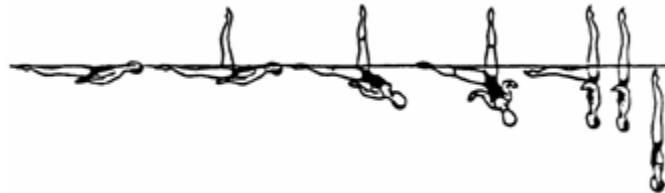


Jernmerket:

115 CATALINA

2.2

A *Ballet Leg* is assumed. A *Catalina Rotation* is executed to a **Crane Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

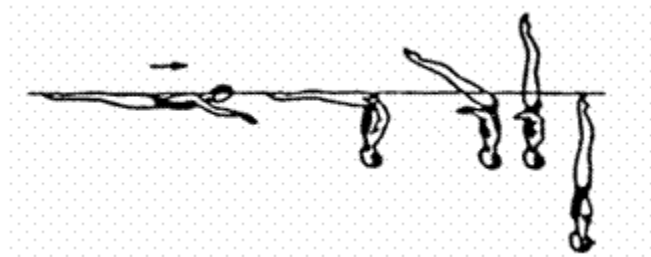


355d PORPOISE 180° spin / Nise 180° spin

2.0

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**.

A Porpoise is executed to **Vertical Position**. The designated *Spin* is executed to complete the figure.



420 WALKOVER BACK / Baklengs overslag

2.0

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

