

Standard Skill Übungen mit Punkten

Quelle: www.unicycling.org/iuf/

18 Übungen (max 6 davon transitions/mounts)
in 3 Minuten

Fläche: 11x14 m; 3 Kreise: □8m, 4m, 50 cm

Übersicht

Riding = Fahren	Nr. 1-48
Stationary = auf der Stelle	Nr. 100-131
Transitions = Übergänge	Nr. 150-172
Mounts = Aufstiege	Nr. 200-211

Abkürzungen

fwd = forward = vorwärts

bwd = backward = rückwärts

c = circle = Kreis

8 = figure eight = Achter

ext = extended = mit weggestrecktem Bein

frh = freehanded = freihändig

1ft = one foot = einbeinig

ww= wheel walk = Radlauf = mit Füßen auf dem Reifen

RIDING SKILLS = Fahren

- a) riding 1.0
b) riding - c 1.2
c) riding - 8 1.5

Riding (sitting on seat, facing forward).

- a) riding bwd 3.0
b) riding bwd - c 3.4
c) riding bwd - 8 3.8

Riding backward.

- a) seat in front, seat against body 2.0
b) seat in front 2.3
c) seat in front - c 2.5
d) seat in front - 8 2.7
e) seat in front frh 3.1
f) seat in front frh - c 3.3
g) seat in front frh - 8 3.6

Riding with seat held in front of the rider. In a) the seat or hand holding the seat may rest against the rider. In e), f), and g) neither hand touches the seat and the seat post is held between the rider's legs.

- a) seat in front bwd, against body 3.5
b) seat in front bwd 3.7
c) seat in front bwd - c 3.9
d) seat in front bwd - 8 4.1
e) seat in front bwd frh 3.9
f) seat in front bwd frh - c 4.1

Riding backward with seat held out in front of the rider. In a) the seat or hand holding the seat may rest against the rider. In e) and f) neither hand touches the seat and the seat post is held between the rider's legs.

- a) seat in back, seat against body 2.3
b) seat in back 2.5
c) seat in back - c 2.7
d) seat in back - 8 3.0

Riding with the seat held out behind the rider. In a) the seat or the hand holding the seat may rest against the rider.

- a) seat in back bwd, against body 3.5
b) seat in back bwd 3.9
c) seat in back bwd - c 4.2
d) seat in back bwd - 8 4.5

Riding backward with the seat held out behind the rider. In a) the seat or the hand holding the seat may rest against the rider.

- a) seat on side, against body 3.0
b) seat on side, against body - c 2.8
c) seat on side 3.7
d) seat on side - c 3.5

Riding with the seat held out to the side of the rider. In a) and b) the seat or the hand holding the seat may rest against the rider.

- a) seat on side bwd, against body 3.8
b) seat on side bwd 4.1
c) seat on side bwd - c 4.3

Riding backward with the seat held out to the side of the rider. In a) the seat or the hand holding the seat may rest against the rider.

- a) stomach on seat, 1 hand on seat 2.0
b) stomach on seat 2.1
c) stomach on seat - c 2.3
d) stomach on seat - 8 2.6

Riding with the abdomen on the seat, frh. In a) one hand holds onto the seat.

- a) stomach on seat bwd 3.8
b) stomach on seat bwd - c 4.0
c) stomach on seat bwd - 8 4.3

Riding backward with the abdomen on the seat, hands free.

- a) chin on seat, 1 hand on seat 3.8
b) chin on seat 4.0
c) chin on seat - c 4.1
d) chin on seat - 8 4.4

Riding with no part of the body other than the chin touching the back of the seat, freehanded. In a) one hand may touch the seat.

- a) chin on seat bwd, 1 hand on seat 4.7
b) chin on seat bwd 4.9
c) chin on seat bwd - c 5.1
d) chin on seat bwd - 8 5.4

Riding backward with no part of the body other than the chin touching the back of the seat, freehanded. In a) one hand may touch the seat.

- a) 1 foot 3.0
b) 1ft - c 3.2
c) 1ft - 8 3.6
d) 1ft ext 3.2
e) 1ft ext - c 3.4
f) 1ft ext - 8 3.7
g) 1ft crossed 3.4
h) 1ft crossed - c 3.6
i) 1ft crossed - 8 3.9

Riding with one foot on pedal. In d), e) and f) the free leg is extended. In g), h) and i) the free leg is crossed over the pedaling leg.

14. a) 1ft bwd 4.1
Riding backward with one foot on pedal. In d), e) and f) the free leg is extended.

- b) 1ft bwd - c 4.3
- c) 1ft bwd - 8 4.6
- d) 1ft ext bwd 4.3
- e) 1ft ext bwd - c 4.5
- f) 1ft ext bwd - 8 4.8

15. a) 1ft seat in front, against body 3.8
Riding with the seat held out in front of the rider, one foot on pedal. In a), e), f) and g) the seat or hand holding the seat may rest against the rider. In e) and f) the free leg is extended.

- b) 1ft seat in front 4.5
- c) 1ft seat in front - c 4.7
- d) 1ft seat in front - 8 5.0
- e) 1ft ext, seat in fr against body 4.0
- f) 1ft ext, seat in fr against body - c 4.2

16. a) 1ft seat in front against body bwd 4.7
Riding backward with the seat held out in front of the rider, one foot on pedal. In a) the seat or hand holding the seat may rest against the rider.

- b) 1ft seat in front bwd 5.1
- c) 1ft seat in front bwd - c 5.3

17. a) seat on side, 1ft, against body 3.8
b) seat on side, 1ft 4.6
c) seat on side, 1ft - c 4.2
d) seat on side, 1ft - 8 4.9

Riding with the seat held out to the side of the rider, one foot on pedal. In a) the seat or the hand holding the seat may rest against the rider.

18. a) seat on side, 1ft bwd, against body 4.4
b) seat on side, 1ft bwd 4.8
c) seat on side, 1ft bwd - c 5.0

Riding backward with the seat held out to the side of the rider, one foot on pedal. In a) the seat or the hand holding the seat may rest against the rider.

19. a) side saddle, hand touching seat 3.5
b) side saddle, hand touching seat - c 3.3
c) side saddle frh 3.9
d) side saddle frh - c 3.7
e) side saddle frh - 8 4.2

Riding 1ft while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot. In a) and b) one hand may touch the seat.

20. a) wheel walk 3.5
b) ww - c 3.7
c) ww - 8 4.0

Propelling the wheel with the feet placed on the wheel in front of the frame.

21. a) ww bwd 4.2
Riding backward by propelling the wheel with the feet placed on the wheel in front of the frame.

- b) ww bwd - c 4.4

22. a) ww frame between feet 4.0
b) ww frame between feet - c 4.2

Riding forward by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.

23. a) ww frame between feet bwd 4.3
b) ww frame between feet bwd - c 4.5

Riding backward by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.

24. a) ww bwd, feet behind frame 4.8
b) ww bwd, feet behind frame - c 5.0

Riding backward by propelling the wheel with the feet placed on the wheel behind the frame.

25. a) spoke walk bwd 4.8
b) spoke walk bwd - c 5.0

Riding backward by propelling the wheel with the feet placed on both sides of the wheel, behind the frame. Feet may contact spokes, rim, or tire.

26. a) ww 1ft 3.7
b) ww 1ft - c 3.9
c) ww 1ft - 8 4.2
d) ww 1ft ext 4.1
e) ww 1ft ext - c 4.3
f) ww 1ft ext - 8 4.6

Walking the wheel using only one foot on the wheel, in front of the frame. In d), e) and f) the free leg is extended.

27. a) ww bwd 1ft 5.4
b) ww bwd 1ft - c 5.6
c) ww bwd 1ft ext 5.8
d) ww bwd 1ft ext - c 6.0

Walking the wheel backwards with one foot on the wheel, in front of the frame. In c) and d) the free leg is extended.

28. a) koosh koosh 3.9
b) koosh koosh - c 4.1
c) ww bwd 1ft behind frame 5.0
d) ww bwd 1ft behind frame - c 5.2

Walking the wheel backward with one foot on the wheel behind the frame.

In a) and b) the other foot rests on the frame with the toe being used as a brake to maintain balance.

29. a) gliding 4.0
b) gliding - c 4.2
c) gliding, leg ext 4.2
d) gliding, leg ext - c 4.4

Riding with one foot on the wheel and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel. In c), d) the free leg is extended.

30. a) gliding bwd foot behind frame 5.5
b) gliding bwd foot behind frame - c 5.9

Riding with one foot on the wheel behind the frame and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel.

31. a) hand wheel walk 4.3
 b) hand wheel walk - c 4.5
 c) hand wheel walk feet out 5.0
 d) hand wheel walk feet out - c 5.2

Riding by propelling the unicycle with the hands on the wheel and with the feet resting on the frame. In c) and d) the legs are extended.

32. a) one hand wheel walk 4.7
 b) one hand wheel walk - c 4.9
 c) one hand wheel walk feet out 5.4
 d) one hand wheel walk feet out - c 5.6

Hand wheel walk with one hand on the wheel. In c) and d) the legs are extended.

33. a) hand ww, stomach on seat 4.3
 b) hand ww, stomach on seat - c 4.5

Hand wheel walk with the abdomen on the seat and the legs extended.

34. a) one hand ww, stomach on seat 4.7
 b) one hand ww, stomach on seat - c 4.9

One hand wheel walk with the abdomen on the seat and the legs extended.

35. a) drag seat in front 3.9
 b) drag seat in front - c 4.1
 c) drag seat in front - 8 4.4

Riding with the seat dragging on the floor, in front of the wheel.

36. a) drag seat in back 4.0
 b) drag seat in back - c 4.2
 c) drag seat in back - 8 4.5

Riding with the seat dragging on the floor, behind the wheel.

37. a) drag seat in front bwd 6.4
 b) drag seat in front bwd - c 6.6
 c) drag seat in front bwd - 8 6.9

Riding backwards with the seat dragging on the floor, in front of the wheel.

38. a) side ride 5.2
 b) side ride - c 5.0
 c) side ride - 8 5.6
 d) side ride, one hand 5.6
 e) side ride, one hand - c 5.4
 f) side ride, one hand - 8 5.9

Riding 1ft, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider. In d), e) and f) only one hand holds the seat.

39. a) coasting, leg ext 5.5
 b) coasting, leg ext - c 5.9
 c) coasting, leg ext - 8 6.4

Riding with one foot resting on the frame and the free foot extended.

40. a) coasting, foot in 5.5
 b) coasting, foot in - c 5.9
 c) coasting, foot in - 8 6.4

Riding with both feet resting on the frame.

41. a) coasting backward, leg ext 6.6
 b) coasting backward, leg ext - c 6.7
 c) coasting backward, leg ext - 8 7.0

Riding backward with one foot resting on the frame and the free foot extended.

42. a) coasting backward, foot in 6.5
 b) coasting backward, foot in - c 6.8
 c) coasting backward, foot in - 8 7.1

Riding backward with both feet resting on the frame.

43. a) sideways ww 5.4
 b) sideways ww - c 5.6

Riding sideways, standing on the wheel with one foot in front of the frame and the other behind the frame, holding on to the seat with both hands.

44. a) sideways ww, 1ft 5.6
 b) sideways ww, 1ft - c 5.8
 c) sideways ww, 1ft on seat 5.8

Riding sideways, standing on the wheel with one foot in front of the frame and the free leg extended, holding on to the seat with both hands. In c) the free leg is placed on the seat.

45. a) cross over 4.7
 b) cross over - c 4.5
 c) cross over - 8 5.0

Riding one footed, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.

46. a) stand up ww 1ft 5.0
 b) stand up ww 1ft - c 5.2

Standing on the frame walking the wheel using only one foot on the wheel, in front of the frame.

47. a) stand up glide 5.7
 b) stand up glide - c 5.9

Standing on the frame with one foot on the wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel.

48. a) stand up coast 6.7
 b) stand up coast - c 6.9
 c) stand up coast - 8 7.2

Coasting while standing upright with both feet on the frame.

STATIONARY SKILLS = auf der Stelle

100. a) idling 2.2
 b) idling 1ft 2.4
 c) Idling 1ft ext 2.5
 d) idling 1ft crossed 2.5

101. a) idling seat in front, against body 2.7
 b) idling seat in front 2.9
 c) idling 1ft seat in fr, against bdy 3.2
 d) idling 1ft seat in front 3.5
 e) idling 1ft seat in fr ext, agnst bdy 3.5
 f) idling seat in back, against body 3.0
 g) idling seat in back 3.2

Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider. In a), c) and e) the seat or hand holding the seat may rest against the rider. In c) and d) idling with one foot on pedal. In e) idling with one foot on pedal and free foot extended.

In f) and g) the seat is held in back of the rider. In f) the seat or hand holding the seat may rest against the rider.

102. a) idling seat on side, touching body 2.8
b) idling seat on side 3.1

Idling with the seat held out to the side of the rider. In a) the seat may touch the rider's body. In b) the rider shall have no contact with the seat other than one hand holding the seat.

103. a) crank idle, seat against body 3.5
b) crank idle freehand, against body 3.6
c) crank idle 4.0

Staying in place, on one side of the unicycle, by moving the wheel forward and backward centered at a vertical crank position. One foot is on the pedal while the other foot is resting on top of the crank arm on the same side.

In a) the seat or one hand holding the seat may rest against the rider.

In b) the seat may rest against the rider but neither hand may touch the seat.

In c) the rider shall have no contact with the seat other than one hand holding the seat.

104. a) stillstand 3.8

Staying in place with no wheel movement.

105. a) twisting 2.8

Staying in place twisting the unicycle left and right around a vertical axis.

106. a) touch the floor 2.5
b) touch the floor with both hands 3.5

Bending down and touching the floor with one hand while seated or standing on the pedals in the seated position. In b) both hands simultaneously touch the floor.

107. a) touch the floor, seat in front 3.2

Bending down and touching the floor with one hand, while holding the seat out in front with the other hand.

108. a) bounce seat 3.4

From riding with the seat in front, bouncing the seat on the floor once and catching it back.

109. a) touch seat on floor 3.8

Bending down and touching the floor with the seat while holding it out in front of the rider with one hand.

110. a) hopping 2.4
b) hopping frh 2.6

Bouncing with the unicycle with one hand holding on to the seat. In b) both hands are free.

111. a) hopping seat in front, against bdy 2.8
b) hopping seat in front 3.0
c) hopping seat in back, against bdy 3.2
d) hopping seat in back 3.4

Hopping with the unicycle with the seat held in front of the rider. In a) and c) the seat or the hand holding the seat may rest against the rider. In c) and d) the seat is held in back of the rider.

112. a) hoptwisting 3.3

Staying in place bouncing the unicycle left then right around a vertical axis. A minimum of 3 consecutive cycles (left and right bounces) must be executed. Neither hand may touch the seat.

113. a) hoptwist 90° 2.7
b) hoptwist 180° 3.2
c) hoptwist 360° 4.5
d) hoptwist freehand 90° 3.0
e) hoptwist frh 180° 3.5
f) hoptwist frh 360° 5.0

Bouncing with the unicycle and turning around a vertical axis over a) 90, b) 180 and c) 360 degrees in one jump. In d), e) and f) with hands free.

114. a) riding hoptwist 180 3.4
b) riding hoptwist 360 4.5
c) riding hoptwist freehand 180 4.0
d) riding hoptwist freehand 360 5.0

Riding forward and jumping around a vertical axis over a) 180 and b) 360 degrees in one jump and continue riding. In c), and d) with hands free.

115. a) hop over 2.9
b) sideways hop over 2.8
c) hop over, seat in front 3.7
d) sideways hop over, seat in front 3.8

Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat. In a) and c) with the unicycle facing the direction of travel. In b) and d) with the unicycle perpendicular to the direction of travel. In c) and d) the seat is held in front of the rider.

116. a) side hopping 4.0
b) side hopping, foot touching tire 3.5

Hopping left, next to the unicycle, with foot on the non-corresponding pedal holding on to the seat with either one or both hands. In a) the free foot is extended. In b) the free foot is touching the tire for balance.

117. a) hopping on wheel 3.0

Hopping, standing on wheel with one foot in front of and the other behind frame, holding on to the seat with both hands.

118. a) hoptwist on wheel 90° 3.3
b) hoptwist on wheel 180° 3.6

Hopping on wheel and turning around a vertical axis over a) 90 and b) 180 degrees in one jump.

119. a) hopping on wheel frh 4.2

Hopping, standing on wheel with one foot in front of and the other behind the frame, not holding on to the seat.

120. a) hoptwist on wheel frh 90° 4.5
b) hoptwist on wheel frh 180° 4.8

Hopping on wheel freehanded, and turning around a vertical axis over a) 90 and b) 180 degrees in one jump.

121. a) riding spin 3.3

Riding, rotating 360 degrees around a vertical axis and continuing riding in the same direction.

122. a) bwd riding spin 3.7

Riding backward, rotating 360 degrees around a vertical axis and continuing riding backward in the same direction.

123. a) spin 3.5
b) spin 1ft 3.7
c) spin 1ft ext 3.9

Riding in a small circle with the upper body rotating around a vertical axis. In b) and c) riding with one foot on pedal.

124. a) backward spin 4.0
 b) backward spin 1 ft 4.3
 c) backward spin 1 ft ext 4.7

Riding backward in a small circle so that the upper body is rotating around a vertical axis. In b) and c) riding with one foot on pedal.

125. a) spin seat in front, against body 3.7
 b) spin seat in front 3.9

Riding in a small circle with the seat held out in front of the rider so that the upper body is rotating around a vertical axis. In a) the seat or the hand holding the seat may rest against the rider.

126. a) spin seat in back, against body 3.8
 b) spin seat in back 4.1

Riding in a small circle with the seat held out behind the rider so that the upper body is rotating around a vertical axis. In a) the seat or the hand holding the seat may rest against the rider.

127. a) spin seat on side, against body 3.6
 b) spin seat on side 4.0

Riding in a small circle so that the upper body is spinning around a vertical axis with the seat held out to the side of the rider. In a) the seat or hand holding the seat may rest against the rider.

128. a) pirouette 4.0
 Spinning around a vertical axis, on momentum gained from forward movement.

129. a) backward pirouette 4.5
 Spinning around a vertical axis on momentum gained from backward movement.

130. a) pirouette seat in front, against bdy 4.1
 b) pirouette seat in front 4.4
 Spinning around a vertical axis with the seat held out in front of the rider. In a) the seat or the hand holding the seat may rest against the rider.

131. a) pirouette seat in back, against bdy 4.2
 b) pirouette seat in back 4.5
 Spinning around a vertical axis with the seat held out behind the rider. In c) the seat or the hand holding the seat may rest against the rider.

TRANSITIONS = Übergänge

150. a) riding to seat in front 1.5
 From riding, pulling out the seat to seat in front.

151. a) seat in front to riding 1.7
 From seat in front, getting back on the seat into riding.

152. a) riding to seat in back 1.6
 From riding, pulling out the seat to seat in back.

153. a) seat in back to riding 1.9
 From seat in back, getting back on the seat into riding.

154. a) ww to pedals 3.2
 From walking the wheel to riding.

- b) ww to riding 1ft 3.4
 In b) from walking the wheel to riding with one foot on the pedal.

- c) gliding to pedals 3.5
 In c) gliding to riding.

- d) gliding to riding 1ft 3.7
 In d) gliding to riding with one foot on the pedal.

155. a) leg around 3.4
 From seat in front, swinging one leg around the seat to seat in back or riding.

- b) leg around twice 4.2
 In b), the leg goes once around the seat before the foot is placed back on the pedal.

156. a) leg around reverse 3.5
 From seat in back, swinging one leg around the seat to seat in front or riding.

- b) leg around twice reverse 4.4
 In b), the leg goes once around the seat before the foot is placed back on the pedal.

157. a) backspin 2.7
 Riding, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction.

158. a) front spin 3.3
 Riding backward, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.

159. a) pick up seat in front 4.0
 b) pick up seat in front with toe 4.7
 c) pick up seat in front free foot 4.4
 From seat drag in front, picking up the frame and bringing it upright into seat in front. In a) the frame is picked up with a hand. In b) the frame is picked up with the toe by back pedaling slightly. In c) the frame is picked up by lifting a foot off the pedals and placing it under the frame.

160. a) pick up seat in back 4.2
 b) pick up seat in back with heel 4.2
 c) pick up seat in back free foot 5.0
 From seat drag in back, picking up the frame and bringing it upright into seat in back or seat on side. In a) the frame is picked up with a hand. In b) the frame is picked up with the heel. In c) the frame is picked up by lifting a foot off the pedal and placing it under the frame.

161. a) pedals to hopping on wheel 3.1
 From seat in front, jumping on the wheel into hopping on wheel.
 b) pedals 270° to hopping on wheel 4.2
 In b), the unicycle is rotated 270°
 c) pedals 450° to hopping on wheel 5.8
 or in c), 450 degrees around a vertical axis before the feet are placed on the tire.

- d) pedals to sideways ww 3.4
 In d), from seat in front, jumping on the wheel into sideways wheel walk.

- e) pedals 270° to sideways ww 4.7
 f) pedals 450° to sideways ww 6.0
 In e) and f), the unicycle is rotated e) 270 or f) 450 degrees around a vertical axis before the feet are placed on the tire.

162. a) hopping on wheel to pedals 3.7
 b) hopping on wheel 270° to pedals 4.4

- c) hopping on wheel 450° to pedals 6.0

From hopping on wheel, jumping down to seat in front or riding. In b) and c), the unicycle is rotated b) 270 degrees or c) 450 degrees around a vertical axis before the feet are placed on the pedals.

- d) sideways ww to pedals 3.3
e) sideways ww 270° to pedals 6.0

In d), from sideways wheel walk, jumping or stepping down to seat in front or riding without hopping. In e), the unicycle is rotated 270 degrees around a vertical axis before the feet are placed back on the pedals.

163. a) pedals to hopping on wheel frh 3.7

From riding, placing one foot on the wheel in front of the frame and the other foot on the wheel behind the frame, and standing up into hopping on wheel freehanded.

164. a) hopping on wheel frh to pedals 4.2

From hopping on wheel freehanded, jumping down to riding

165. a) seat in front to side ride 5.1

From seat in front jumping into side ride.

166. a) side ride to seat in front 5.3

From side ride, jumping into seat in front.

167. a) side ride to hopping on wheel 5.5

From side ride, jumping into a) hopping on wheel

- b) side ride to sideways ww 5.8

From side ride, jumping into b) sideways wheel walk.

168. a) step around 5.0

From seat in front the rider steps around the uni, without the uni bouncing or turning, such that the feet switch pedals. The rider ends facing the opposite way, sitting on the seat.

- m) inverse 5.2

From seat on side the rider swings one leg in back and then steps around the uni, without the uni bouncing or turning, such that the feet switch pedals. The rider ends facing the opposite way, sitting on the seat.

169. a) 180° uni spin 4.6

- b) 360° uni spin 5.3

- c) 540° uni spin 6.0

- d) 720° uni spin 7.0

Jumping up off the uni, rotating the uni or the body a), e), h) & k) 180° or b), f), i) & l) 360° or c), g) & j) 540° or d) 720° around a vertical axis and landing back on it.

- e) 180° uni spin to seat in front 4.6

- f) 360° uni spin to seat in front 5.6

- g) 540° uni spin to seat in front 6.6

In e), f) & g) the rider lands with the seat held in front. The seat may touch the rider and one or both hands may touch the seat.

- h) 180° uni spin to idling 1ft 4.8

- i) 360° uni spin to idling 1ft 5.5

- j) 540° uni spin to idling 1ft 6.2

In h), i) & j) the rider lands into idling one foot.

- k) 180° uni spin to idling 1ft seat in fr 4.9

- l) 360° uni spin to idling 1ft seat in fr 5.7

In k) & l) the rider lands into idling one foot with the seat held

in front. The seat may touch the rider and one or both hands may touch the seat.

170. a) 180° uni spin to ww 4.9

- b) 360° uni spin to ww 5.6

Jumping up off the uni, rotating it a) & c) 180, or b & d) 360 degrees around a vertical

- c) 180° uni spin to ww 1ft 5.1

- d) 360° uni spin to ww 1ft 5.8

axis and landing back on it in the wheel walk position. In c) and d) the rider lands into wheel walk one foot.

171. a) 180° uni spin to hopping on whl frh 5.5

- b) 360° uni spin to hopping on whl frh 6.2

Jumping up off the uni, rotating it a) 180 or b) 360 degrees around a vertical axis, and landing back on it into hopping on wheel freehanded. When landing on the wheel, the hands must not touch the seat after the first hop.

172. a) 180° uni spin on wheel 4.4

- b) 360° uni spin on wheel 5.1

From hopping on wheel, jumping up off the unicycle, rotating it a) 180 or b) 360 degrees around a vertical axis, and landing back on it into hopping on wheel.

MOUNTS = Aufstiege

- 200 a) mount 1.3

- b) mount to idle 1.5

- c) mount to 1ft idle 2.0

- d) mount to 1 ft ext idle 2.5

Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance. In b), c) and d) mounting to idling without riding. In c) and d), mounting into idling with only one foot on pedal. In d) the free leg is extended.

201. a) rolling mount 1.8

- b) rolling mount to 1ft 2.5

- c) rolling mount to 1ft ext 2.7

- d) rolling mount to gliding 3.4

- e) rolling mount to coasting 4.0

Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and continue riding forward. In b) mounting directly into one foot riding. In c) mounting directly into one foot extended riding. In d) and e) mounting directly into d) gliding or e) coasting without touching either of the pedals.

202. a) back mount 1.9

- b) back mount to idle 2.1

- c) back mount to 1ft idle 2.6

- d) back mount to 1ft idle ext 3.1

Mounting the uni from standing in front of it, by placing one foot on the front pedal and going up and over the wheel or rotating the wheel forward to obtain balance. In b), c) and d) mounting to idling without riding. In c) and d), mounting into idling with only one foot on pedal. In d) the free leg is extended.

203. a) side mount 1.8

- b) side mount leg around 3.4

- c) side mount leg around twice 4.9

Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around in front of the seat, getting seated and placing second foot on pedal. In b), c) and d), the leg goes b) and d) once or c) twice around the seat before the second foot is placed on the pedal.

- d) floor mount 2.5
e) floor mount leg around 4.1

In d) and e) the rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.

204. a) side mount reverse 1.8
b) side mount reverse leg around 3.4
c) side mount rev. leg around twice 4.9

Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind the seat, getting seated and placing second foot on pedal. In b), c) and d), the leg goes b) and d) once or c) twice around the seat before the second foot is placed on the pedal.

- d) floor mount reverse 2.5
e) floor mount reverse leg around 4.1

In d) and e) the rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.

205. a) jump mount 2.2

Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously.

- b) free jump mount 2.7

In b) the rider lets go of the uni before his or her feet leave the floor.

- c) jump mount to seat in front 2.5

In c) the rider lands with the seat in front, not touching body.

- d) jump mount to seat in back 2.7

In d) the rider lands with seat in back not touching body.

- e) jump mount to ww 2.9

In e) the rider lands in wheel walk position

- f) jump mount from on wheel 2.9

In f) the unicycle is lying on its side. Rider stands on the side of the tire with neither foot touching the floor, then jumps up, pulls saddle into position, and lands on saddle and pedals

- g) 180° uni spin jump mount 2.6

- h) 360° uni spin jump mount 2.7

In g) and h) the uni or rider gets spun 180 and 360 degrees respectively around a vertical axis after the rider leaves the floor but before the rider lands on it.

- i) turn around jump mount 3.0

In i) the rider turns around 180 degrees before landing on the unicycle

206. a) side jump mount 2.5

Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously.

- b) free side jump mount 3.0

In b) the rider lets go of the uni before his or her feet leave the floor

- c) side jump mount to ww 3.2

- d) side jump mount to ww 1 ft 3.4

- e) side jump mount to ww 1 ft ext 3.6

In c), d) or e) the feet are placed on the wheel, without touching the pedals, and the rider goes immediately into c) wheel walk, d) wheel walk one foot or e) wheel walk one foot with the free leg extended

- f) 180 uni spin side jump mount 3.8

- g) 360 uni spin side jump mount 5.2

In f) and g) the uni gets spun 180 and 360 degrees respectively around a vertical axis after the rider leaves the floor but before the rider lands on it.

207. a) spin mount 360° 2.4

- b) spin mount 720° 3.4

Mounting the unicycle and without pausing or idling, spinning a) 360 and b) 720 degrees around a vertical axis.

208. a) kick up mount, 1 hand on seat 2.8

- b) kick up mount 3.0

- c) kick up mount to ww 3.2

- d) kick up mount to ww 1ft 3.4

- e) kick up mount to ww 1ft ext 3.6

Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal. In a) one hand may touch the seat.

209. a) pick up mount 3.2

Mounting the unicycle from standing behind it (wheel upright with seat on the floor) by jumping onto the pedals, picking up the seat and getting seated.

210. a) swing up mount 3.4

Mounting the unicycle from standing beside it (wheel upright; seat on floor) by placing corresponding foot on the pedal, swinging the frame upright with the second foot, swinging the second leg around the back of the seat, getting seated, and placing the second foot on the pedal.

211. a) push up mount 3.8

Mounting the unicycle starting with rider laying face down on the floor. The uni is in the riding position but with only the seat and wheel touching the floor. The rider pushes up using only the hands, the feet can only touch the pedals, into the riding position.

