flag (B) – Seat (A)</p>	
<p data-bbox="395 1122 571 1200">Flag – arabesque frontways, holding two hands</p>	<p data-bbox="608 1122 783 1178">Flag – arabesque, one free</p>	<p data-bbox="821 1122 997 1178">Flag – arabesque, both free</p>	
	<p data-bbox="608 1234 783 1335">Flag – arabesque head to head, holding two hands</p>		
	<p data-bbox="608 1379 783 1435">Double flag - Arabesque</p>	<p data-bbox="821 1379 997 1458">Double flag – arabesque, all free</p>	

With thank to the German Equestrian Federation "Deutsche Reiterliche
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