

COMPULSORY MOVEMENTS

Since 2010:



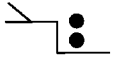








- use of "Timing" form of compulsory
- sing "NEW" indicates new elements and changed technical index
- "Combination" - can be involved solely between two elements of Static Strength group with different family specificati

2 Jumping Jacks	Cad Jun Sen		ID: 1
2 High Leg Kicks	Cad Jun Sen		ID: 2
2 Push Ups	Cad Jun Sen		ID: 3




OBLIGATORY EXERCISES - a) PUSH UP GROUP

1 Two Arm Push Up	Cad		ID: 101
3 Two Arm Hinge Triceps Push Up	Cad Jun		ID: 102
2 Two Arm Triceps Push Up	Cad Jun		ID: 103
4 One Arm Push Up Right	Jun		ID: 109
4 One Arm Push Up Left	Jun		ID: 110
4 One Arm Push Up shown both left and right sides consecutively	Sen		ID: 105
5 One Arm Hinge (lateral) Push Up Right	Sen		ID: 111
5 One Arm Hinge (lateral) Push Up Left	Sen		ID: 112
5 One Arm Triceps Push Up Right	Jun Sen		ID: 113
5 One Arm Triceps Push Up Left	Jun Sen		ID: 114
6 One Arm Triceps Hinge Push Up Right	Sen		ID: 639
6 One Arm Triceps Hinge Push Up Left	Sen		ID: 638
7 One Arm One Leg Push Up Right	Sen		ID: 115
7 One Arm One Leg Push Up Left	Sen		ID: 116
8 One Arm One Leg Triceps Push Up Right	Sen		ID: 117
8 One Arm One Leg Triceps Push Up Left	Sen		ID: 118

OBLIGATORY EXERCISES - b) STATIC STRENGTH GROUP












2 Straddle Press	Cad Jun		ID: 120
2 Straddle Press one arm front and one arm back	Cad		ID: 133
2 Two Arm Supported Planche Open	Cad Jun		ID: 127
3 Two Arm Supported Planche Closed	Cad Jun		ID: 128
4 Two Arm V Press Open	Jun Sen		ID: 122
6 Two Arm V Press Closed	Sen		ID: 123
5 One Arm Straddle Press with 180° turn	Sen		ID: 124
4 One Arm Planche Open	Sen		ID: 129
5 One Arm Planche Closed	Sen		ID: 130
8 Two Arm Planche with no support Open	Sen		ID: 131
9 Two Arm Planche with no support Closed	Sen		ID: 132

OBLIGATORY EXERCISES - c) JUMP GROUP

1 Air Jacks	Cad		ID: 140
5 Straddle Jump	Jun Sen		NEW ID: 141
2 Pirouette Jump 360° turn	Cad Jun		NEW ID: 142
1 Front Jete	Cad		ID: 999
2 Front Switch Jete	Jun		ID: 143
6 Straddle Switch Jete	Sen		ID: 144
6 Straddle Jump with 180° turn	Sen		NEW ID: 145
2 Front Split Jump	Sen		ID: 146
6 Pike Jump	Sen		ID: 147

OBLIGATORY EXERCISES - d) FLEXIBILITY GROUP

TI: One Arm +1
 Turning +0,5 per 180° (720° turn maximum)
 Hinge +0,5






















2 Front Split Right	Cad		ID: 158
2 Front Split Left	Cad		ID: 159
2 Prone Straddle Split	Cad Jun Sen		ID: 161
2 Supine Straddle Split	Cad Jun Sen		ID: 162
2 Front Split, right and left sides consecutively	Jun		ID: 170
2 Front Split, left and right sides consecutively	Jun		ID: 171
2 Needlepoint on Right Leg	Jun		ID: 169
2 Needlepoint on Left Leg	Jun		ID: 168
4 Standing Front Split right and left sides consecutively	Sen		ID: 165
4 Standing Front Split left and right sides consecutively	Sen		ID: 597
4 Sit Through	Sen		ID: 166
6 Split Rotation	Sen		ID: 167

PUSH UPS

There are no families for the Push Up group.

Every push-up listed will have a full technical index unless the same push-up is repeated.

TI: Two arms 0,5 Hinge+0,5 Triceps+0,5 One Arm+1,5 One Leg (with One Arm)+1,5

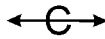






















1 Free Fall to push up landing from standing position	Cad		ID: 530
0,5 Two Arm Push Up	Cad Jun Sen		ID: 50
1 Two Arm Circular Lateral Hinge Push Up	Cad Jun Sen		ID: 52
1 Two Arm Triceps Push Up	Cad Jun Sen		ID: 54
1,5 Two Arm Triceps Hinge Push Up	Cad Jun Sen		ID: 55
2 One Arm Push Up Right	Jun Sen		ID: 40
2 One Arm Push Up Left	Jun Sen		ID: 41
2,5 One Arm Triceps Push Up Right	Jun Sen		ID: 42
2,5 One Arm Triceps Push Up Left	Jun Sen		ID: 43
2,5 One Arm Hinge (lateral) Push Up Right	Jun Sen		ID: 44
2,5 One Arm Hinge (lateral) Push Up Left	Jun Sen		ID: 45
3 One Arm Triceps Hinge Push Up Right	Jun Sen		ID: 46
3 One Arm Triceps Hinge Push Up Left	Jun Sen		ID: 47
3,5 One Arm One Leg Push Up Right	Jun Sen		ID: 48
3,5 One Arm One Leg Push Up Left	Jun Sen		ID: 49
4 One Arm One Leg Hinge (lateral) Push Up Right	Jun Sen		ID: 550
4 One Arm One Leg Hinge (lateral) Push Up Left	Jun Sen		ID: 551
4 One Arm One Leg Triceps Push Up Right	Jun Sen		ID: 552
4 One Arm One Leg Triceps Push Up Left	Jun Sen		ID: 553
4,5 One Arm One Leg Triceps Hinge Push Up Right	Jun Sen		ID: 554
4,5 One Arm One Leg Triceps Hinge Push Up Left	Jun Sen		ID: 555

A) HORIZONTAL PRESSES FAMILY

TI: One Arm +1,0

Turning +0,5 per 180° (720° turn maximum)

Combination - can be involved solely between two elements of Static Strength group with different family specificati

0,5 COMBINATION	Cad Jun Sen		NEW ID: 1767
1 Straddle Press (both hands front)	Cad Jun Sen		ID: 70
1 Straddle Press (one hand front, one back)	Cad Jun Sen		ID: 71
1 Straddle Press (both hands back)	Cad Jun Sen		ID: 72
1,5 Straddle Press 180° turn	Cad Jun Sen		ID: 73
2 Straddle Press 360° turn	Cad Jun Sen		ID: 74
2,5 Straddle Press 540° turn	Cad Jun Sen		ID: 75
3 Straddle Press 720° turn	Cad Jun Sen		ID: 76
2 One Arm Straddle Press	Jun Sen		ID: 77
2,5 One Arm Straddle Press 180° turn	Jun Sen		ID: 78
3 One Arm Straddle Press 360° turn	Jun Sen		ID: 79
0,5 Half Pike Press (one leg straight, one leg bent)	Cad		NEW ID: 1656
1 Pike Press	Cad Jun Sen		ID: 80
1,5 Pike Press 180° turn	Cad Jun Sen		ID: 81
2 Pike Press 360° turn	Cad Jun Sen		ID: 82
2,5 Pike Press 540° turn	Cad Jun Sen		ID: 83
3 Pike Press 720° turn	Cad Jun Sen		ID: 84
2 One Arm Pike Press	Jun Sen		ID: 85
2,5 One Arm Pike Press 180° turn	Jun Sen		ID: 86
3 One Arm Pike Press 360° turn	Jun Sen		ID: 87
3 One Arm Pike Press with hold leg	Sen		ID: 501
3,5 One Arm Pike Press with hold leg 180° turn	Sen		ID: 502
4 One Arm Pike Press with hold leg 360° turn	Sen		ID: 503

B) V PRESSES FAMILY

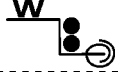





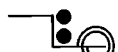

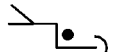




TI: One Arm +1
Turning +0,5 per 180° turn (720° turn maximum)

2 V Press Open	Cad Jun Sen		ID: 200
2,5 V Press Open 180° turn	Cad Jun Sen		ID: 201
3 V Press Open 360° turn	Cad Jun Sen		ID: 202
3 One Arm V Press Open	Jun Sen		ID: 571
3 V Press Closed	Cad Jun Sen		ID: 203
3,5 V Press Closed 180° turn	Cad Jun Sen		ID: 204
4 V Press Closed 360° turn	Cad Jun Sen		ID: 205
4 One Arm V Press Closed	Jun Sen		ID: 572

C) SUPPORTED PLANCHES FAMILY


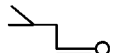

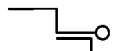
TI: One Arm +1
Turning +0,5 per 180° turn (720° turn maximum)
Hinge +0,5

1 Two Arm Supported Planche Open	Cad Jun Sen		ID: 206
1,5 Two Arm Supported Planche Open 180° turn	Cad Jun Sen		ID: 207
2 Two Arm Supported Planche Open 360° turn	Cad Jun Sen		ID: 208
2,5 Two Arm Supported Planche Open 540° turn	Cad Jun Sen		ID: 209
3 Two Arm Supported Planche Open 720° turn	Cad Jun Sen		ID: 210
1 Two Arm Supported Split Planche	Cad Jun Sen		ID: 580
1,5 Two Arm Supported Split Planche 180° turn	Cad Jun Sen		ID: 581
2 Two Arm Supported Split Planche 360° turn	Cad Jun Sen		ID: 582
2,5 Two Arm Supported Split Planche 540° turn	Cad Jun Sen		ID: 583
3 Two Arm Supported Split Planche 720° turn	Cad Jun Sen		ID: 584
1 Two Arm Supported Wenson Planche	Cad Jun Sen		ID: 585
1,5 Two Arm Supported Wenson Planche 180° turn	Cad Jun Sen		ID: 586
2 Two Arm Supported Wenson Planche 360° turn	Cad Jun Sen		ID: 587

2,5 Two Arm Supported Wenson Planche 540° turn	Cad Jun Sen		ID: 588
3 Two Arm Supported Wenson Planche 720° turn	Cad Jun Sen		ID: 589
1,5 Two Arm Supported Planche Closed	Cad Jun Sen		ID: 211
2 Two Arm Supported Planche Closed 180° turn	Cad Jun Sen		ID: 212
2,5 Two Arm Supported Planche Closed 360° turn	Cad Jun Sen		ID: 213
3 Two Arm Supported Planche Closed 540° turn	Cad Jun Sen		ID: 214
3,5 Two Arm Supported Planche Closed 720° turn	Cad Jun Sen		ID: 215
2 One Arm Planche Open	Jun Sen		ID: 220
2,5 One Arm Planche Open 180° turn	Jun Sen		ID: 221
3 One Arm Planche Open 360° turn	Jun Sen		ID: 222
2,5 One Arm Planche Closed	Jun Sen		ID: 223
3 One Arm Planche Closed 180° turn	Jun Sen		ID: 224
3,5 One Arm Planche Closed 360° turn	Jun Sen		ID: 225

D) UNSUPPORTED PLANCHES FAMILY

TI: Push Up +1

4 Two Arm Planche with no support Open	Cad Jun Sen		ID: 216
5 Two Arm Planche with no support Open Push Up	Cad Jun Sen		ID: 217
4,5 Two Arm Planche with no support closed	Cad Jun Sen		ID: 218
5,5 Two Arm Planche with no support closed Push Up	Cad Jun Sen		ID: 219

A) AIR JACK FAMILY

0 Air Jack

Cad



ID: 300

B) AIR JACK TO SPLIT FAMILY

0,5 Air Jack to Front / Straddle Split Landing

Cad



ID: 301

C) TUCK JUMP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)

0 Tuck Jump

Cad



ID: 312

0,5 Tuck Jump 180° turn

Cad



ID: 315

1 Tuck Jump 360° turn

Cad



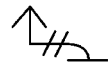
ID: 318

D) TUCK JUMP TO SPLIT FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)
Front or Straddle Split Landing +0,5

0,5 Tuck Jump to Front / Straddle Split Landing

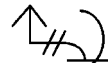
Cad



ID: 313

1 Tuck Jump 180° turn to Front / Straddle Split Landing

Cad



ID: 316

1,5 Tuck Jump 360° turn to Front / Straddle Split Landing

Cad



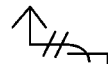
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E) TUCK JUMP TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)
Push Up Landing +1, one arm push up landing +1,5

1 Tuck Jump to Push Up Landing

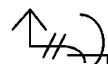
Jun Sen



ID: 314

1,5 Tuck Jump 180° turn to Push Up Landing

Jun Sen



ID: 317

2 Tuck Jump 360° turn to Push Up Landing

Jun Sen



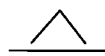
ID: 320

F) FRONT SPLIT JUMP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)

1 Front Split Jump

Cad Jun Sen



ID: 370

1,5 Front Split Jump 180° turn

Cad Jun Sen



ID: 373

2 Front Split Jump 360° turn

Cad Jun Sen



ID: 376

2,5 Front Split Jump 540° turn

Cad Jun Sen



ID: 379

3 Front Split Jump 720° turn

Cad Jun Sen



ID: 382








G) FRONT SPLIT JUMP TO SPLIT FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)
Front or Straddle Split Landing +0,5

1,5 Front Split Jump to Front / Straddle Split Landing	Cad Jun Sen		ID: 371
2 Front Split Jump 180° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 374
2,5 Front Split Jump 360° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 377
3 Front Split Jump 540° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 380
3,5 Front Split Jump 720° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 383




H) FRONT SPLIT JUMP TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° turn maximum)
Push Up Landing +1, one arm push up landing +1,5

2 Front Split Jump to Push Up Landing	Jun Sen		ID: 372
2,5 Front Split Jump to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2002
2,5 Front Split Jump 180° turn to Push Up Landing	Jun Sen		ID: 375
3 Front Split Jump 180° turn to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2003
3 Front Split Jump 360° turn to Push Up Landing	Jun Sen		ID: 378
3,5 Front Split Jump 360° turn to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2004
3,5 Front Split Jump 540° turn to Push Up Landing	Jun Sen		ID: 381
4 Front Split Jump 720° turn to Push Up Landing	Jun Sen		ID: 384


I) PIROUETTE JUMP FAMILY (VERTICAL TURN)

TI: Vertical Turn +0,5 per 180° turn (720° maximum)

1 Pirouette Jump 360° turn	Cad Jun Sen		ID: 303
1,5 Pirouette Jump 540° turn	Cad Jun Sen		ID: 306
2 Pirouette Jump 720° turn	Cad Jun Sen		ID: 309

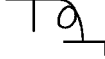
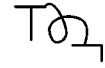
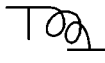
J) PIROUETTE JUMP TO SPLIT FAMILY (VERTICAL TURN)

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Front or Straddle Split Landing +0,5

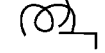
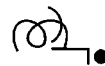
1,5 Pirouette Jump 360° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 304
2 Pirouette Jump 540° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 307
2,5 Pirouette Jump 720° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 310

K) BARREL ROLL FAMILY (HORIZONTAL TURN) TO PUSH UP LANDING

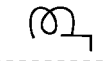
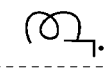
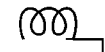
K1) TOMARO: TAKING OFF ONE LEG FROM SCALE POSITION TO PUSH UP LANDING

2,5 Tomaro (Spin barrel roll to Push Up Landing) 360° turn	Jun Sen		ID: 423
3 Tomaro (Spin barrel roll to 1 Arm Push Up Landing) 360° turn	Jun Sen		NEW ID: 2005
6,5 Double Tomaro (Spin barrel roll to Push Up Landing) 720° turn	Jun Sen		ID: 424

K2) BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG TO PUSH UP LANDING

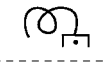
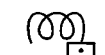
5 Barrel roll 540° turn, one leg take off to Push Up Landing	Jun Sen		ID: 493
5,5 Barrel roll 540° turn, one leg take off to One Arm Push Up Landing	Jun Sen		NEW ID: 495

K3) BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS TO PUSH UP LANDING

2 Barrel roll 360° turn, two legs take off to Push Up Landing	Jun Sen		ID: 592
2,5 Barrel roll 360° turn, two legs take off to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2006
6 Barrel roll 720° turn, two legs take off to Push Up Landing	Jun Sen		ID: 494

L) BARREL ROLL FAMILY (HORIZONTAL TURN) TO PRONE STRADDLE SPLIT LANDING

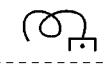
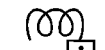
L1) TOMARO: TAKING OFF 1 LEG FROM SCALE POSITION TO PRONE STRADDLE SPLIT LANDING

2 Tomaro (Spin barrel roll to Prone Straddle Split Landing) 360° turn	Jun Sen		NEW ID: 2007
6 Double Tomaro (Spin barrel roll to Prone Straddle Split Landing) 720° turn	Jun Sen		NEW ID: 2008

L2) BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG TO PRONE STRADDLE SPLIT LANDING

4,5 Barrel roll 540° turn, one leg take off to Prone Straddle Split Landing	Jun Sen		NEW ID: 2009
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L3) BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS TO PRONE STRADDLE SPLIT LANDING

1,5 Barrel roll 360° turn, two legs take off to Prone Straddle Split Landing	Jun Sen		NEW ID: 2010
5,5 Barrel roll 720° turn two legs take off to Prone Straddle Split Landing	Jun Sen		NEW ID: 2011















M) PIKE JUMP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)

2 Cossack Jump	Cad Jun Sen		ID: 321
2,5 Cossack Jump 180° turn	Cad Jun Sen		ID: 324
3 Cossack Jump 360° turn	Cad Jun Sen		ID: 327
3,5 Cossack Jump 540° turn	Cad Jun Sen		ID: 330
4 Cossack Jump 720° turn	Cad Jun Sen		ID: 333
3 Pike Jump	Cad Jun Sen		ID: 340
3,5 Pike Jump 180° turn	Cad Jun Sen		ID: 343
4 Pike Jump 360° turn	Cad Jun Sen		ID: 346

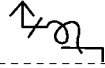
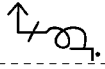
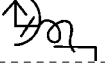
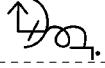
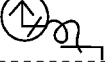
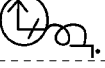
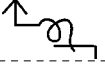
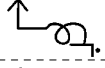
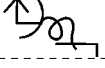
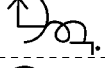
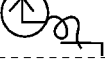
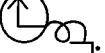
N) PIKE JUMP TO SPLIT FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Front or Straddle Split Landing +0,5

2,5 Cossack Jump to Front / Straddle Split Landing	Cad Jun Sen		ID: 322
3,5 Cossack Jump and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2020
3 Cossack Jump 180° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 325
4 Cossack Jump 180° turn and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2021
3,5 Cossack Jump 360° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 328
4,5 Cossack Jump 360° turn and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2022
3,5 Pike Jump to Front / Straddle Split Landing	Cad Jun Sen		ID: 341
4,5 Pike Jump and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2024
4 Pike Jump 180° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 344
5 Pike Jump 180° turn and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2025
4,5 Pike Jump 360° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 347
5,5 Pike Jump 360° turn and 180° barrel roll to Prone Straddle Split Landing	Jun Sen		NEW ID: 2026
4 Cossack Jump 540° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 331
4,5 Cossack Jump 720° turn to Front / Straddle Split Landing	Cad Jun Sen		ID: 334

O) PIKE JUMP TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
 Push Up Landing +1, one arm push up landing +1,5
 Barrel roll +1 per 180° turn

4 Cossack Jump and 180° barrel roll to Push Up Landing	Jun Sen		ID: 600
4,5 Cossack Jump and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2030
4,5 Cossack Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 601
5 Cossack Jump 180° turn and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2031
5 Cossack Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 602
5,5 Cossack Jump 360° turn and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2032
5 Pike Jump and 180° barrel roll to Push Up Landing	Jun Sen		ID: 603
5,5 Pike Jump and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2033
5,5 Pike Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 604
6 Pike Jump 180° turn and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2034
6 Pike Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 606
6,5 Pike Jump 360° turn and 180° barrel roll to 1 Arm Push Up Landing	Jun Sen		NEW ID: 2035

P) STRADDLE JUMP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)

2,5 Straddle Jump	Cad Jun Sen		NEW ID: 350
3 Straddle Jump 180° turn	Cad Jun Sen		NEW ID: 353
3,5 Straddle Jump 360° turn	Cad Jun Sen		NEW ID: 356
4 Straddle Jump 540° turn	Cad Jun Sen		ID: 359
4,5 Straddle Jump 720° turn	Cad Jun Sen		ID: 362









Q) STRADDLE JUMP TO SPLIT FAMILY

TI: Front or Straddle Split Landing +0,5

3 Straddle Jump to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 351
3,5 Straddle Jump 180° turn to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 354
4 Straddle Jump 360° turn to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 357
4,5 Straddle Jump 540° turn to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 360
5 Straddle Jump 720° turn to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 363






R) STRADDLE JUMP TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
 Push Up Landing +1, one arm push up landing +1,5
 Horizontal turn +1 per 180° turn

3,5 Straddle Jump to Push Up Landing (Shushanova)	Jun Sen		NEW ID: 352
4,5 Straddle Jump and 180° barrel roll to Push Up Landing	Jun Sen		NEW ID: 605
4 Straddle Jump 180° turn to Push Up Landing	Jun Sen		NEW ID: 355
5 Straddle Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		NEW ID: 607
4,5 Straddle Jump 360° turn to Push Up Landing	Jun Sen		NEW ID: 358
5,5 Straddle Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		NEW ID: 608
5 Straddle Jump 540° turn to Push Up Landing	Jun Sen		NEW ID: 361
5,5 Straddle Jump 720° turn to Push Up Landing	Jun Sen		NEW ID: 364

S) FRONT JETE FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
 Switch +0,5

0,5 Front Jete	Cad Jun Sen		ID: 400
1 Front Switch Jete	Cad Jun Sen		ID: 402
1,5 Half Turning Switch Jete (180° turn)	Cad Jun Sen		ID: 405
2 Full Turning Switch Jete (360° turn)	Cad Jun Sen		ID: 410
1,5 Front Switch Jete to Front / Straddle Split Landing	Cad Jun Sen		NEW ID: 2040

T) FRONT JETE TO SPLIT FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Front or Straddle Split Landing +0,5

2 Half Turning Switch Jete to Front / Straddle Split Landing (180° turn)

Cad Jun Sen



ID: 406

2,5 Full Turning Switch Jete to Front / Straddle Split Landing (360° turn)

Cad Jun Sen



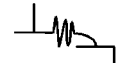
ID: 411

U) FRONT JETE TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Push Up Landing +1

2 Front Switch Jete to Push Up Landing

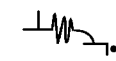
Jun Sen



ID: 404

2,5 Front Switch Jete to 1 Arm Push Up Landing

Jun Sen



NEW
ID: 2050

2,5 Half Turning Switch Jete to Push Up Landing (180° turn)

Jun Sen



ID: 407

3 Half Turning Switch Jete to 1 Arm Push Up Landing (180° turn)

Jun Sen



NEW
ID: 2051

3 Full Turning Switch Jete to Push Up Landing (360° turn)

Jun Sen



ID: 412

3,5 Full Turning Switch Jete to 1 Arm Push Up Landing (360° turn)

Jun Sen

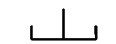


NEW
ID: 2052

V) STRADDLE JETE FAMILY

0,5 Straddle Jete

Cad Jun Sen



ID: 401

3 Straddle Switch Jete (switch included)

Cad Jun Sen



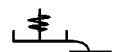
ID: 420

W) STRADDLE JETE TO SPLIT FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Front or Straddle Split Landing +0,5

3,5 Straddle Switch Jete to Front / Straddle Split Landing

Cad Jun Sen



ID: 421

X) STRADDLE JETE TO PUSH UP FAMILY

TI: Vertical Turn +0,5 per 180° turn (720° maximum)
Push Up Landing +1

4 Straddle Switch Jete to Push Up Landing

Jun Sen



ID: 422

4,5 Straddle Switch Jete to 1 Arm Push Up Landing





Jun Sen



NEW
ID: 2060




A) RIGHT FRONT SPLIT FAMILY

TI: Vertical Turn +1 per 360° turn (720° maximum)

1 Front Split Right	Cad Jun Sen		ID: 620
1 Supine Front Split Right Leg	Cad Jun Sen		ID: 622
1 Needlepoint on Right Leg, with or without hands	Cad Jun Sen		ID: 624
1 Illusion on Right Leg, with or without hands	Cad Jun Sen		ID: 626
1 Standing Front Split Right	Cad Jun Sen		ID: 628
1 Standing Front Split right 360° turn	Cad Jun Sen		ID: 540
2 Standing Front Split right and left sides consecutively	Cad Jun Sen		ID: 500

B) LEFT FRONT SPLIT FAMILY


TI: Vertical Turn +1 per 360° turn (720° maximum)

1 Front Split Left	Cad Jun Sen		ID: 621
1 Supine Front Split Left Leg	Cad Jun Sen		ID: 623
1 Needlepoint on Left Leg, with or without hands	Cad Jun Sen		ID: 625
1 Illusion on Left Leg, with or without hands	Cad Jun Sen		ID: 627
1 Standing Front Split Left	Cad Jun Sen		ID: 629
1 Standing Front Split left 360° turn	Cad Jun Sen		ID: 541
2 Standing Front Split left and right sides consecutively	Cad Jun Sen		ID: 599

C) STRADDLE SPLIT FAMILY

1 Straddle Split	Cad Jun Sen		ID: 22
1 Prone Straddle Split	Cad Jun Sen		ID: 23
1 Supine Straddle Split	Cad Jun Sen		ID: 21
1 Standing Straddle Split	Cad Jun Sen		NEW ID: 2070
2 Sit Through	Cad Jun Sen		ID: 26

D) COMBINATION SPLIT FLEXIBILITY

3 Split Rotation	Cad Jun Sen		ID: 25
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