



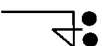
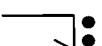
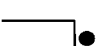


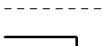
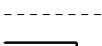


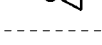
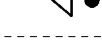
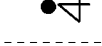




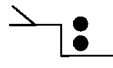
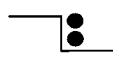





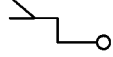

























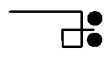
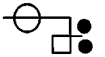

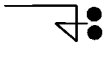

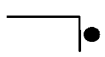

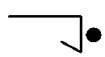
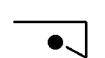
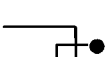
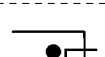
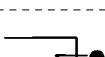
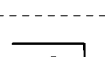
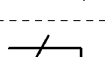
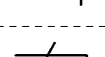
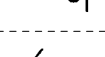
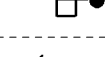

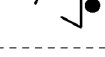


## Compulsory and Push up Group - obligatory





















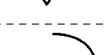


<b>2</b>	<b>Jumping Jacks</b>	Compulsory	Cad	Jun	Sen		ID: 1		
<b>2</b>	<b>High Leg Kicks</b>	Compulsory	Cad	Jun	Sen		ID: 2		
<b>2</b>	<b>Push Ups</b>	Compulsory	Cad	Jun	Sen		ID: 3		
<b>1</b>	<b>Two Arm Push Up</b>	Obligatory	Cad			PUp		ID: 101	
<b>3</b>	<b>Two Arm Hinge Triceps Push Up</b>	Obligatory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







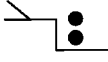
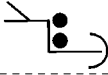

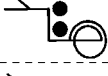




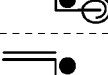




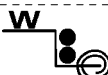
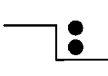


<b>2</b>	<b>Straddle Press</b> Horizontal Presses	Obligatory	Cad	Jun	StS		ID: 120	
<b>2</b>	<b>Two Arm Supported Planche Open</b> Supported Planches	Obligatory	Cad	Jun	StS		ID: 127	
<b>3</b>	<b>Two Arm Supported Planche Closed</b> Supported Planches	Obligatory	Cad	Jun	StS		ID: 128	
<b>4</b>	<b>Two Arm V Press Open</b> V Presses	Obligatory		Jun	Sen	StS		ID: 122
<b>6</b>	<b>Two Arm V Press Closed</b> V Presses	Obligatory			Sen	StS		ID: 123
<b>5</b>	<b>One Arm Straddle Press with 180° turn</b> Horizontal Presses	Obligatory			Sen	StS		ID: 124
<b>4</b>	<b>One Arm Planche Open</b> Supported Planches	Obligatory			Sen	StS		ID: 129
<b>5</b>	<b>One Arm Planche Closed</b> Supported Planches	Obligatory			Sen	StS		ID: 130
<b>8</b>	<b>Two Arm Planche with no support Open</b> Unsupported Planches	Obligatory			Sen	StS		ID: 131
<b>9</b>	<b>Two Arm Planche with no support Closed</b> Unsupported Planches	Obligatory			Sen	StS		ID: 132

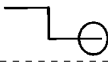

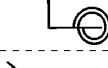






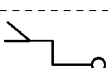

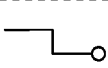
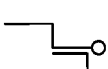
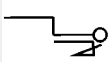

<b>0</b>	<b>Air Jacks</b> Air Jack	Obligatory	Cad			Jmp		ID: 140	
<b>4</b>	<b>Straddle Jump</b> Straddle Jump	Obligatory	Cad	Jun	Sen		Jmp		ID: 141
<b>2</b>	<b>Pirouette Jump 360° turn</b> Pirouette	Obligatory		Jun			Jmp		ID: 142
<b>1</b>	<b>Front Jete</b> Front Jete	Obligatory	Cad				Jmp		ID: 999
<b>2</b>	<b>Front Switch Jete</b> Front Jete	Obligatory		Jun			Jmp		ID: 143
<b>6</b>	<b>Straddle Switch Jete</b> Straddle Jete	Obligatory			Sen		Jmp		ID: 144
<b>5</b>	<b>Straddle Jump with 180° turn</b> Straddle Jump	Obligatory			Sen		Jmp		ID: 145
<b>2</b>	<b>Front Split Jump</b> Front Split Jump	Obligatory			Sen		Jmp		ID: 146
<b>6</b>	<b>Pike Jump</b> Pike Jump	Obligatory			Sen		Jmp		ID: 147



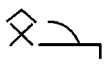
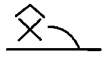



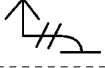


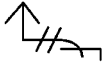
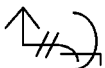






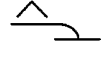




<b>2</b>	<b>Front Split Right</b> Right Front Split	Obligatory	Cad			Flex		ID: 158
<b>2</b>	<b>Front Split Left</b> Left Front Split	Obligatory	Cad			Flex		ID: 159
<b>2</b>	<b>Prone Straddle Split</b> Straddle Split	Obligatory	Cad	Jun	Sen	Flex		ID: 161
<b>2</b>	<b>Supine Straddle Split</b> Straddle Split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

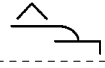


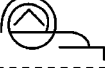






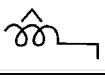



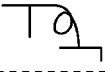
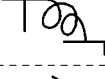
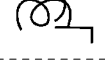
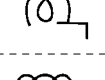
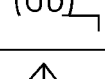




0,5	Two Arm Push Up	Additional	Cad	Jun	Sen	PUp		ID: 50
1	Two Arm Hinge Push Up (Lateral)	Additional	Cad	Jun	Sen	PUp		ID: 51 Old
1	Two Arm Circular Lateral Hinge Push Up	Additional	Cad	Jun	Sen	PUp		ID: 52
1	Two Arm Triceps Push Up	Additional	Cad	Jun	Sen	PUp		ID: 54
1,5	Two Arm Triceps Hinge Push Up	Additional	Cad	Jun	Sen	PUp		ID: 55
1,5	Two Arm Rolling (Hinge) Triceps Push Up	Additional	Cad	Jun	Sen	PUp		ID: 56
2	One Arm Push Up Right	Additional		Jun	Sen	PUp		ID: 40
2	One Arm Push Up Left	Additional		Jun	Sen	PUp		ID: 41
2,5	One Arm Triceps Push Up Right	Additional		Jun	Sen	PUp		ID: 42
2,5	One Arm Triceps Push Up Left	Additional		Jun	Sen	PUp		ID: 43
2,5	One Arm Hinge (lateral) Push Up Right	Additional		Jun	Sen	PUp		ID: 44
2,5	One Arm Hinge (lateral) Push Up Left	Additional		Jun	Sen	PUp		ID: 45
3	One Arm Triceps Hinge Push Up Right	Additional		Jun	Sen	PUp		ID: 46
3	One Arm Triceps Hinge Push Up Left	Additional		Jun	Sen	PUp		ID: 47
3,5	One Arm One Leg Push Up Right	Additional		Jun	Sen	PUp		ID: 48
3,5	One Arm One Leg Push Up Left	Additional		Jun	Sen	PUp		ID: 49
4	One Arm One Leg Hinge (lateral) Push Up Right	Additional		Jun	Sen	PUp		ID: 550
4	One Arm One Leg Hinge (lateral) Push Up Left	Additional		Jun	Sen	PUp		ID: 551
4	One Arm One Leg Triceps Push Up Right	Additional		Jun	Sen	PUp		ID: 552
4	One Arm One Leg Triceps Push Up Left	Additional		Jun	Sen	PUp		ID: 553
4,5	One Arm One Leg Triceps Hinge Push Up Right	Additional		Jun	Sen	PUp		ID: 554
4,5	One Arm One Leg Triceps Hinge Push Up Left	Additional		Jun	Sen	PUp		ID: 555





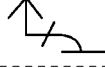




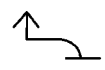
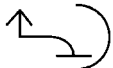

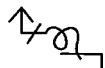
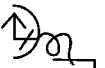
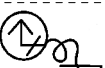
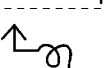
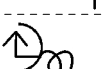
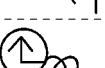
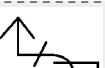

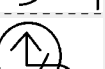
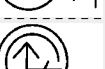

<b>1</b>	<b>Straddle Press (both hands front)</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 70
<b>1</b>	<b>Straddle Press (one hand front, one back)</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 71
<b>1</b>	<b>Straddle Press (both hands back)</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 72
<b>1,5</b>	<b>Straddle Press 180° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 73
<b>2</b>	<b>Straddle Press 360° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 74
<b>2,5</b>	<b>Straddle Press 540° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 75
<b>3</b>	<b>Straddle Press 720° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 76
<b>2</b>	<b>One Arm Straddle Press</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 77
<b>2,5</b>	<b>One Arm Straddle Press 180° turn</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 78
<b>3</b>	<b>One Arm Straddle Press 360° turn</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 79
<b>1</b>	<b>Pike Press</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 80
<b>1,5</b>	<b>Pike Press 180° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 81
<b>2</b>	<b>Pike Press 360° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 82
<b>2,5</b>	<b>Pike Press 540° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 83
<b>3</b>	<b>Pike Press 720° turn</b> Horizontal Presses	Additional	Cad	Jun	Sen	StS		ID: 84
<b>2</b>	<b>One Arm Pike Press</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 85
<b>2,5</b>	<b>One Arm Pike Press 180° turn</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 86
<b>3</b>	<b>One Arm Pike Press 360° turn</b> Horizontal Presses	Additional		Jun	Sen	StS		ID: 87
<b>3</b>	<b>One Arm Pike Press with hold leg</b> Horizontal Presses	Additional			Sen	StS		ID: 501 New
<b>3,5</b>	<b>One Arm Pike Press with hold leg 180° turn</b> Horizontal Presses	Additional			Sen	StS		ID: 502 New
<b>4</b>	<b>One Arm Pike Press with hold leg 360° turn</b> Horizontal Presses	Additional			Sen	StS		ID: 503 New
<b>2</b>	<b>V Press Open</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 200
<b>2,5</b>	<b>V Press Open 180° turn</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 201
























<b>3</b>	<b>V Press Open 360° turn</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 202
<b>3</b>	<b>One Arm V Press Open</b> V Presses	Additional		Jun	Sen	StS		ID: 571
<b>3</b>	<b>V Press Closed</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 203
<b>3,5</b>	<b>V Press Closed 180° turn</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 204
<b>4</b>	<b>V Press Closed 360° turn</b> V Presses	Additional	Cad	Jun	Sen	StS		ID: 205
<b>4</b>	<b>One Arm V Press Closed</b> V Presses	Additional		Jun	Sen	StS		ID: 572
<b>1</b>	<b>Two Arm Supported Planche Open</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 206
<b>1,5</b>	<b>Two Arm Supported Planche Open 180° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 207
<b>2</b>	<b>Two Arm Supported Planche Open 360° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 208
<b>2,5</b>	<b>Two Arm Supported Planche Open 540° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 209
<b>3</b>	<b>Two Arm Supported Planche Open 720° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 210
<b>1</b>	<b>Two Arm Supported Split Planche</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 580
<b>1,5</b>	<b>Two Arm Supported Split Planche 180° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 581
<b>2</b>	<b>Two Arm Supported Split Planche 360° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 582
<b>2,5</b>	<b>Two Arm Supported Split Planche 540° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 583
<b>3</b>	<b>Two Arm Supported Split Planche 720° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 584
<b>1</b>	<b>Two Arm Supported Wenson Planche</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 585
<b>1,5</b>	<b>Two Arm Supported Wenson Planche 180° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 586
<b>2</b>	<b>Two Arm Supported Wenson Planche 360° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 587
<b>2,5</b>	<b>Two Arm Supported Wenson Planche 540° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 588
<b>3</b>	<b>Two Arm Supported Wenson Planche 720° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 589
<b>1,5</b>	<b>Two Arm Supported Planche Closed</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 211
<b>2</b>	<b>Two Arm Supported Planche Closed 180° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 212





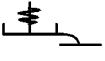
<b>2,5</b>	<b>Two Arm Supported Planche Closed 360° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 213
<b>3</b>	<b>Two Arm Supported Planche Closed 540° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 214
<b>3,5</b>	<b>Two Arm Supported Planche Closed 720° turn</b> Supported Planches	Additional	Cad	Jun	Sen	StS		ID: 215
<b>2</b>	<b>One Arm Planche Open</b> Supported Planches	Additional		Jun	Sen	StS		ID: 220
<b>2,5</b>	<b>One Arm Planche Open 180° turn</b> Supported Planches	Additional		Jun	Sen	StS		ID: 221
<b>3</b>	<b>One Arm Planche Open 360° turn</b> Supported Planches	Additional		Jun	Sen	StS		ID: 222
<b>2,5</b>	<b>One Arm Planche Closed</b> Supported Planches	Additional		Jun	Sen	StS		ID: 223
<b>3</b>	<b>One Arm Planche Closed 180° turn</b> Supported Planches	Additional		Jun	Sen	StS		ID: 224
<b>3,5</b>	<b>One Arm Planche Closed 360° turn</b> Supported Planches	Additional		Jun	Sen	StS		ID: 225
<b>4</b>	<b>Two Arm Planche with no support Open</b> Unsupported Planches	Additional	Cad	Jun	Sen	StS		ID: 216
<b>5</b>	<b>Two Arm Planche with no support Open Push Up</b> Unsupported Planches	Additional	Cad	Jun	Sen	StS		ID: 217
<del>5,5</del>	<del>Two Arm Planche with no support Open Hinge Push Up</del> <del>Unsupported Planches</del>	<del>Additional</del>	<del>Cad</del>	<del>Jun</del>	<del>Sen</del>	<del>StS</del>	<del></del>	<del>ID: 590</del> Old
<b>4,5</b>	<b>Two Arm Planche with no support closed</b> Unsupported Planches	Additional	Cad	Jun	Sen	StS		ID: 218
<b>5,5</b>	<b>Two Arm Planche with no support closed Push Up</b> Unsupported Planches	Additional	Cad	Jun	Sen	StS		ID: 219
<del>6</del>	<del>Two Arm Planche with no support closed Hinge Push Up</del> <del>Unsupported Planches</del>	<del>Additional</del>	<del>Cad</del>	<del>Jun</del>	<del>Sen</del>	<del>StS</del>	<del></del>	<del>ID: 591</del> Old



















<b>1</b>	<b>Free Fall to push up landing from standing position</b> Free Fall to Push Up	Additional	Cad			Jmp		ID: 530 New
<b>0</b>	<b>Air Jack</b> Air Jack	Additional	Cad	Jun	Sen	Jmp		ID: 300
<b>1</b>	<del>Air Jack to Push Up Landing</del> <del>Air Jack to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp	<del></del>	ID: 302 Old
<b>0,5</b>	<b>Air Jack to Front / Straddle Split Landing</b> Air Jack to Split	Additional	Cad	Jun	Sen	Jmp		ID: 301
<b>0</b>	<b>Tuck Jump</b> Tuck Jump	Additional	Cad	Jun	Sen	Jmp		ID: 312
<b>0,5</b>	<b>Tuck Jump 180° turn</b> Tuck Jump	Additional	Cad			Jmp		ID: 315
<b>1</b>	<b>Tuck Jump 360° turn</b> Tuck Jump	Additional	Cad			Jmp		ID: 318
<b>0,5</b>	<b>Tuck Jump to Front / Straddle Split Landing</b> Tuck Jump to Split	Additional	Cad			Jmp		ID: 313
<b>1</b>	<b>Tuck Jump 180° turn to Front / Straddle Split Landing</b> Tuck Jump to Split	Additional	Cad			Jmp		ID: 316
<b>1,5</b>	<b>Tuck Jump 360° turn to Front / Straddle Split Landing</b> Tuck Jump to Split	Additional	Cad			Jmp		ID: 319
<b>1</b>	<b>Tuck Jump to Push Up Landing</b> Tuck Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 314
<b>1,5</b>	<b>Tuck Jump 180° turn to Push Up Landing</b> Tuck Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 317
<b>2</b>	<b>Tuck Jump 360° turn to Push Up Landing</b> Tuck Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 320
<b>1</b>	<b>Front Split Jump</b> Front Split Jump	Additional	Cad	Jun	Sen	Jmp		ID: 370
<b>1,5</b>	<b>Front Split Jump 180° turn</b> Front Split Jump	Additional	Cad	Jun	Sen	Jmp		ID: 373
<b>2</b>	<b>Front Split Jump 360° turn</b> Front Split Jump	Additional	Cad	Jun	Sen	Jmp		ID: 376
<b>2,5</b>	<b>Front Split Jump 540° turn</b> Front Split Jump	Additional	Cad	Jun	Sen	Jmp		ID: 379
<b>3</b>	<b>Front Split Jump 720° turn</b> Front Split Jump	Additional	Cad	Jun	Sen	Jmp		ID: 382
<b>1,5</b>	<b>Front Split Jump to Front / Straddle Split Landing</b> Front Split Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 371
<b>2</b>	<b>Front Split Jump 180° turn to Front / Straddle Split Landing</b> Front Split Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 374
<b>2,5</b>	<b>Front Split Jump 360° turn to Front / Straddle Split Landing</b> Front Split Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 377
<b>3</b>	<b>Front Split Jump 540° turn to Front / Straddle Split Landing</b> Front Split Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 380
<b>3,5</b>	<b>Front Split Jump 720° turn to Front / Straddle Split Landing</b> Front Split Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 383

<b>2</b>	<b>Front Split Jump to Push Up Landing</b> Front Split Jump to Push Up	Additional	Jun	Sen	Jmp		ID: 372	
<b>2,5</b>	<b>Front Split Jump 180° turn to Push Up Landing</b> Front Split Jump to Push Up	Additional	Jun	Sen	Jmp		ID: 375	
<b>3</b>	<b>Front Split Jump 360° turn to Push Up Landing</b> Front Split Jump to Push Up	Additional	Jun	Sen	Jmp		ID: 378	
<b>3,5</b>	<b>Front Split Jump 540° turn to Push Up Landing</b> Front Split Jump to Push Up	Additional	Jun	Sen	Jmp		ID: 381	
<b>4</b>	<b>Front Split Jump 720° turn to Push Up Landing</b> Front Split Jump to Push Up	Additional	Jun	Sen	Jmp		ID: 384	
<b>1</b>	<b>Pirouette Jump 360° turn</b> Pirouette	Additional	Cad	Jun	Sen	Jmp		ID: 303
<b>1,5</b>	<b>Pirouette Jump 540° turn</b> Pirouette	Additional	Cad	Jun	Sen	Jmp		ID: 306
<b>2</b>	<b>Pirouette Jump 720° turn</b> Pirouette	Additional	Cad	Jun	Sen	Jmp		ID: 309
<b>2</b>	<del>Pirouette Jump 360° turn to Push Up Landing</del> <del>Pirouette to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 305 Old
<b>4</b>	<del>Pirouette Jump 540° turn to Push Up Landing</del> <del>Pirouette to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 308 Old
<b>4,5</b>	<del>Pirouette Jump 720° turn to Push Up Landing</del> <del>Pirouette to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 311 Old
<b>1,5</b>	<b>Pirouette Jump 360° turn to Front / Straddle Split Landing</b> Pirouette to Split	Additional	Cad	Jun	Sen	Jmp		ID: 304
<b>2</b>	<b>Pirouette Jump 540° turn to Front / Straddle Split Landing</b> Pirouette to Split	Additional	Cad	Jun	Sen	Jmp		ID: 307
<b>2,5</b>	<b>Pirouette Jump 720° turn to Front / Straddle Split Landing</b> Pirouette to Split	Additional	Cad	Jun	Sen	Jmp		ID: 310
<b>2,5</b>	<b>Tomaro (Spin barrel roll to Push Up Landing) 360° turn</b> Barrell Roll	Additional	Cad	Jun	Sen	Jmp		ID: 423 New
<b>6,5</b>	<b>Double Tomaro (Spin barrel roll to Push Up Landing) 720° turn</b> Barrell Roll	Additional	Cad	Jun	Sen	Jmp		ID: 424 New
<b>5</b>	<b>Barrel roll 540° turn, one leg take off to Push Up Landing</b> Barrell Roll	Additional	Jun	Sen	Jmp		ID: 493 New	
<b>2</b>	<b>Barrel roll 360° turn, two legs take off to Push Up Landing</b> Barrell Roll	Additional	Jun	Sen	Jmp		ID: 592 New	
<b>6</b>	<b>Barrel roll 720° turn, two legs take off to Push Up Landing</b> Barrell Roll	Additional	Jun	Sen	Jmp		ID: 494 New	
<b>2</b>	<b>Cossack Jump</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 321
<b>2,5</b>	<b>Cossack Jump 180° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 324
<b>3</b>	<b>Cossack Jump 360° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 327
<b>3,5</b>	<b>Cossack Jump 540° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 330

<b>4</b>	<b>Cossack Jump 720° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 333
<b>3</b>	<b>Pike Jump</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 340
<b>3,5</b>	<b>Pike Jump 180° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 343
<b>4</b>	<b>Pike Jump 360° turn</b> Pike Jump	Additional	Cad	Jun	Sen	Jmp		ID: 346
<b>2,5</b>	<b>Cossack Jump to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 322
<b>3</b>	<b>Cossack Jump 180° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 325
<b>3,5</b>	<b>Cossack Jump 360° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 328
<b>4</b>	<b>Cossack Jump 540° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 331
<b>4,5</b>	<b>Cossack Jump 720° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 334
<b>3,5</b>	<b>Pike Jump to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 341
<b>4</b>	<b>Pike Jump 180° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 344
<b>4,5</b>	<b>Pike Jump 360° turn to Front / Straddle Split Landing</b> Pike Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 347
<b>4</b>	<b>Cossack Jump and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 600
<b>4,5</b>	<b>Cossack Jump 180° turn and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 601
<b>5</b>	<b>Cossack Jump 360° turn and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 602
<b>5</b>	<b>Pike Jump and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 603
<b>5,5</b>	<b>Pike Jump 180° turn and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 604
<b>6</b>	<b>Pike Jump 360° turn and 180° barrel roll to Push Up Landing</b> Pike Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 606
<del>3</del>	<del>Cossack Jump to Push Up Landing</del> <del>Pike Jump to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 323 Old
<del>3,5</del>	<del>Cossack Jump 180° turn to Push Up Landing</del> <del>Pike Jump to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 326 Old
<del>4</del>	<del>Cossack Jump 360° turn to Push Up Landing</del> <del>Pike Jump to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 329 Old
<del>4,5</del>	<del>Cossack Jump 540° turn to Push Up Landing</del> <del>Pike Jump to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 332 Old
<del>5</del>	<del>Cossack Jump 720° turn to Push Up Landing</del> <del>Pike Jump to Push Up</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 335 Old

<b>4</b>	Pike Jump to Push Up Landing Pike Jump to Push Up	Additional	Cad	Jun	Sen	Jmp		ID: 342 Old
<b>4,5</b>	Pike Jump 180° turn to Push Up Landing Pike Jump to Push Up	Additional	Cad	Jun	Sen	Jmp		ID: 345 Old
<b>5</b>	Pike Jump 360° turn to Push Up Landing Pike Jump to Push Up	Additional	Cad	Jun	Sen	Jmp		ID: 348 Old
<b>2</b>	<b>Straddle Jump</b> Straddle Jump	Additional	Cad	Jun	Sen	Jmp		ID: 350
<b>2,5</b>	<b>Straddle Jump 180° turn</b> Straddle Jump	Additional	Cad	Jun	Sen	Jmp		ID: 353
<b>3</b>	<b>Straddle Jump 360° turn</b> Straddle Jump	Additional	Cad	Jun	Sen	Jmp		ID: 356
<b>3,5</b>	<b>Straddle Jump 540° turn</b> Straddle Jump	Additional	Cad	Jun	Sen	Jmp		ID: 359
<b>4</b>	<b>Straddle Jump 720° turn</b> Straddle Jump	Additional	Cad	Jun	Sen	Jmp		ID: 362
<b>2,5</b>	<b>Straddle Jump to Front / Straddle Split Landing</b> Straddle Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 351
<b>3</b>	<b>Straddle Jump 180° turn to Front / Straddle Split Landing</b> Straddle Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 354
<b>3,5</b>	<b>Straddle Jump 360° turn to Front / Straddle Split Landing</b> Straddle Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 357
<b>4</b>	<b>Straddle Jump 540° turn to Front / Straddle Split Landing</b> Straddle Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 360
<b>4,5</b>	<b>Straddle Jump 720° turn to Front / Straddle Split Landing</b> Straddle Jump to Split	Additional	Cad	Jun	Sen	Jmp		ID: 363
<b>3</b>	<b>Straddle Jump to Push Up Landing (Shushanova)</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 352
<b>4</b>	<b>Straddle Jump and 180° barrel roll to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 605
<b>3,5</b>	<b>Straddle Jump 180° turn to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 355
<b>4,5</b>	<b>Straddle Jump 180° turn and 180° barrel roll to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 607
<b>4</b>	<b>Straddle Jump 360° turn to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 358
<b>5</b>	<b>Straddle Jump 360° turn and 180° barrel roll to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 608
<b>4,5</b>	<b>Straddle Jump 540° turn to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 361
<b>5</b>	<b>Straddle Jump 720° turn to Push Up Landing</b> Straddle Jump to Push Up	Additional		Jun	Sen	Jmp		ID: 364
<b>0,5</b>	<b>Front Jete</b> Front Jete	Additional	Cad	Jun	Sen	Jmp		ID: 400
<b>1</b>	<b>Front Switch Jete</b> Front Jete	Additional	Cad	Jun	Sen	Jmp		ID: 402

<b>1,5</b>	<b>Half Turning Switch Jete (180° turn)</b> Front Jete	Additional	Cad	Jun	Sen	Jmp		ID: 405
<b>2</b>	<b>Full Turning Switch Jete (360° turn)</b> Front Jete	Additional	Cad	Jun	Sen	Jmp		ID: 410
<b>2</b>	<b>Half Turning Switch Jete to Front / Straddle Split Landing (180° turn)</b> Front Jete to Split	Additional	Cad	Jun	Sen	Jmp		ID: 406
<b>2,5</b>	<b>Full Turning Switch Jete to Front / Straddle Split Landing (360° turn)</b> Front Jete to Split	Additional	Cad	Jun	Sen	Jmp		ID: 411
<b>4</b>	<del>Front Jete to Front / Straddle Split Landing</del> <del>Front Jete to Split</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 409 Old
<b>1,5</b>	<del>Front Switch Jete to Front / Straddle Split Landing</del> <del>Front Jete to Split</del>	<del>Additional</del>	Cad	Jun	Sen	Jmp		ID: 403 Old
<b>2</b>	<b>Front Switch Jete to Push Up Landing</b> Front Jete to Push Up	Additional		Jun	Sen	Jmp		ID: 404
<b>2,5</b>	<b>Half Turning Switch Jete to Push Up Landing (180° turn)</b> Front Jete to Push Up	Additional		Jun	Sen	Jmp		ID: 407
<b>3</b>	<b>Full Turning Switch Jete to Push Up Landing (360° turn)</b> Front Jete to Push Up	Additional		Jun	Sen	Jmp		ID: 412
<b>0,5</b>	<b>Straddle Jete</b> Straddle Jete	Additional	Cad	Jun	Sen	Jmp		ID: 401
<b>3</b>	<b>Straddle Switch Jete (switch included)</b> Straddle Jete	Additional	Cad	Jun	Sen	Jmp		ID: 420
<b>3,5</b>	<b>Straddle Switch Jete to Front / Straddle Split Landing</b> Straddle Jete to Split	Additional	Cad	Jun	Sen	Jmp		ID: 421
<b>4</b>	<b>Straddle Switch Jete to Push Up Landing</b> Straddle Jete to Push Up	Additional		Jun	Sen	Jmp		ID: 422
<b>1,5</b>	<del>Straddle Jete to Push Up Landing</del> <del>Straddle Jete to Push Up</del>	<del>Additional</del>		Jun	Sen	Jmp		ID: 610 Old

<b>1</b>	<b>Front Split Right</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 620
<b>1</b>	<b>Supine Front Split Right Leg</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 622
<b>1</b>	<b>Needlepoint on Right Leg, with or without hands</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 624
<b>1</b>	<b>Illusion on Right Leg, , with or without hands</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 626
<b>1</b>	<b>Standing Front Split Right</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 628
<b>1</b>	<b>Standing Front Split right 360° turn</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 540 New
<b>2</b>	<b>Standing Front Split right and left sides consecutively</b> Right Front Split	Additional	Cad	Jun	Sen	Flex		ID: 500
<b>1</b>	<b>Front Split Left</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 621
<b>1</b>	<b>Supine Front Split Left Leg</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 623
<b>1</b>	<b>Needlepoint on Left Leg, with or without hands</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 625
<b>1</b>	<b>Illusion on Left Leg, with or without hands</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 627
<b>1</b>	<b>Standing Front Split Left</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 629
<b>1</b>	<b>Standing Front Split left 360° turn</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 541 New
<b>2</b>	<b>Standing Front Split left and right sides consecutively</b> Left Front Split	Additional	Cad	Jun	Sen	Flex		ID: 599
<b>1</b>	<b>Straddle Split</b> Straddle Split	Additional	Cad	Jun	Sen	Flex		ID: 22
<b>1</b>	<b>Prone Straddle Split</b> Straddle Split	Additional	Cad	Jun	Sen	Flex		ID: 23
<b>1</b>	<b>Supine Straddle Split</b> Straddle Split	Additional	Cad	Jun	Sen	Flex		ID: 21
<b>2</b>	<b>Sit Through</b> Straddle Split	Additional	Cad	Jun	Sen	Flex		ID: 26
<b>3</b>	<b>Split Rotation</b> Combination Split	Additional	Cad	Jun	Sen	Flex		ID: 25