



GINNASTICA AEROBICA

Codice dei Punteggi 2017 – 2020

APPENDIX III

SETTEMBRE 2016

TAVOLA DELLE DIFFICOLTÀ GRUPPI DI ELEMENTI E VALORE

GRUPPO A - FORZA DINAMICA

GRUPPO B - FORZA STATICA

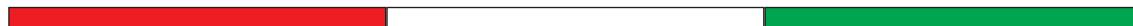
GRUPPO C - SALTI E BALZI

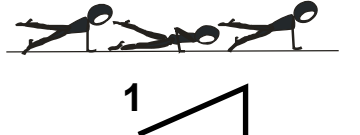
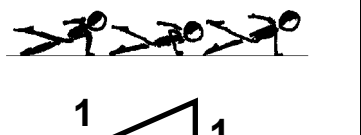
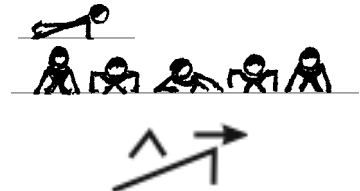
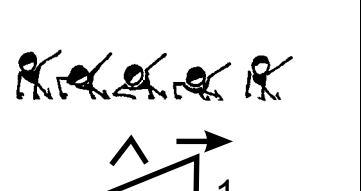
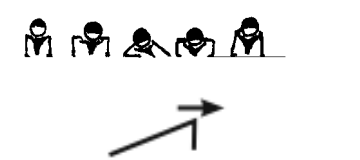
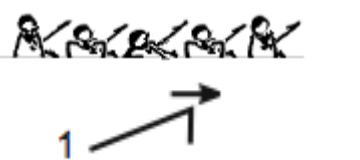
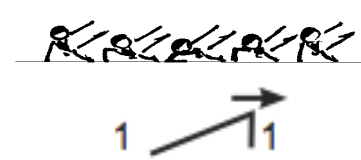
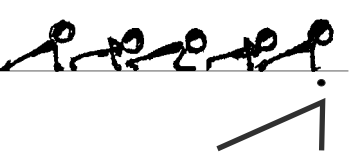
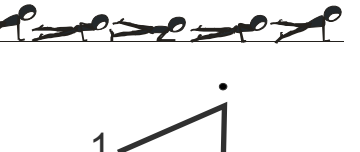
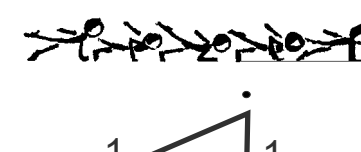
GRUPPO D - EQUILIBRIO E FLESSIBILITÀ

BOZZA SETTEMBRE 2016

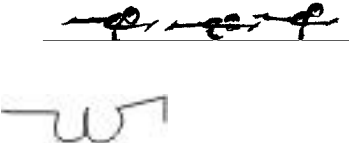
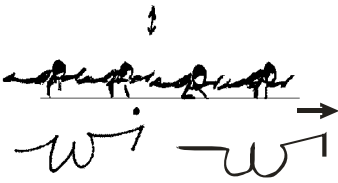
APPROVATO DAL COMITATO ESECUTIVO FIG

LA VERSIONE INGLESE È IL TESTO UFFICIALE

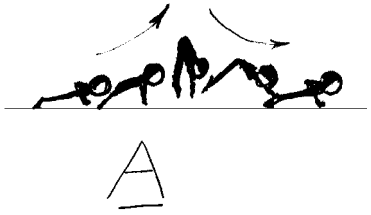
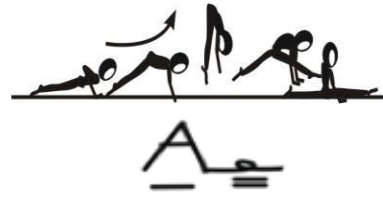
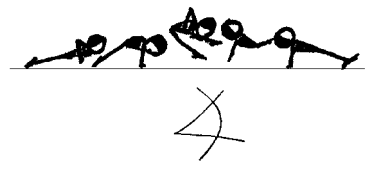


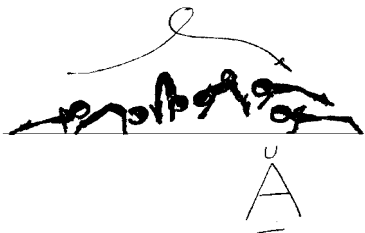
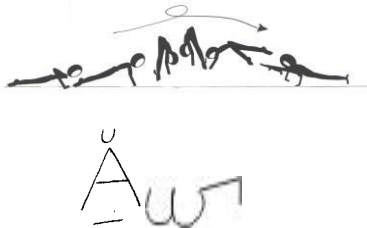
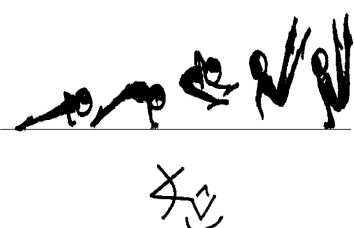
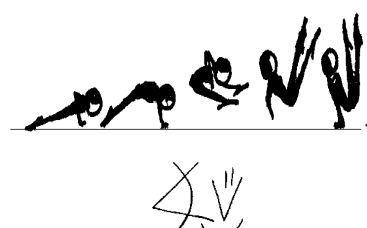
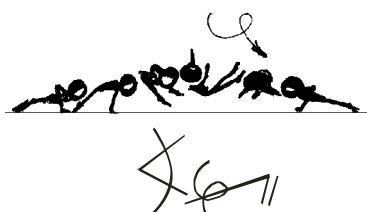
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GROUP A - DYNAMIC STRENGTH : PUSH UP FAMILY (PUSH UP)				
A 101 PUSH UP 	A 102 1 LEG PUSH UP 	A 103 1 ARM PUSH UP 	A 104 1 ARM 1 LEG PUSH UP 	
	A 112 STRADDLE LATERAL PUSH UP 		A 114 1 ARM STRADDLE LATERAL PUSH UP 	
	A 122 LATERAL PUSH UP 	A 123 1 LEG LATERAL PUSH UP 		A 125 1 ARM 1 LEG LATERAL PUSH UP 
	A 132 HINGE PUSH UP 	A 133 1 LEG HINGE PUSH UP 	A 134 1 ARM HINGE PUSH UP 	A 135 1 ARM 1 LEG HINGE PUSH UP 

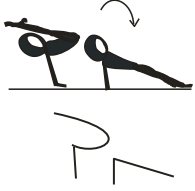
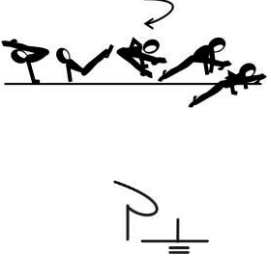
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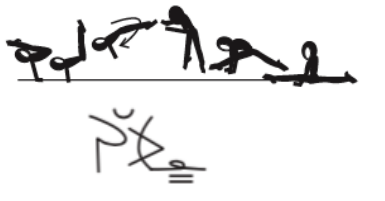
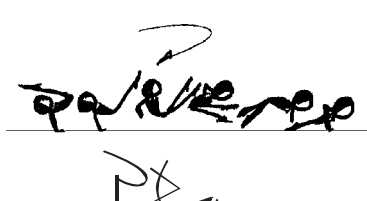
0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : <i>PUSH UP FAMILY (WENSON)</i>				
	A 142 WENSON PUSH UP 	A 143 WENSON HINGE PUSH UP OR LATERAL PUSH UP 		
		A 153 LIFTED WENSON PUSH UP 	A 154 LIFTED WENSON HINGE PUSH UP OR LATERAL PUSH UP 	

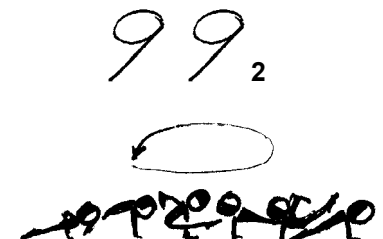
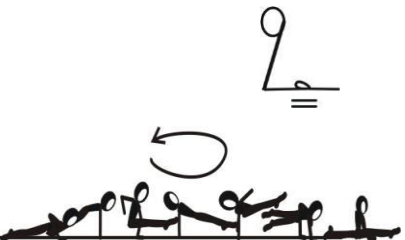
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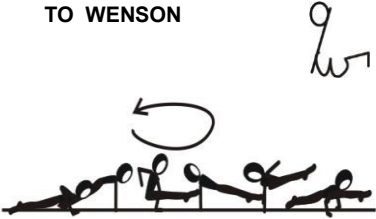
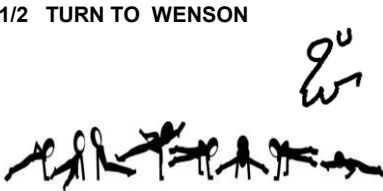
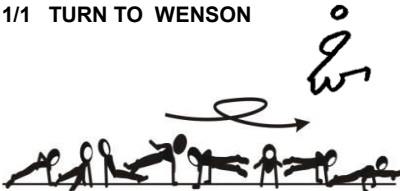
0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : <i>EXPLOSIVE PUSH UP FAMILY (A FRAME, CUT)</i>				
			A 184 EXPLOSIVE A-FRAME 	
			A 194 EXPLOSIVE A-FRAME TO SPLIT 	
				A 205 EXPLOSIVE A-FRAME TO WENSON 
				A 215 STRADDLE CUT 

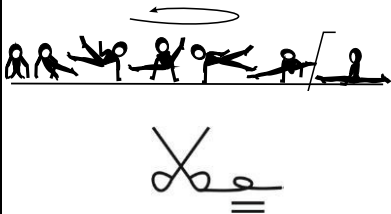
0.6	0.7	0.8	0.9	1.0
A 186 EXPLOSIVE A-FRAME ½ TURN 				
A 196 EXPLOSIVE A-FRAME ½ TURN TO SPLIT 		A 198 EXPLOSIVE A-FRAME 1/2 TURN ½ TWIST TO BACK SUPPORT 		
A 206 EXPLOSIVE A-FRAME TO LIFTED WENSON 	A 207 EXPLOSIVE A-FRAME 1/2 TURN TO WENSON 	A 208 EXPLOSIVE A-FRAME 1/2 TURN TO LIFTED WENSON 		
A 216 STRADDLE CUT TO L-SUPPORT 	A 217 STRADDLE CUT TO STRADDLE V-SUPPORT 	A 218 STRADDLE CUT TO V-SUPPORT 	A 219 STRADDLE CUT 1/2 TWIST TO PUSH UP 	A 220 STRADDLE CUT 1/2 TWIST TO WENSON 

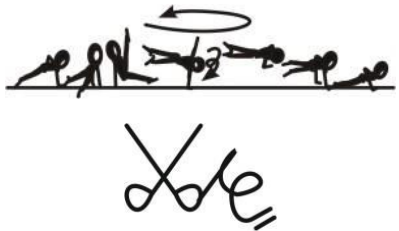
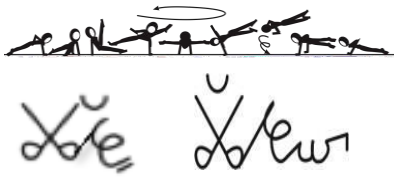
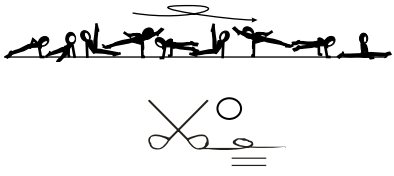
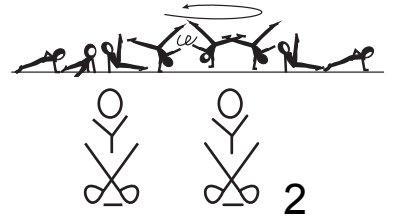
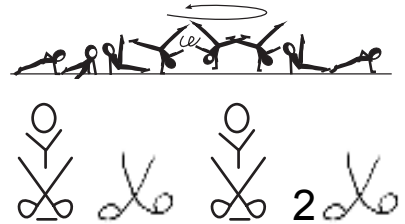
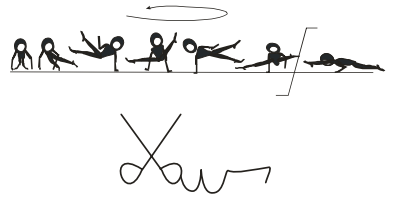
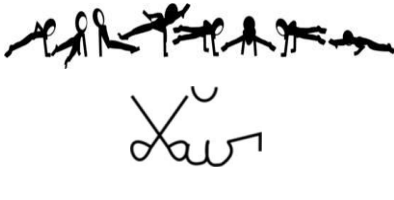
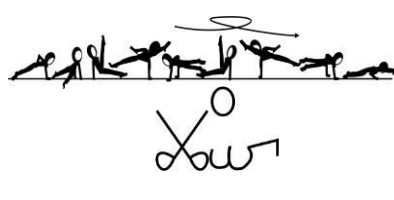
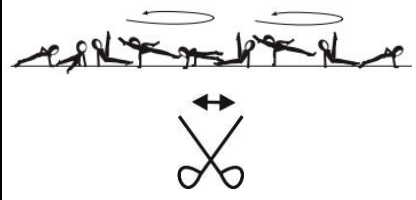
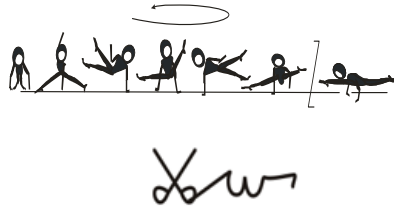
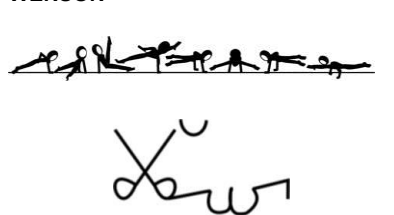
0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : <i>EXPLOSIVE SUPPORT FAMILY (HIGH V SUPPORT & REVERSE CUT)</i>				
	A 222 HIGH V- SUPPORT TO BACK-SUPPORT 			A 225 HIGH V-SUPPORT TO SPLIT 

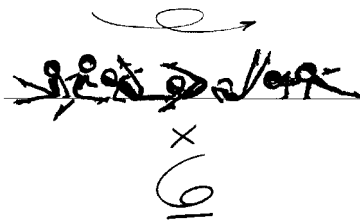
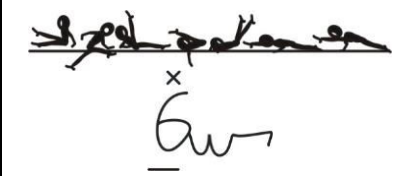
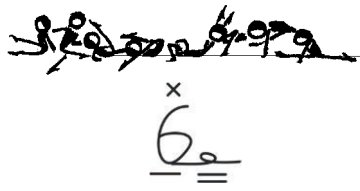
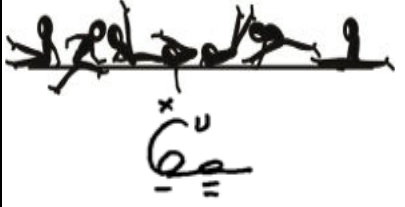
0.6	0.7	0.8	0.9	1.0
A 226 HIGH V-SUPPORT REVERSE CUT TO SPLIT 	A 227 HIGH V-SUPPORT ½ TURN TO FRONTAL SPLIT 	A 228 HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT 		A 230 HIGH V-SUPPORT, REVERSE STRADDLE CUT TO PUSH UP (SALVAN) 
	A 237 HIGH V-SUPPORT ½ TWIST TO PUSH UP 		A 239 HIGH V-SUPPORT ½ TWIST TO WENSON 	A 240 HIGH V-SUPPORT ½ TWIST TO LIFTED WENSON 

0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : <i>LEG CIRCLE FAMILY (DOUBLE LEG CIRCLE)</i>				
				A 265 DOUBLE LEG 1/1 CIRCLE (1 OR 2) 
				A 285 DOUBLE LEG 1/1 CIRCLE TO SPLIT 

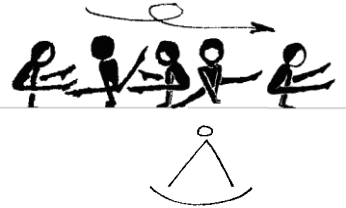
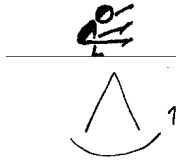
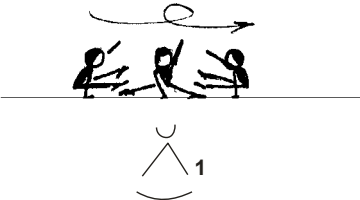
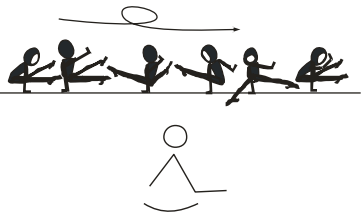
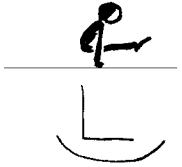
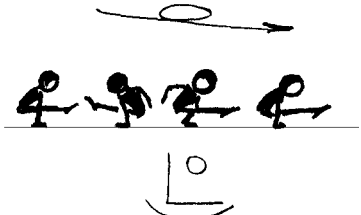
0.6	0.7	0.8	0.9	1.0
A 266 DOUBLE LEG 1/1 CIRCLE TO WENSON 	A 267 DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO WENSON 	A 268 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON 		
	A 277 DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON 	A 278 DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON 	A 279 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON 	
	A 287 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT 			

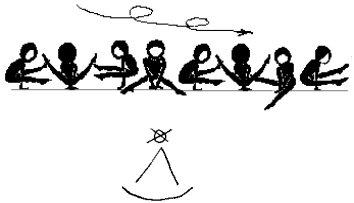
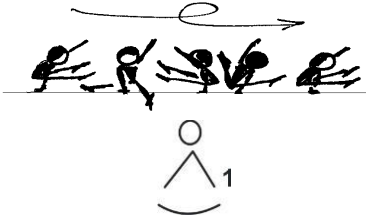
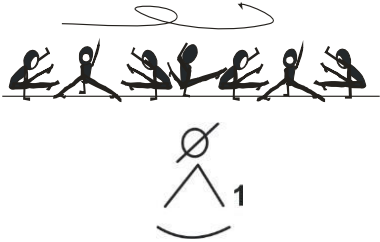
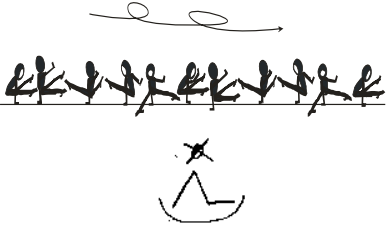
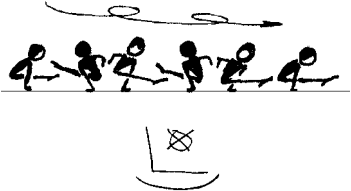
0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : <i>LEG CIRCLE FAMILY (FLAIR)</i>				
				A 305 FLAIR (1 OR 2) 
				A 315 FLAIR TO SPLIT 

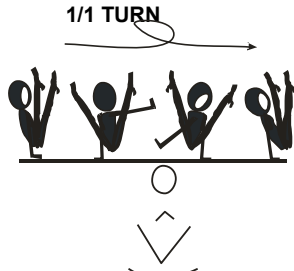
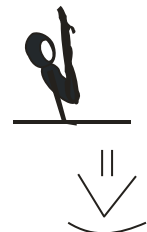
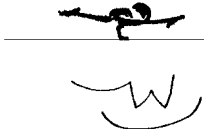
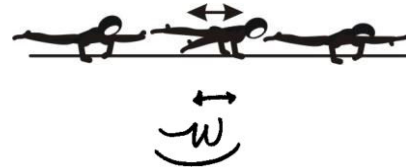
0.6	0.7	0.8	0.9	1.0
			A 309. FLAIR 1/1 TWIST AIRBORNE TO PU 	A 310. FLAIR 1/2 TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON 
	A 317 FLAIR 1/1 TURN TO SPLIT 		A 319 FLAIR + AIR FLAIR (1 OR 2) 	A 320 FLAIR + AIR FLAIR (1 OR 2) + FLAIR 
A 326 FLAIR TO WENSON 	A 327 FLAIR 1/2 TURN TO WENSON 	A 328 FLAIR 1/1 TURN TO WENSON 	A 329 FLAIR 1/1 SPINDLE TO WENSON 	A 330 FLAIR BOTH SIDES 
	A 337. FLAIR TO LIFTED WENSON 	A 338 FLAIR 1/2 TURN TO LIFTED WENSON 	A 339 FLAIR 1/1 TURN TO LIFTED WENSON 	

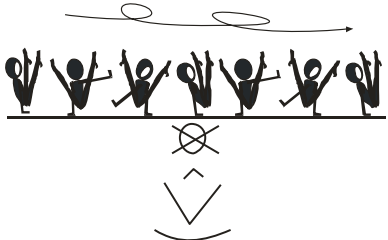
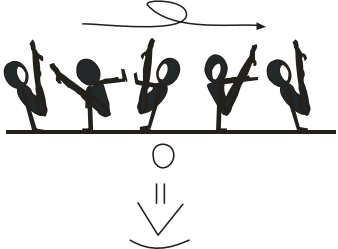
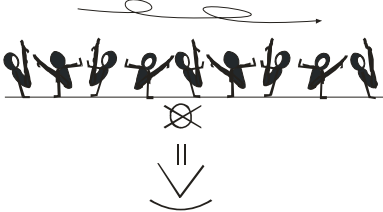
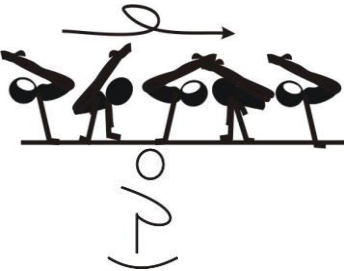
0.1	0.2	0.3	0.4	0.5
GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY AND HELICOPTER FAMILY				
			A 364 HELICOPTER 	A 365 HELICOPTER TO WENSON 
			A 374 HELICOPTER TO SPLIT 	A 375 HELICOPTER ½ TURN TO SPLIT 

0.6	0.7	0.8	0.9	1.0
A 366 HELICOPTER TO LIFTED WENSON  		A 368 HELICOPTER 1/1 TWIST TO PU  		

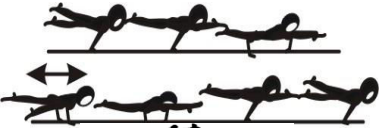
0.1	0.2	0.3	0.4	0.5
GROUP B - STATIC STRENGTH : SUPPORT FAMILY (STRADDLE AND L SUPPORT)				
	B 102 STRADDLE SUPPORT 		B 104 STRADDLE SUPPORT 1/1 TURN 	
			B 114 1 ARM STRADDLE SUPPORT 	B 115 1 ARM 1/2 TURN STRADDLE SUPPORT 
			B 124 STRADDLE / L SUPPORT 1/1 TURN 	
	B 132 L-SUPPORT 		B 134 L-SUPPORT 1/1 TURN 	

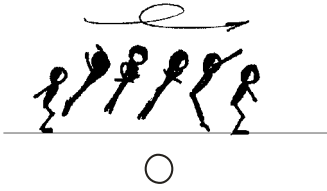
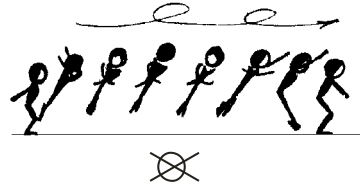
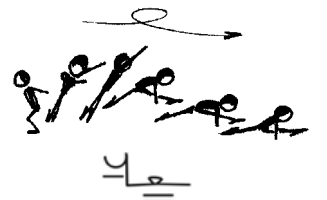
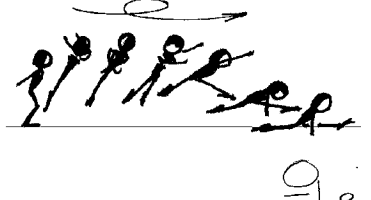
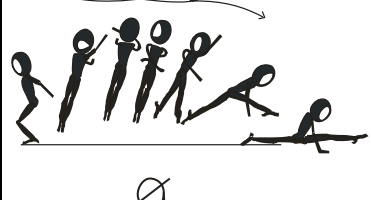
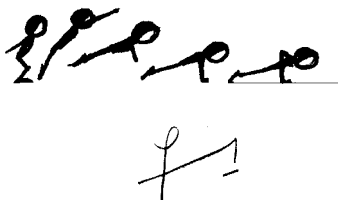
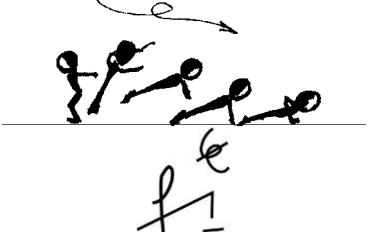
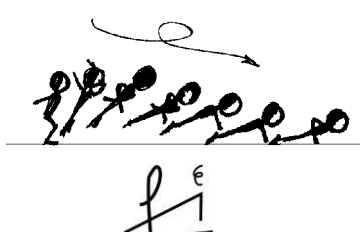
0.6	0.7	0.8	0.9	1.0
B 106 STRADDLE SUPPORT 2/1 TURNS OR MORE 				
B 116 1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS) 	B 117 1 ARM 1 1/2 TURN STRADDLE SUPPORT 			
B 126 STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN) 				
B 136 L-SUPPORT 2/1 TURNS OR MORE 				

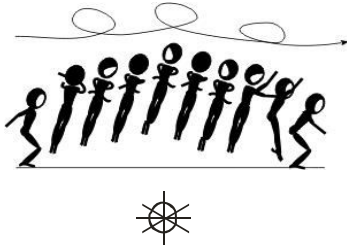
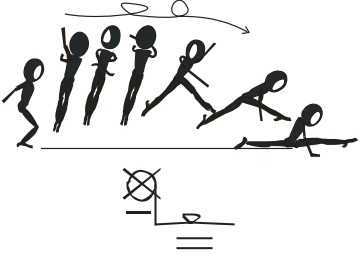
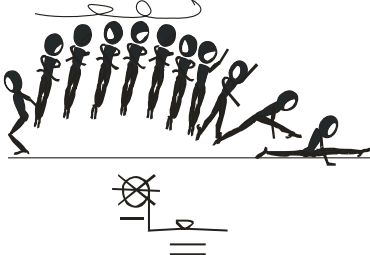
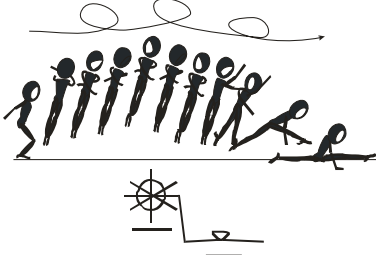
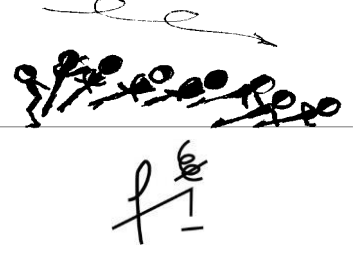
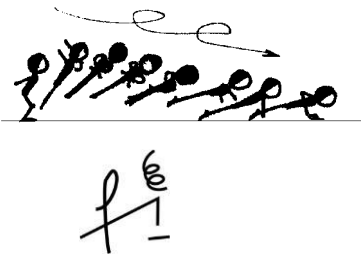
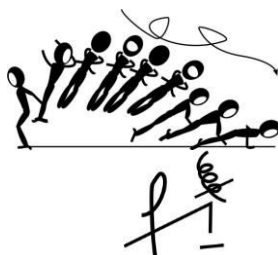
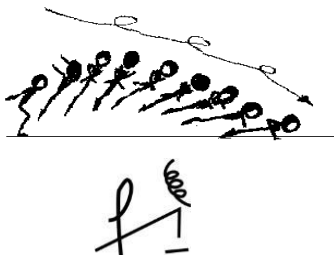
0.1	0.2	0.3	0.4	0.5
GROUP B - STATIC STRENGTH : V-SUPPORT FAMILY AND HORIZONTAL SUPPORT FAMILY				
		B 143 STRADDLE V-SUPPORT 		B 145 STRADDLE V-SUPPORT 1/1 TURN 
				B 155 V-SUPPORT 
		B 173 LIFTED STATIC WENSON SUPPORT 	B 174 LIFTED STATIC WENSON SUPPORT BOTH SIDES 	

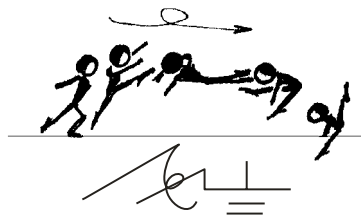
0.6	0.7	0.8	0.9	1.0
	B 147 STRADDLE V-SUPPORT 2/1 TURNS 			
	B 157 V-SUPPORT 1/1 TURN 		B 159 V-SUPPORT 2/1 TURNS 	
		B 168 HIGH V-SUPPORT 		B 170 HIGH V-SUPPORT 1/1 TURN 

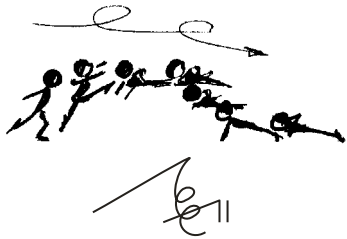
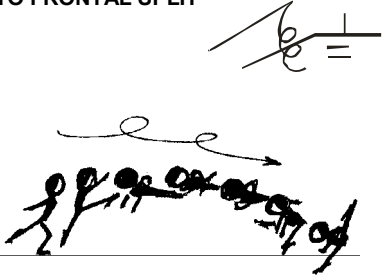
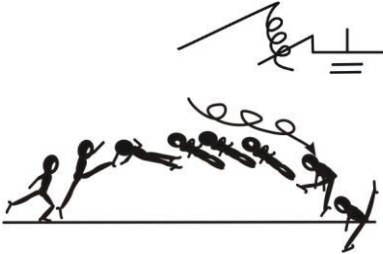
0.1	0.2	0.3	0.4	0.5
GROUP B - STATIC STRENGTH : <i>HORIZONTAL SUPPORT FAMILY</i>				

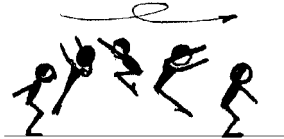
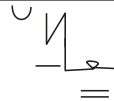
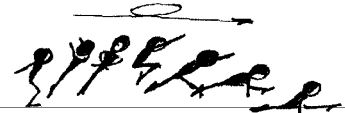
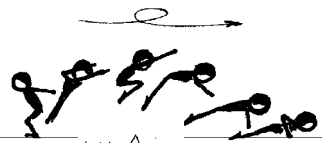
0.6	0.7	0.8	0.9	1.0
B 186 STRADDLE PLANCHE  	B 187 STRADDLE PLANCHE TO PUSH UP  			
		B 198 STRADDLE PLANCHE TO LIFTED WENSON  		B 200 STRADDLE PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE  
		B 208 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES  		B 210 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE  
		B 218 PLANCHE  	B 219 PLANCHE TO PUSH UP  	B 220 PLANCHE TO LIFTED WENSON  

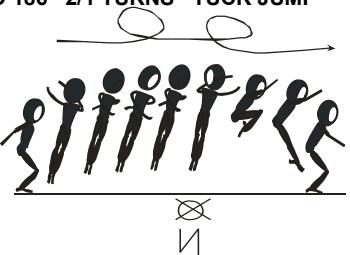
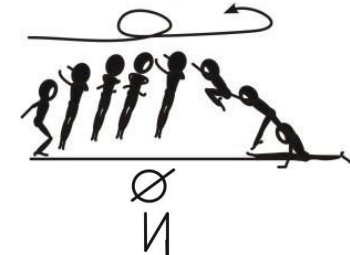
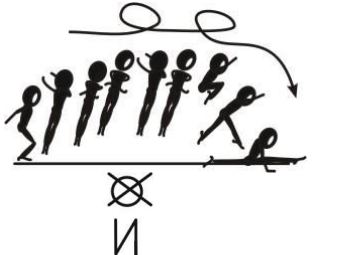
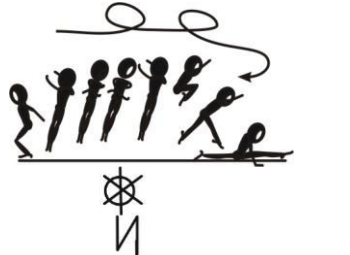
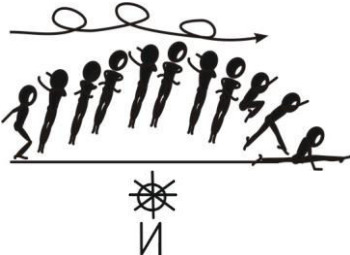
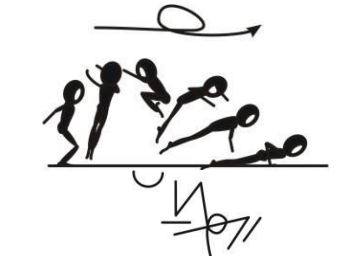
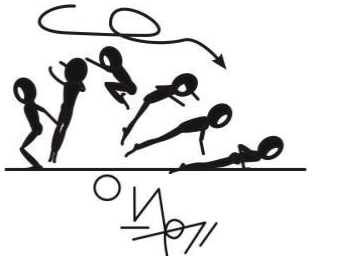
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS AND LEAPS : STRAIGHT JUMP FAMILY (AIR TURN & FREE FALL)				
		C 103 1/1 AIR TURN 		C 105 2/1 AIR TURNS 
		C 113 1/2 AIR TURN TO SPLIT 	C 114 1/1 AIR TURN TO SPLIT 	C 115 1 1/2 AIR TURN TO SPLIT 
		C 123 FREE FALL AIRBORNE 	C 124 FREE FALL 1/2 TWIST AIRBORNE 	C 125 FREE FALL 1/1 TWIST AIRBORNE 

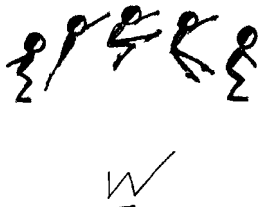
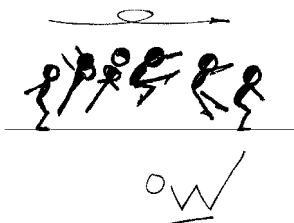
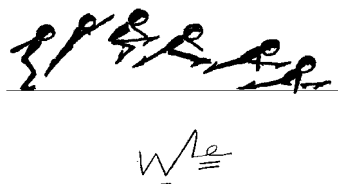
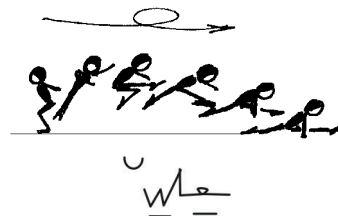
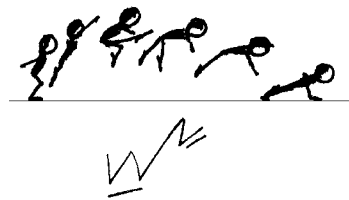
0.6	0.7	0.8	0.9	1.0
		C 108 3/1 AIR TURNS 		
C 116 2/1 AIR TURNS TO SPLIT 		C 118 2 1/2 AIR TURNS TO SPLIT 	C 119 3/1 AIR TURNS TO SPLIT 	
C 126 FREE FALL 1 1/2 TWIST AIRBORNE 	C 127 FREE FALL 2/1 TWIST AIRBORNE 		C 129 FREE FALL 2 1/2 TWIST AIRBORNE 	C 130 FREE FALL 3/1 TWIST AIRBORNE (BENJAMIN) 

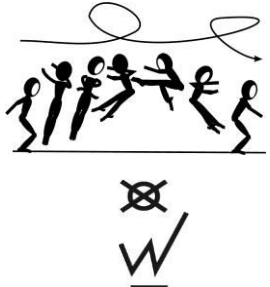
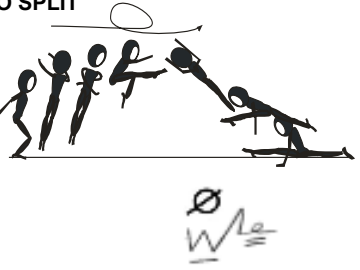
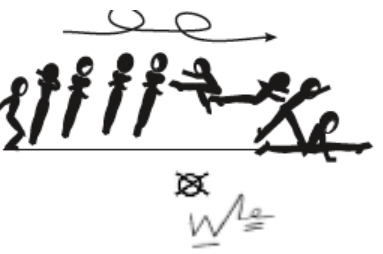
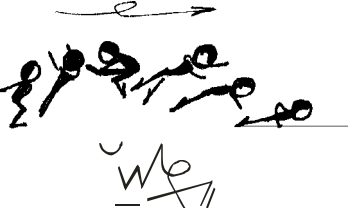
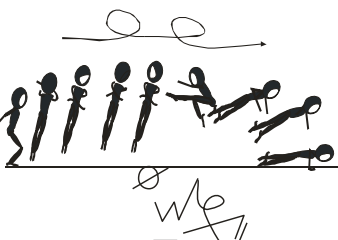
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS AND LEAPS : <i>HORIZONTAL JUMP FAMILY (GAINER)</i>				
			C 144 GAINER 1/2 TWIST 	
		C 153 GAINER 1/2 TWIST TO SPLIT 		

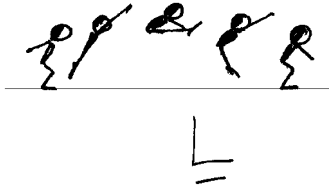
0.6	0.7	0.8	0.9	1.0
	C 147 GAINER 1 1/2 TWIST 			C 150 GAINER 2 1/2 TWIST 
C 156 GAINER 1 1/2 TWIST TO FRONTAL SPLIT 			C 159 GAINER 2 1/2 TWIST TO FRONTAL SPLIT 	

0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : BENT LEG(S) JUMP FAMILY (TUCK)				
	C 182 TUCK JUMP  		C 184 1/1 TURN TUCK JUMP  	
		C 193 TUCK JUMP TO SPLIT  	C 194 1/2 TURN TUCK JUMP TO SPLIT  	C 195 1/1 TURN TUCK JUMP TO SPLIT  
			C 204 TUCK JUMP TO PUSH UP  	C 205 1/2 TURN TUCK JUMP TO PUSH UP  

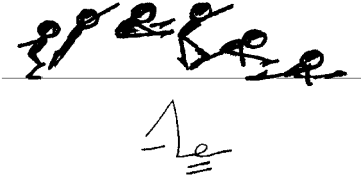
0.6	0.7	0.8	0.9	1.0
C 186 2/1 TURNS TUCK JUMP 				
C 196 1 1/2 TURN TUCK JUMP TO SPLIT 	C 197 2/1 TURNS TUCK JUMP TO SPLIT 		C 199 2 1/2 TURNS TUCK JUMP TO SPLIT 	C 200 3/1 TURNS TUCK JUMP TO SPLIT 
C 206 1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP 	C 207 1/1 TURN TUCK JUMP 1/2 TWIST TO PUSH UP 	C 208 1 1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP 		

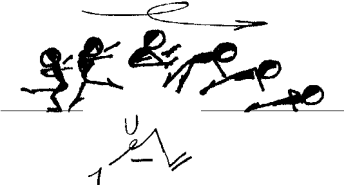
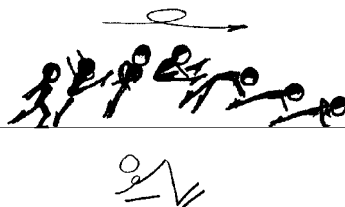
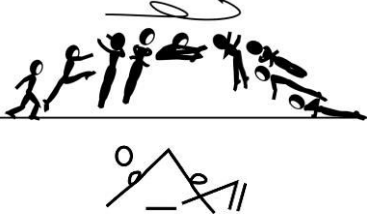
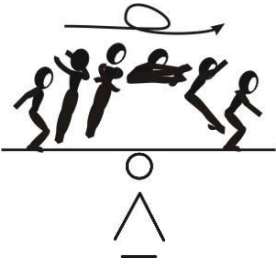
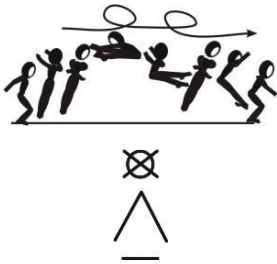
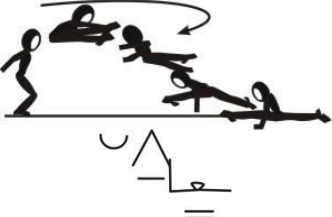
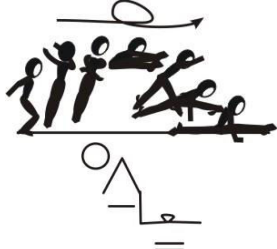
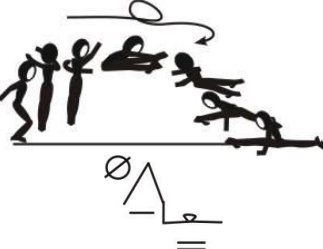
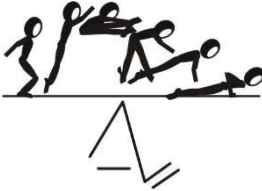
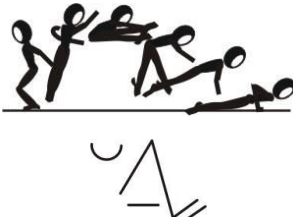
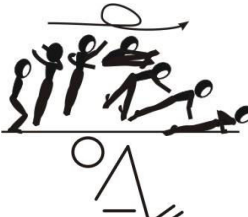
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : BENT LEG(S) JUMP FAMILY (COSSACK)				
		C 223 COSSACK JUMP 		C 225 1/1 TURN COSSACK JUMP 
			C 234 COSSACK JUMP TO SPLIT 	C 235 1/2 TURN COSSACK JUMP TO SPLIT 
				C 245 COSSACK JUMP TO PUSH UP 

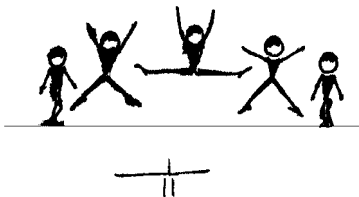
0.6	0.7	0.8	0.9	1.0
	C 227 2/1 TURN COSSACK JUMP 			
C 236 1/1 TURN COSSACK JUMP TO SPLIT 	C 237 1 1/2 TURN COSSACK JUMP TO SPLIT 	C 238 2/1 TURNS COSSACK JUMP TO SPLIT 		
C 246 COSSACK JUMP 1/2 TWIST TO PUSH UP 	C 247 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP 	C 248 1/1 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP (JULIEN) 	C 249 1 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP (ALCAN) 	

0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS: <i>PIKE JUMP FAMILY</i>				
			C 264 PIKE JUMP 	
				C 275 PIKE JUMP TO SPLIT 

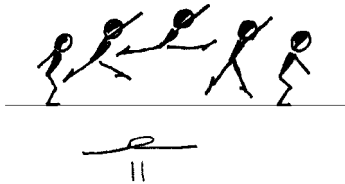
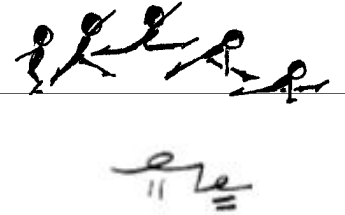
0.6	0.7	0.8	0.9	1.0
C 266 1/1 TURN PIKE JUMP		C 268 2/1 TURNS PIKE JUMP		
C 276 1/2 TURN PIKE JUMP TO SPLIT	C 277 1/1 TURN PIKE JUMP TO SPLIT	C 278 1 1/2 TURN PIKE JUMP TO SPLIT		
C 286 PIKE JUMP TO PUSH UP	C 287 PIKE JUMP 1/2 TWIST TO PUSH UP	C 288 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP	C 289 1/1 TURN PIKE JUMP 1/2 TWIST TO PUSH UP	C 290 1 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP

0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : STRADDLE JUMP FAMILY (STRADDLE)				
			C 314 STRADDLE JUMP 	
				C 325 STRADDLE JUMP TO SPLIT 

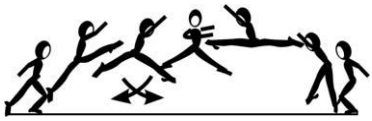
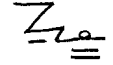
0.6	0.7	0.8	0.9	1.0
	C 307 1/2 TURN STRADDLE LEAP TO PUSH UP (KALOYANOV) 	C 308 1/1 TURN STRADDLE LEAP TO PUSH UP 	C 309 1/1 TURN STRADDLE LEAP 1/2 TWIST TO PU 	
C 316 1/1 TURN STRADDLE JUMP 		C 318 2/1 TURNS STRADDLE JUMP 		
C 326 1/2 TURN STRADDLE JUMP TO SPLIT 	C 327 1/1 TURN STRADDLE JUMP TO SPLIT 	C 328 1 1/2 TURN STRADDLE JUMP TO SPLIT 		
C 336 STRADDLE JUMP TO PUSH UP 	C 337 1/2 TURN STRADDLE JUMP TO PUSH UP 	C 338 1/1 TURN STRADDLE JUMP TO PUSH UP 	C 339 1 1/2 TURN STRADDLE JUMP TO PUSH UP 	

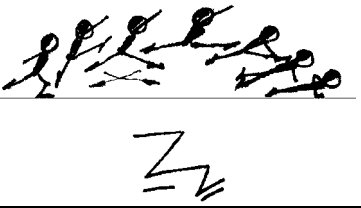
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : STRADDLE JUMP FAMILY (FRONTAL SPLIT)				
			C 354 FRONTAL SPLIT JUMP 	
				C 365 FRONTAL SPLIT JUMP TO FRONTAL SPLIT 

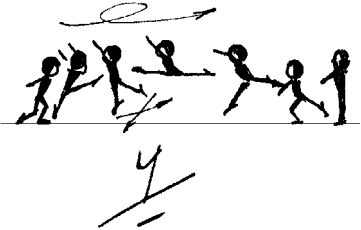
0.6	0.7	0.8	0.9	1.0
	C 347 STRADDLE JUMP 1/2 TWIST TO PUSH UP	C 348 ½ TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP	C 349 1/1 TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP	C 350 1 1/2 TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP
C 356 1/1 TURN FRONTAL SPLIT JUMP		C 358 2/1 TURNS FRONTAL SPLIT JUMP		
C 366 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	C 367 1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	C 368 1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT		
C 376 FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	C 377 FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	C 378 1/2 TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PUSH UP	C 379 1/1 TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PUSH UP	

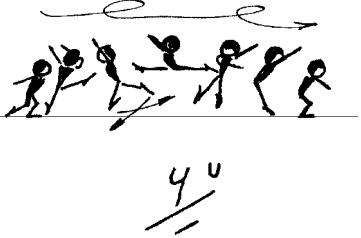
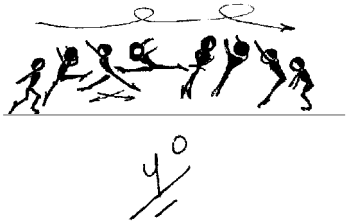
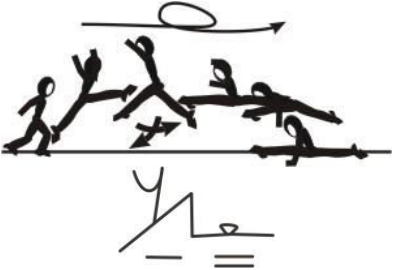
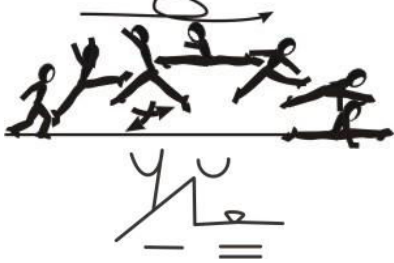
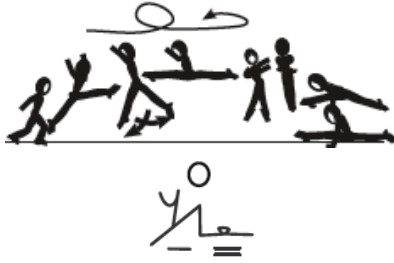
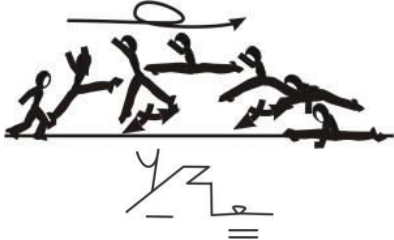
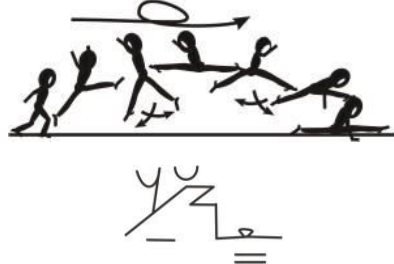
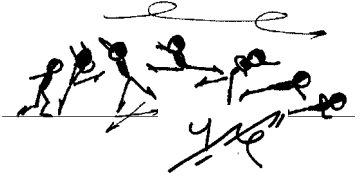
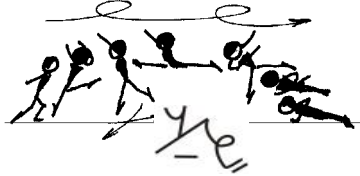
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : <i>SPLITJUMP</i> FAMILY (<i>SPLIT</i>)				
			C 384 SPLIT JUMP 	
				C 395 SPLIT JUMP TO SPLIT 

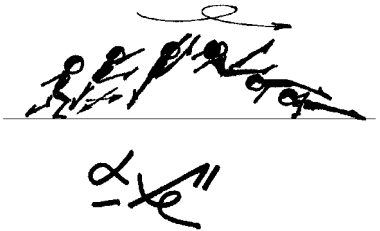
0.6	0.7	0.8	0.9	1.0
C 386 1/1 TURN SPLIT JUMP		C 388 2/1 TURNS SPLIT JUMP		
C 396 1/2 TURN SPLIT JUMP TO SPLIT	C 397 1/1 TURN SPLIT JUMP TO SPLIT	C 398 1 1/2 TURN SPLIT JUMP TO SPLIT DRAWING		
C 406 SPLIT JUMP SWITCH TO SPLIT	C 407 1/2 TURN SPLIT JUMP SWITCH TO SPLIT	C 408 1/1 TURN SPLIT JUMP SWITCH TO SPLIT	C 409 1 1/2 TURN SPLIT JUMP SWITCH TO SPLIT	
C 416 SPLIT JUMP TO PUSH UP	C 417 1/2 TURN SPLIT JUMP TO PUSH UP	C 418 1/1 TURN SPLIT JUMP TO PUSH UP	C 419 1 1/2 TURN SPLIT JUMP TO PUSH UP	

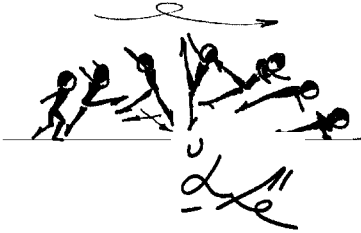
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : SPLITJUMP FAMILY (SWITCH SPLIT LEAP)				
			C 424 SWITCH SPLIT LEAP  	C 425 SWITCH SPLIT LEAP ½ TURN  
				C 435 SWITCH SPLIT LEAP TO SPLIT  

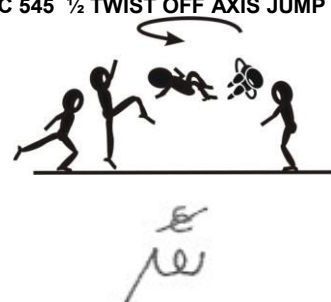
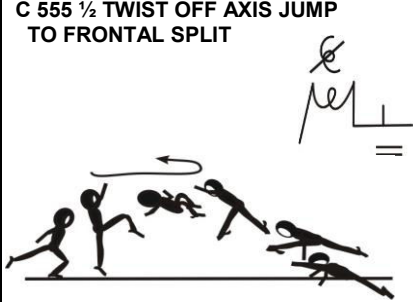
0.6	0.7	0.8	0.9	1.0
C 436 SWITCH SPLIT LEAP 1/2 TURN TO SPLIT 				
C 446 SWITCH SPLIT LEAP TO PUSH UP 				

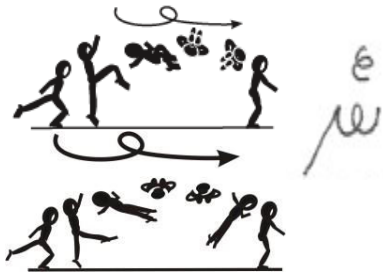
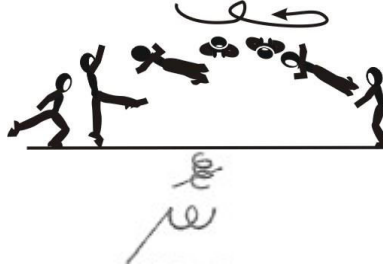
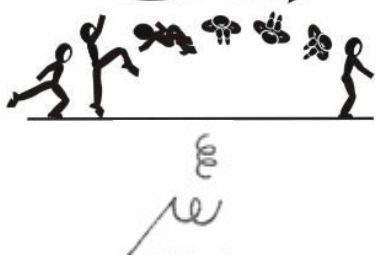
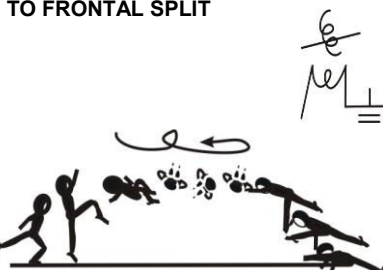
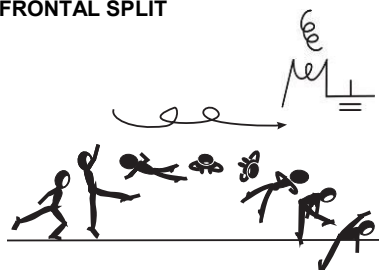
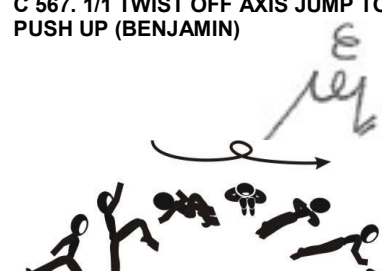
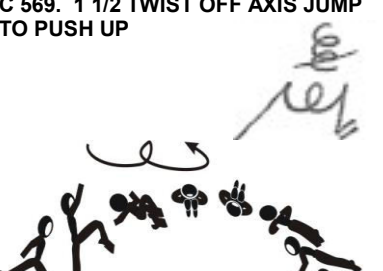
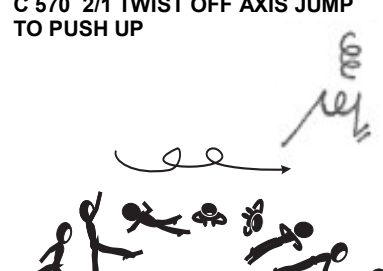
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : <i>SPLITJUMP FAMILY (SCISSORS LEAP)</i>				
				C 465 SCISSORS LEAP ½ TURN 

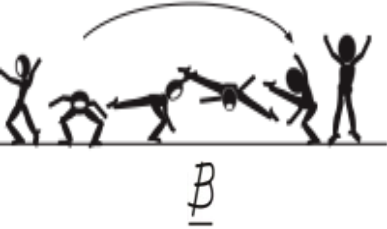
0.6	0.7	0.8	0.9	1.0
C 466 SCISSORS LEAP 1/1 TURN 	C 467 SCISSORS LEAP 1 1/2 TURN 			
C 476 SCISSORS LEAP 1/2 TURN TO SPLIT 	C 477 SCISSORS LEAP 1/1 TURN TO SPLIT 	C 478 SCISSORS LEAP 1 1/2 TURN TO SPLIT 		
	C 487 SCISSORS LEAP 1/2 TURN SWITCH TO SPLIT (MARCHENKOV) 	C 488 SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT 		
	C 497 SCISSORS LEAP 1/2 TURN TO PUSH UP 	C 498 SCISSORS LEAP 1/2 TURN 1/2 TWIST TO PUSH UP 		C 500 SCISSORS LEAP 1/2 TURN 1/1 TWIST TO PUSH UP (NEZEZON) 

0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : KICK JUMP FAMILY (SCISSORS KICK)				
				C 505 SCISSORS KICK 1/2 TWIST TO PUSH UP 

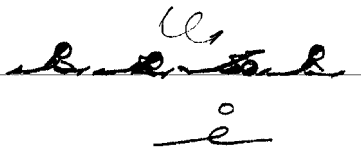
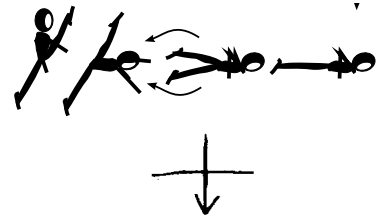
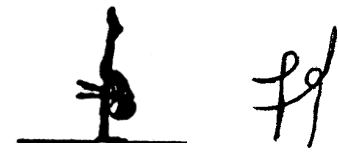
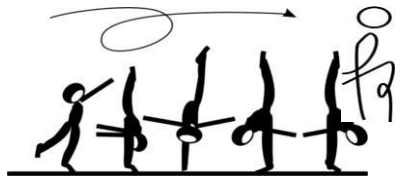
0.6	0.7	0.8	0.9	1.0
C 506 1/2 TURN SCISSORS KICK 1/2 TWIST TO PUSH UP 				

0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : OFF AXIS JUMP				
				C 545 ½ TWIST OFF AXIS JUMP  The diagram shows a sequence of four stick figures illustrating a 1/2 twist off-axis jump. The first figure is in a starting crouch. The second figure shows the jumper taking off with one leg. The third figure shows the jumper in mid-air, with a curved arrow indicating a 180-degree twist. The fourth figure shows the jumper landing. Below the sequence is a handwritten signature.
				C 555 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT  The diagram shows a sequence of five stick figures illustrating a 1/2 twist off-axis jump to a frontal split. The first figure is in a starting crouch. The second figure shows the jumper taking off. The third figure shows the jumper in mid-air with a curved arrow indicating a 180-degree twist. The fourth figure shows the jumper in a split position. The fifth figure shows the jumper landing in a split. To the right of the sequence is a handwritten signature and an equals sign.

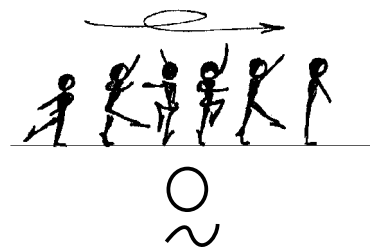
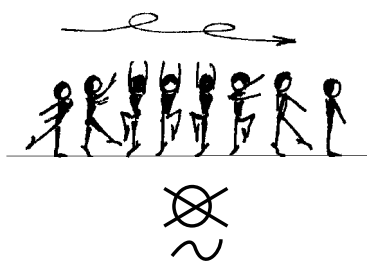
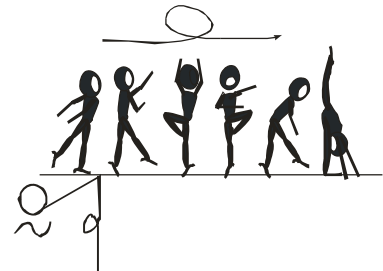
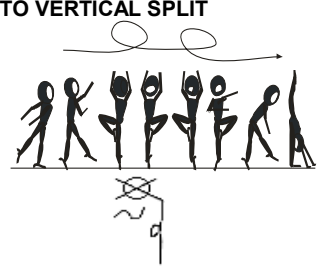
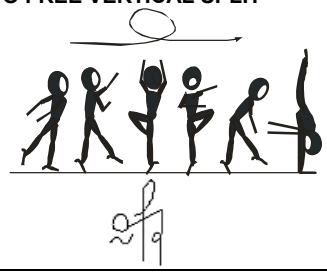
0.6	0.7	0.8	0.9	1.0
C 546. 1/1 TWIST OFF AXIS JUMP 		548 1 ½ TWIST OFF AXIS JUMP 	C 549 2/1 TWIST OFF AXIS JUMP 	
C 556. 1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT (MAXIME) 		C 558. 1 1/2 TWIST OFF AXIS JUMP TO FRONTAL SPLIT 	C 559. 2/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT 	
C 566 ½ TWIST OFF AXIS JUMP TO PUSH UP 	C 567. 1/1 TWIST OFF AXIS JUMP TO PUSH UP (BENJAMIN) 		C 569. 1 1/2 TWIST OFF AXIS JUMP TO PUSH UP 	C 570 2/1 TWIST OFF AXIS JUMP TO PUSH UP 

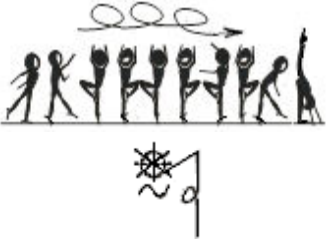
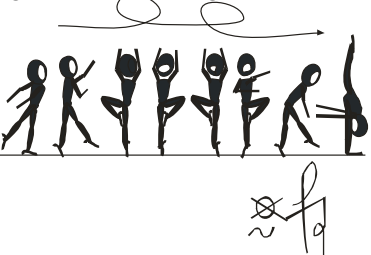
0.1	0.2	0.3	0.4	0.5
GROUP C - JUMPS & LEAPS : <i>BUTTERFLY JUMP</i>				
			C 584 BUTTERFLY 	

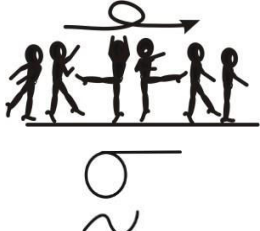
0.6	0.7	0.8	0.9	1.0
	C 587 BUTTERFLY 1/1 TWIST  			C 790 BUTTERFLY 2/1 TWIST  

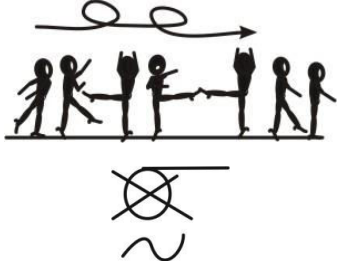
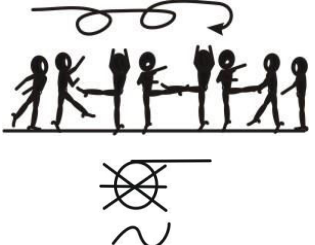
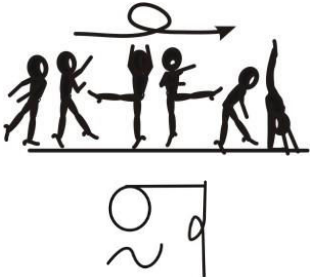
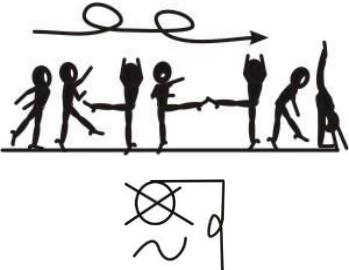
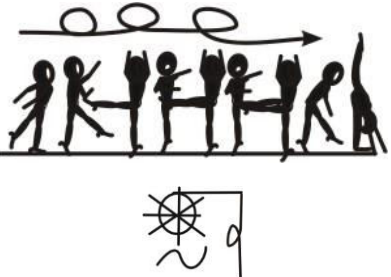
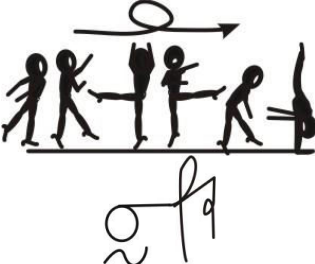
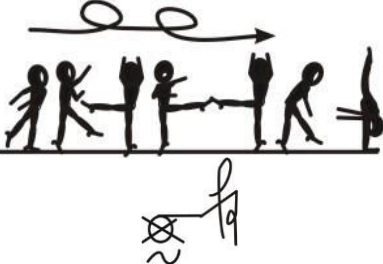
0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : SPLIT FAMILY (SPLIT, VERTICAL SPLIT WITH TURN)				
		D 103 SPLIT ROLL 		
	D 112 SPLIT THROUGH (PANCAKE) 			
D 121 VERTICAL SPLIT 	D 122 FREE VERTICAL SPLIT 		D 124 FREE VERTICAL SPLIT WITH 1/1 TURN 	

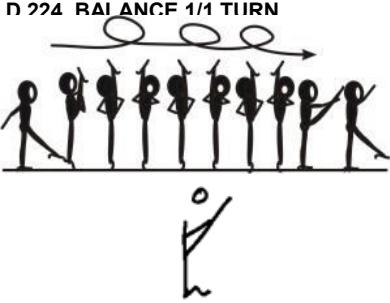
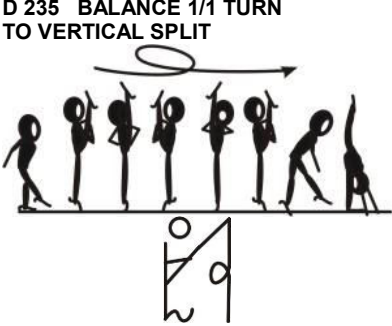
0.6	0.7	0.8	0.9	1.0

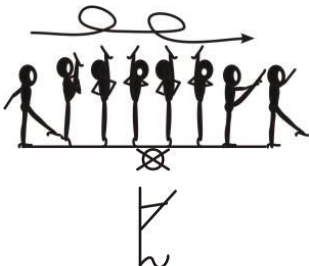
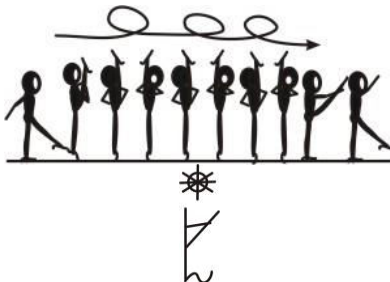
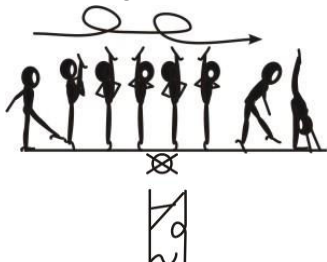
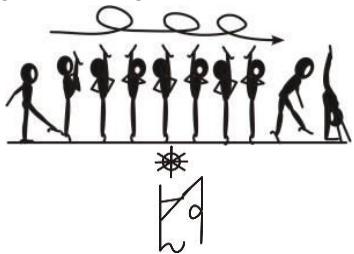
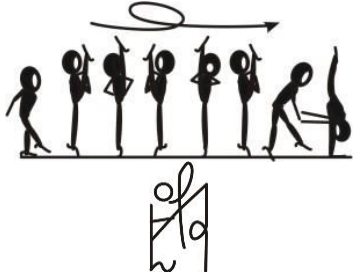
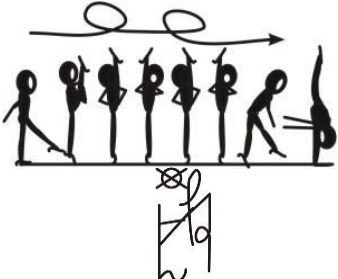
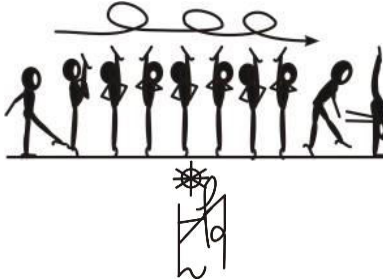
0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : TURN FAMILY				
	D 142 1/1 TURN 		D 144 2/1 TURNS 	
		D 153 1/1 TURN TO VERTICAL SPLIT 		D 155 2/1 TURNS TO VERTICAL SPLIT 
			D 164 1/1 TURN TO FREE VERTICAL SPLIT 	

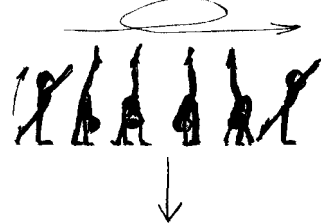
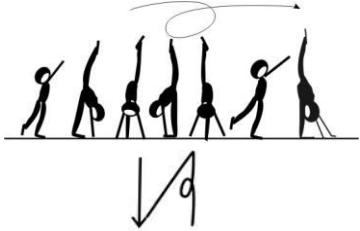
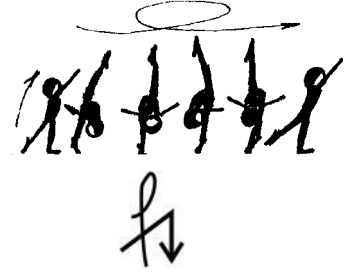
0.6	0.7	0.8	0.9	1.0
D 146 3/1 TURNS 				
	D 157 3/1 TURNS TO VERTICAL SPLIT 			
D 166 2/1 TURNS TO FREE VERTICAL SPLIT 		D 168 3/1 TURNS TO FREE VERTICAL SPLIT 		

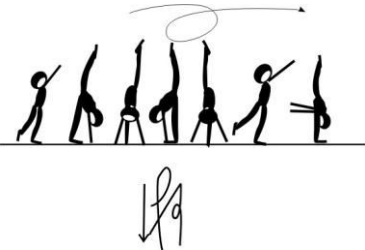
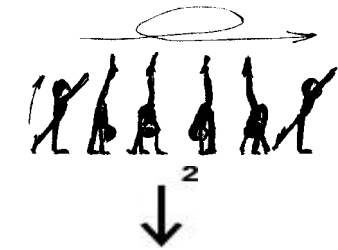
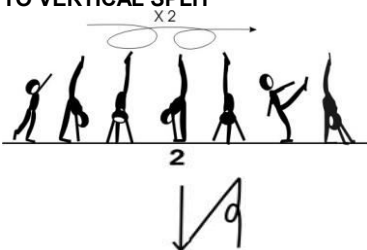
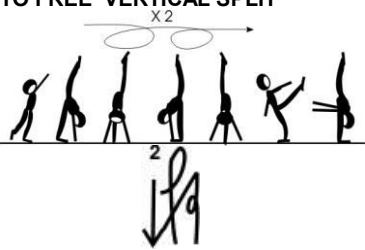
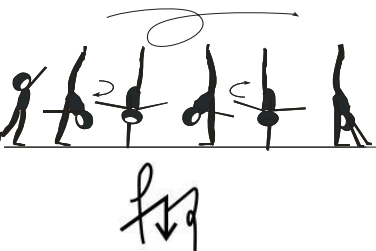
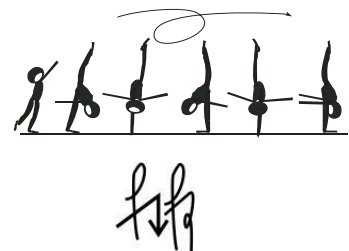
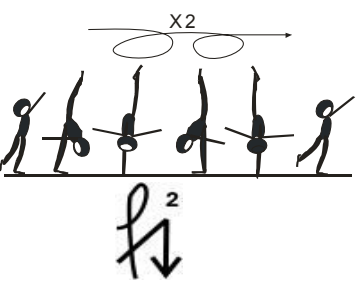
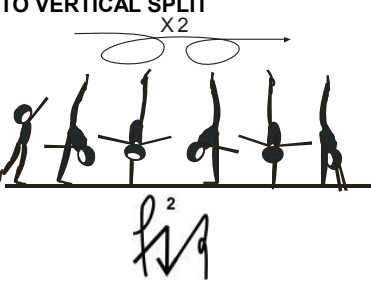
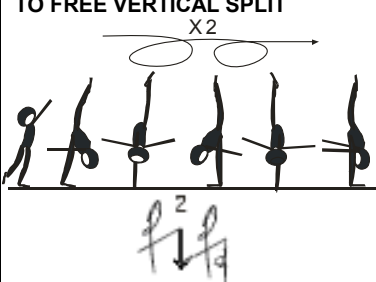
0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : <i>TURN FAMILY (LEG AT HORIZONTAL)</i>				
				D 185 1/1 TURN WITH LEG AT HORIZONTAL 

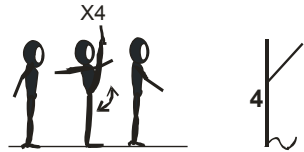
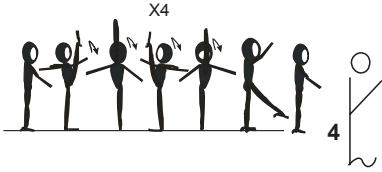
0.6	0.7	0.8	0.9	1.0
	D 187 2/1 TURNS WITH LEG AT HORIZONTAL 		D 189 2/1 TURNS WITH LEG AT HORIZONTAL 	
D 196 1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT 		D 198 2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT 		D 200 3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT 
	D 207 1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT 		D 209 2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT 	

0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : <i>BALANCE TURN FAMILY</i>				
				
				

0.6	0.7	0.8	0.9	1.0
D 226 BALANCE 2/1 TURN 		D 228 BALANCE 3/1 TURNS 		
	D 237 BALANCE 2/1 TURNS TO VERTICAL SPLIT 		D 239 BALANCE 3/1 TURNS TO VERTICAL SPLIT 	
D 246 BALANCE 1/1 TURN TO FREE VERTICAL SPLIT 		D 248 BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT 		D 250 BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT 

0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : <i>ILLUSION FAMILY</i>				
			D 264 ILLUSION 	D 265 ILLUSION TO VERTICAL SPLIT 
				D 285 FREE ILLUSION 

0.6	0.7	0.8	0.9	1.0
D 266 ILLUSION TO FREE VERTICAL SPLIT 				
D 276 DOUBLE ILLUSION 	D 277 DOUBLE ILLUSION TO VERTICAL SPLIT 	D 278 DOUBLE ILLUSION TO FREE VERTICAL SPLIT 		
D 286 FREE ILLUSION TO VERTICAL SPLIT 	D 287 FREE ILLUSION TO FREE VERTICAL SPLIT 			
	D 297 FREE DOUBLE ILLUSION 	D 298 FREE DOUBLE ILLUSION TO VERTICAL SPLIT 	D 299 FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT 	

0.1	0.2	0.3	0.4	0.5
GROUP D - BALANCE & FLEXIBILITY : <i>HIGH LEG KICK FAMILY</i>				
	D 302 FOUR (4) CONSECUTIVE SAGITAL HIGH LEG KICKS VERTICAL 	D 303 FOUR (4) CONSECUTIVE SAGITAL HIGH LEG KICKS VERTICAL 1/1 TURN 		

0.6	0.7	0.8	0.9	1.0