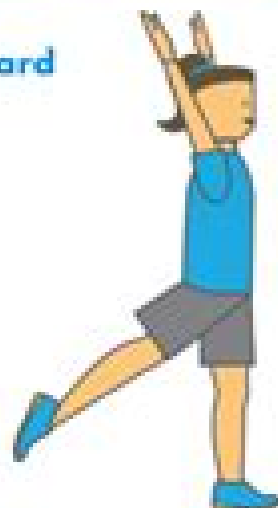




Leg forward



Leg backward



Leg high backward



Leg backward,  
torso forward



Tree Yoga  
pose



**ADVANCED**

Leg high  
to the side



# Skills And Tactics Of Gynmastics

**Xiang Xie**



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