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Rose-Kalam Woo – double front pike Bars

November 11th, 2011 | [bars](#), [Gymnastics](#)

Age-11.

... Canadian junior Rose Kalam Woo made a grand impression by **winning the Hopes Division** of the **Combs-la-Ville Tournament** that took place this week just south of Paris. On bars, Woo showed a dismount I can't recall seeing before: a double front in the pike position. ...

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That's the most extreme version of the "whippy technique" for low to high Bar transfer I can recall seeing. It's used by very short kids on FIG setting or wider.

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