

Gymnastics Vault Moves List



Women's Vaults

- Handspring 1.60
- $\frac{1}{2}$ -on, $\frac{1}{2}$ -off 2.40
- Tsukahara Back Tuck 3.20
- Yurchenko Back Tuck 3.00
- Handspring Front 4.60
- Cheng 5.60
- Produnova 6.00

Men's Vaults

- Yang Hak-Seon 5.6
- Yonekura 5.6
- Ri Se Gwang I 5.6
- Ri Se Gwang II 5.6
- Shirai 2 5.6

The Complete Gymnastics

Y Pai



The Complete Gymnastics:

Whispering the Strategies of Language: An Psychological Quest through **The Complete Gymnastics**

In a digitally-driven earth where monitors reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases often go unheard. Yet, nestled within the pages of **The Complete Gymnastics** a interesting fictional value blinking with organic emotions, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, that marvelous opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of every word. Within the mental depths with this moving evaluation, we shall embark upon a sincere exploration of the book is primary themes, dissect its fascinating publishing type, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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