

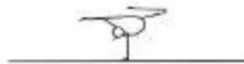

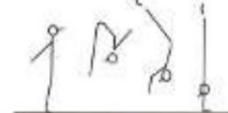
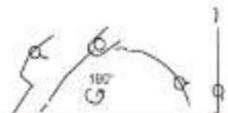





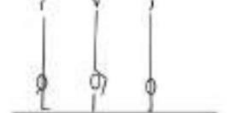
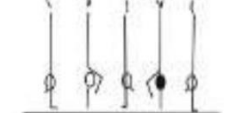



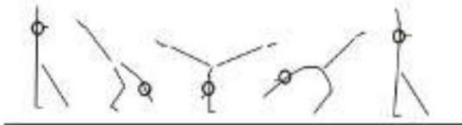


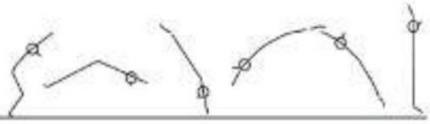
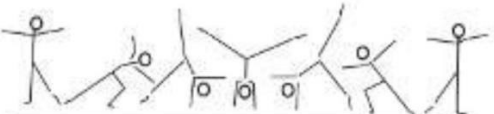

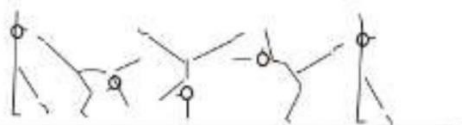







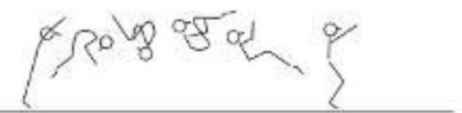


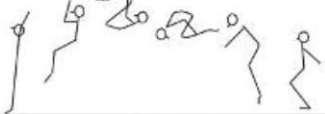

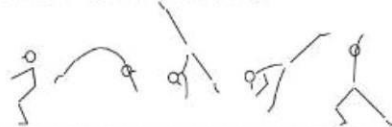
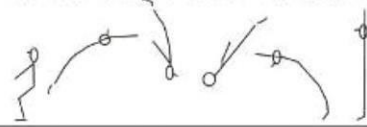
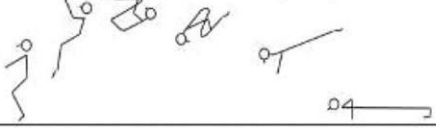
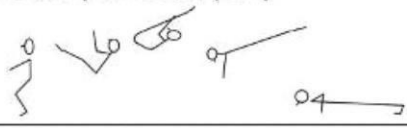
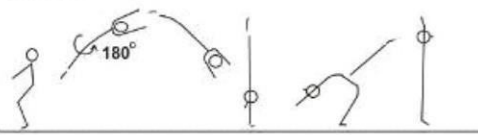
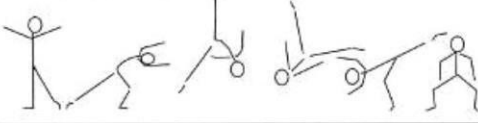
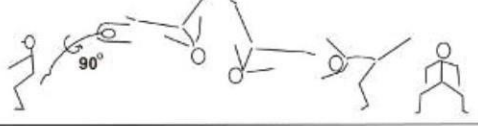
ACROBATIC ELEMENTS

A	B	C	D
<p>Forward to backward roll</p> 		<p>Handstand on one hand</p> 	<p>Handstand on one hand, legs are in stag position, with help</p> 
<p>Handstand</p> 	<p>Jump into handstand</p> 	<p>Jump into handstand with a half turn</p> 	<p>Jump into handstand through a turn</p> 
<p>Handstand to forward roll</p> 	<p>Flic flac dolphin</p> 		
<p>Backward roll into handstand</p> 	<p>Flic flac into straddle push up</p> 		
<p>Half turn in handstand</p> 	<p>Full turn in handstand</p> 		
<p>Headspring</p> 			
<p>Dive forward roll</p> 			
<p>Rune1</p> 			



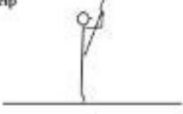


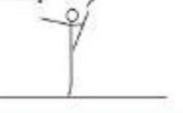

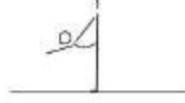
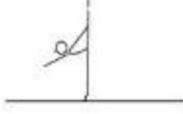

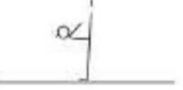


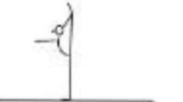



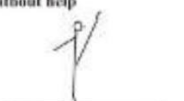




## ACROBATIC ELEMENTS

A	B
<p>Front and back walkover/all variations/</p> 	<p>Flic-flac</p> 
<p>Handspring/folder</p> 	<p>Danish folder</p> 
<p>Cartwheel</p> 	<p>Aerbach flic-flac</p> 
<p>Cinzas forward and backward</p> 	<p>Araber/fress turnover to the front, with a half turn</p> 
C	D
<p>Forverc</p> 	<p>Forverc/without stepping</p> 
<p>Free turnover to the front with quarter turn</p> 	<p>Flic flac into atraddle push up through a full turn</p> 
<p>Araber/ without stepping/</p> 	<p>Flic flac into dolphin through a full turn</p> 
<p>Front somersault/tucked</p> 	

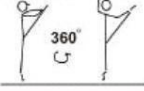
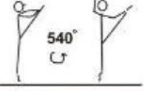
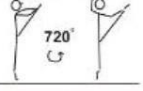
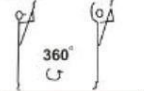
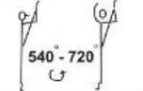
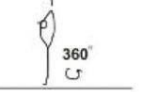

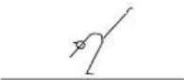
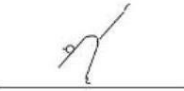





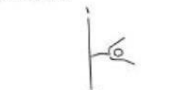
## ACROBATIC ELEMENTS

C	D
<p>Somersault backward/tucked</p> 	<p>Salto forward or backward / piked</p> 
<p>Salto backward stretched with opened legs</p> 	<p>Salto backward or forward stretched / legs are together</p> 
<p>Backward somersault/tucked/into straddle push up</p> 	<p>Salto backward/ pike/into straddle push up</p> 
	<p>Mostepanova</p> 
	<p>Salto sideward from one leg</p> 
	<p>Salto sideward / after rundel</p> 


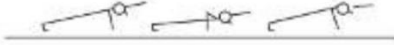



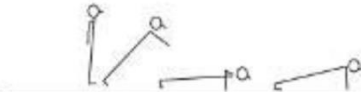

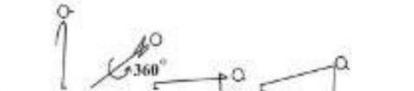
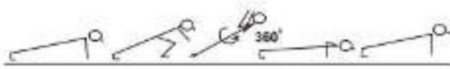
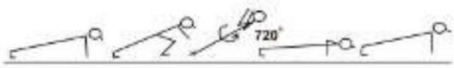
## FLEXIBILITY ELEMENTS

A	B	C	D
<p>High leg lifting forward/ 45° above horizontal</p> 	<p>Leg lifting forward to split with help</p> 	<p>Leg lifting forward to split on toe with help</p> 	
<p>High lifting sideward / 45° above horizontal</p> 	<p>Leg lifting sideward to split with help</p> 	<p>Leg lifting sideward to split on toe with help</p> 	
<p>Sagittal scale/RG: front scale</p> 	<p>Front scale split with help</p> 	<p>Front scale split on toe with help</p> 	
<p></p>	<p>Front scale split with support on the floor</p> 	<p>Front scale split without help</p> 	<p>Front scale split on toe without help</p> 
<p>Split</p> 		<p>Back split with help</p> 	<p>Back split on toe with help</p> 
<p>Side split</p> 		<p>Leg lifting forward to split without help</p> 	<p>Leg lifting forward to split on toe without help</p> 
<p>Laying cross split</p> 		<p>Leg lifting sideward to split without help</p> 	<p>Leg lifting sideward to split on toe without help</p> 
<p>Laying side split</p> 			

FLEXIBILITY ELEMENTS

A	B	C	D
	<p>360° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>540° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>720° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 
		<p>360° Pivot on one leg, free leg lifted to split with help / front or side/</p> 	<p>540° - 720° Pivot on one leg, free leg lifted to split with help / front or side/</p> 
			<p>360° Pivot on one leg, free leg lifted to back split with help</p> 
<p>Full body wave forward</p> 	<p>Front split with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward from body wave forward / 1 sec /</p> 
<p>Full body wave backward</p> 			<p>Body wave backward with leg lifting forward on toe with help / 2 sec /</p> 
<p>Bridges</p> 		<p>Side split with help / trunk horizontal /</p> 	<p>Side split without help / trunk horizontal /</p> 


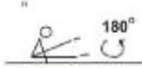

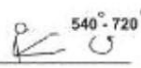
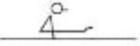
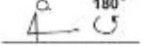
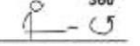
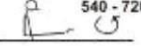


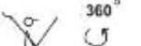

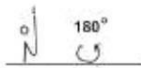


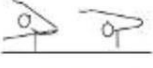


## POWER ELEMENTS

A	B	C	D
<p>Straddle push up</p> 		<p>One arm push up</p> 	
		<p>One arm one leg push up</p> 	
	<p>Hinge push up</p> 		
		<p>One arm hinge push up</p> 	
<p>From standing leaning forward into push up position</p> 		<p>One arm one leg hinge push up</p> 	
	<p>Full twist fromstanding to push up position</p> 		
		<p>Push up, full twist to push up</p> 	
		<p>Push up, double twist to push up</p> 	

POWER ELEMENTS


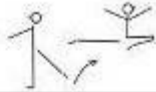





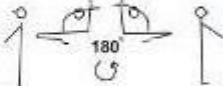

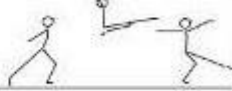



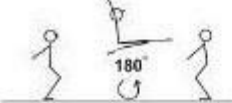


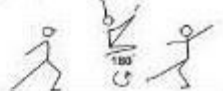
A	B	C	D
		<p>Push up, full twist to lifted Wenson</p> 	
<p>Wenson push up</p> 		<p>Free support Wenson hinge push up</p> 	
		<p>Lifted Wenson hinge push up</p> 	
	<p>Free support Wenson push up</p> 		
	<p>Free support Wenson push up</p> 		
		<p>Free support Wenson hinge push up</p> 	
	<p>Double Wenson</p> 	<p>Double free support Wenson</p> 	
	<p>Side split Wenson with help</p> 		
	<p>Wenson hinge push up</p> 		

POWER ELEMENTS

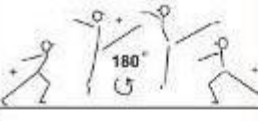
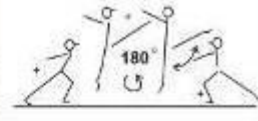
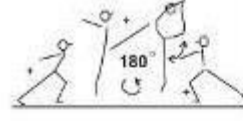

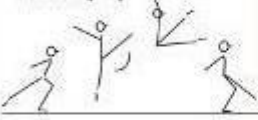
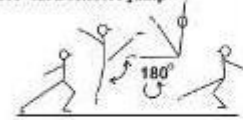

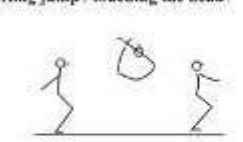
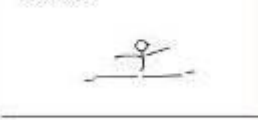
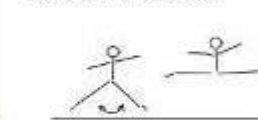
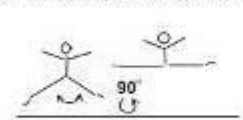
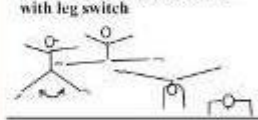
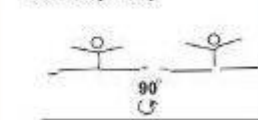
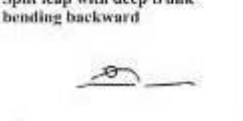

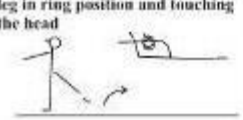
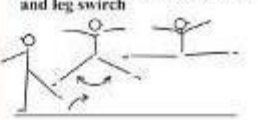
A	B	C	D
<p>Straddle support</p> 	<p>Straddle support 180° turn</p> 	<p>Straddle support 360° turn</p> 	<p>Straddle support 540° - 720° turn</p> 
<p>L-support</p> 	<p>L-support 180° turn</p> 	<p>L-support 360° turn</p> 	<p>L-support 540° - 720° turn</p> 
	<p>Straddle V-support</p> 	<p>Straddle V-support 180° turn</p> 	<p>Straddle V-support 360° turn</p> 
		<p>V-support</p> 	<p>V-support 180° turn</p> 
		<p>Straddle V-support with back move away</p> 	<p>V-support with back move away</p> 
			<p>High straddle V-support or high V-support.</p> 
		<p>Straddle V-support one leg to the side and change of legs</p> 	
			<p>V-support legs to one side then to other</p> 



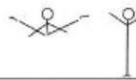
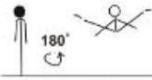
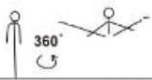

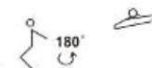

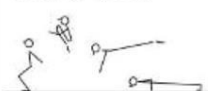

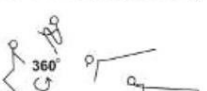
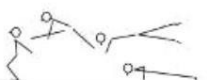
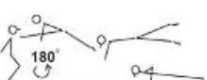
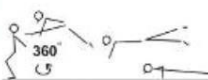
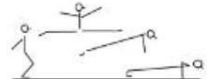
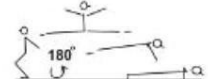
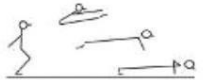

**ELEMENTS OF JUMPS**

A	B	C	D
<p>Stag leap</p> 	<p>"Jete" with turn, with stag leap</p> 		
	<p>Stag leap with leg switch</p> 		
	<p>Stag leap with deep trunk heading backwards</p> 		
<p>Ring leap/ one leg with ring /</p> 	<p>Stag leap or jump with ring, touching the head</p> 	<p>"Jete" with turn and stage leap with ring</p> 	<p>Stag jump with ring, and a half turn of the whole body in the air</p> 
		<p>Stag leap with switching legs and touching head</p> 	
	<p>Cossack leap</p> 	<p>180° turn Cossak leap</p> 	<p>360° turn Cossak leap</p> 
	<p>Cossack jump</p> 	<p>180° turn Cossak jump</p> 	<p>360° turn Cossak jump</p> 
		<p>Cossack leap one leg high up with help</p> 	<p>180° turn Cossack leap one leg high up with help</p> 

ELEMENTS OF JUMPS

A	B	C	D
<p>Fouette leap</p> 	<p>Entreface leap</p> 	<p>Entreface leap - leg in ring</p> 	
	<p>Sissone jump</p> 		
<p>Scissors jump</p> 		<p>180° turn scissors jump</p> 	
	<p>Ring jump</p> 	<p>Ring jump / touching the head /</p> 	
<p>Split leap</p> 	<p>Split leap with leg switch</p> 	<p>90° turn split leap with leg switch</p> 	<p>90° turn split leap to push up with leg switch</p> 
	<p>90° turn split leap</p> 		
		<p>Split leap with deep trunk bending backward</p> 	
	<p>"Jete" with a turn with split leap</p> 	<p>"Jete" with a turn with split leap leg in ring position and touching the head</p> 	<p>"Jete" with a turn with split leap and leg switch</p> 

ELEMENTS OF JUMPS

A	B	C	D
	<p>Straddle pike jump</p> 	<p>180° turn straddle pike jump</p> 	<p>360° turn straddle pike jump</p> 
	<p>Pike jump</p> 	<p>180° turn pike jump</p> 	<p>360° turn pike jump</p> 
<p>Tuck jump to push up</p> 	<p>180° turn tuck jump to push up</p> 	<p>360° turn tuck jump to push up</p> 	
	<p>Straddle jump to push up</p> 	<p>180° turn straddle jump to push up</p> 	<p>360° turn straddle jump to push up</p> 
		<p>Split jump to push up</p> 	<p>180° turn split jump to push up</p> 
		<p>Pike jump to push up</p> 	<p>180° turn pike jump to push up</p> 
			<p>Sagittal scale with full twist airborne to push up / Tamara/</p> 