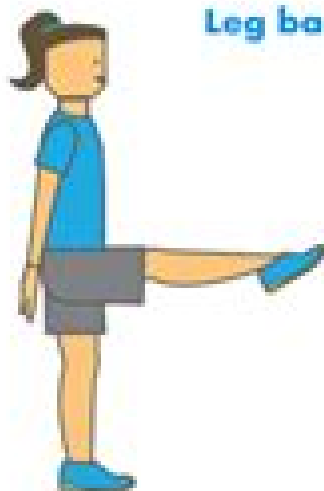
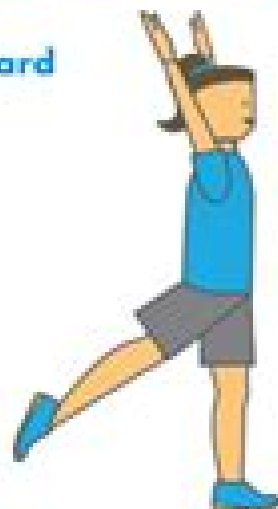




Leg forward



Leg backward



Leg high backward



Leg backward, torso forward



Tree Yoga pose



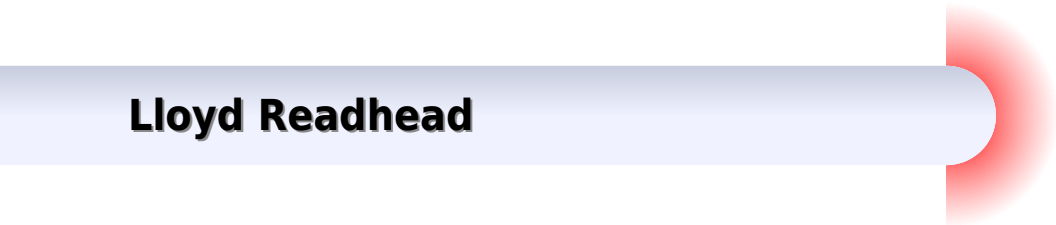
ADVANCED

Leg high to the side



Skills And Tactics Of Gymnastics

Lloyd Readhead



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