Supplementary materials for

FineGym: A Hierarchical Video Dataset for Fine-grained Action Understanding

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1. Experiments

1.1. Implementation details

TSN We use BNInception [5] as the backbone network for TSN [10]. The number of input segments is set to be 3 by default. The model weights are initialized from those pre-trained on ImageNet [2]. The dropout is set to be 0.8. For the spatial-stream(*i.e.* RGB), the model is trained for 80 epochs, starting at an initial learning rate of 0.001. The learning rate is reduced to its $\frac{1}{10}$ every 30 epochs. For the temporal-stream(*i.e.* Flow), the model is trained for 200 epochs, start at an initial learning rate of 0.002. The learning rate is then reduced to its $\frac{1}{10}$ every 80 epochs.

TRN We use BNInception [5] as the backbone network for TRN [13] as well. The training schedule is similar to that of TSN stated above. We also report the performance of multi-scale TRN, denoted by TRNms.

TSM We use ResNet-50 [4] as the backbone network of the TSM [7]. The number of input segments is set to be 3 by default. The model is trained for 100 epochs with learning rate decreased by 0.1 at every 40 epochs. Other training schedule is similar to that of TSN.

ActionVLAD The underlying network of ActionVLAD is based on VGG-16 [8]. 10 frames are uniformly sampled from the video as input. The number of the VLAD clusters is set to be 64. We follow the two-step prodecure as stated in [3]. In the first step, we initialize the VLAD cluster centers by clustering pre-extracted features using K-Means, and then set the centers fixed to train the linear classifier with a learning rate of 0.01. In the second step, we jointly finetune both the linear classifier and the ActionVLAD cluster centers with a learning rate of 10^{-4} . During both steps, the layers before conv5_1 are frozen to avoid overfitting. We empirically find that the number of training iterations, especially that in the second step, is important for final performance. Therefore, the first step lasts 20 epochs and the second lasts 80 epochs.

I3D We use a 3D ConvNet based on ResNet-50 [4]. The input is a video clip with 8 frames, sampled from 16 consecutive frames with a stride of 2. The model is initialized by

two types: (1) inflating the 2D convolutional kernels from an ImageNet-pretrained model to its 3D counterpart; (2) directly utilizing the model weights of a 3D ConvNet trained on Kinetics-400 [6] (denoted as $\mathbf{I3D}^*$). The dropout is set to be 0.5. The model is trained for 100 epochs, starting at an initial learning rate of 0.001. The learning rate is reduced to its $\frac{1}{10}$ every 40 epochs.

Non-local I3D Following [11], we add non-local module with Gaussian embedding at the blocks of res3b, res3d, res4b, res4d, res4f. The rest of the settings follow those of I3D. Particularly, We denote the ImageNet-pretrained model to be NL I3D and the Kinetics-pretrained model to be NL I3D*.

ST-GCN We first obtain the coordinates of human keypoints in each frame using Cascade R-CNN [1] and HR-Net [9] as the human detector and pose estimator respectively. Afterwards, ST-GCN [12] is trained on top. The training setting is similar to original one, except that the training epochs are increased five times.

1.2. Confusion matrices

We present the confusion matrices of different methods, *i.e.* TSN, TRN, I3D, and ST-GCN (all fine-tuned from ImageNet pre-trained weights) on two sets, *i.e.* FX-S1 and UB-S1 in Figure 1 and Figure 2. The category names within each set are enumerated in Table 1 and Table 2 for reference. We observe that current methods do not perform well in distinguishing between complex temporal dynamics, such as the degree of rotation (*i.e.* number of turns).

2. Dataset

2.1. Dataset overview

Our *FineGym* dataset is fine-grained both semantically and temporally. For semantic hierarchy, the categorical labels are organized according to a three-level hierarchy, namely events, sets, and elements. For temporal structure, all action instances of interest in each video are identified and decomposed into sub-actions. We refer the readers to the first part of 4252_demo.mp4 for illustration.

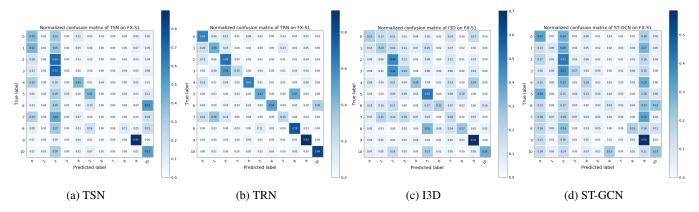


Figure 1: Normalized confusion matrix of different methods on FX-S1 (Leap-jump-hop in Floor Exercise).

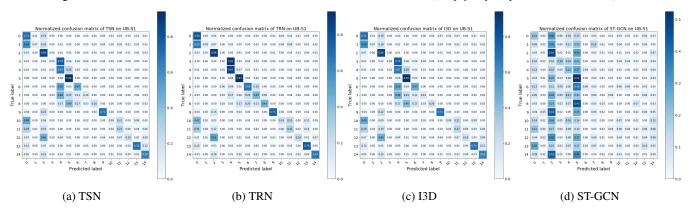


Figure 2: Normalized confusion matrix of different methods on UB-S1 (The Circles in Uneven Bars).

FX-S1 from <i>Gym99</i>			
Label ID	Category name		
0	Switch leap with 0.5 turn		
1	Switch leap with 1 turn		
2	Split leap with 1 turn		
3	Split leap with 1.5 turn		
4	Switch leap		
5	Split Jump with 1 turn		
6	Split jump		
7	Johnson with additional 0.5 turn		
8	Straddle pike or side split jump with 1 turn		
9	Switch leap to ring position		
10	Stag jump		

Table 1: Categories of FX-S1 (*leap-jump-hop* in *floor exercise*) from *Gym99*. "Johnson" denotes "*leap forward with leg change and 0.25 turn to side split position*".

2.2. Dataset statistics

We present the histogram of element classes in *FineGym* and it subsets (*Gym288* and *Gym99*) in Figure 3. We can

UB-S1 from Gym99			
Label ID	Category name		
0	Pike sole circle bwd with 1.5 turn to hstd		
1	Pike sole circle bwd with 0.5 turn to hstd		
2	Pike sole circle bwd to hstd		
3	Giant circle bwd with 1 turn to hstd		
4	Giant circle bwd with 0.5 turn to hstd		
5	Giant circle bwd		
6	Giant circle fwd with 1 turn on one arm to hstd		
7	Giant circle fwd with 0.5 turn to hstd		
8	Giant circle fwd		
9	Clear hip circle bwd to hstd		
10	Clear pike circle bwd with 1 turn to hstd		
11	Clear pike circle bwd with 0.5 turn to hstd		
12	Clear pike circle bwd to hstd		
13	Stalder bwd with 1 turn to hstd		
14	Stalder bwd to hstd		

Table 2: Categories of UB-S1 (*the-circles* in *floor exercise*) from *Gym99*. "bwd", "fwd" and "hstd" are abbreviations of backward, forward and handstand respectively.

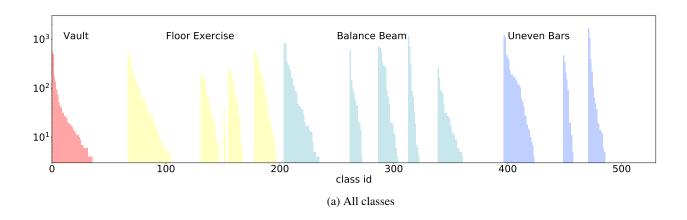
see that the *FineGym* is naturally long-tailed while *Gym99* is relatively balanced.

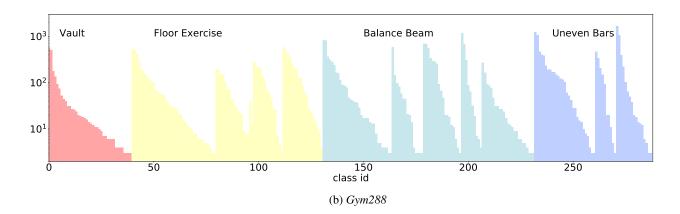
2.3. Details of decision-trees

In Listing 1, we present a full decision tree of UB-S1 in text format. The procedure runs as follows: given a video clip, we start from Q1 and decide whether the answer is yes or no. Different answers yield to different questions to follow. Traveling through the decision tree, the procedure ends at a leaf node, denoted by Cxx, which is the final element label. We also present a demo video in the second part of $4252_demo.mp4$ to visualize the procedure.

2.4. List of FineGym Sub-Action Classes

In Table 3, we present the category name for all classes in the *FineGym* dataset. We also provide the class id of each category in the subsets *Gym288* and *Gym99* respectively.





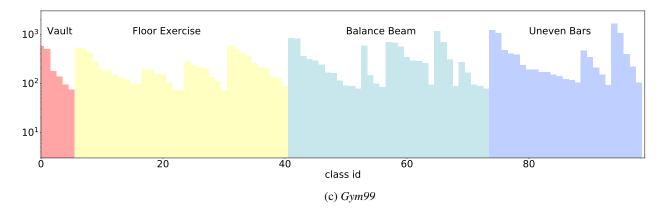


Figure 3: Frequency of element classes in (a) *FineGym* as well as its subset: (b) *Gym288* and (c) *Gym99* w.r.t. sub-action instances.

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Q1: Toes touch the bar during circle (sole circle)? If yes, goto Q2; If no, goto Q13.
Q2: Two legs are together when toes on bar (pike sole circle)?
   If yes, goto Q3; If no, goto Q11.
Q3: Circle backward? If yes, goto Q4; If no, goto Q8.
Q4: To handstand? If yes, goto Q5; If no, goto C5.
Q5: Either 1 turn or 1.5 turn ? If yes, goto Q6; If no, goto Q7.
Q6: 1.5 turn? If yes, goto C1; If no, go to C2.
Q7: 0.5 turn? If yes, goto C3; If no, go to C4.
Q8: To handstand? If yes, goto Q9; If no, goto C9.
Q9: 1 turn? If yes, goto C6; If no, goto Q10.
Q10: 0.5 turn? If yes, goto C7; If no, goto Q8.
Q11: End with toes on bar? If yes, goto Q12; If no, trigger warning.
Q12: Circle backward? If yes, goto C10; If no, goto C11.
Q13: Giant circle? If yes, goto Q14; If no, goto Q27.
Q14: Circle backward? If yes, goto Q15; If no, goto Q23.
Q15: With turn before handstand phase? If yes, goto Q16; If no, goto Q21.
Q16: Either 1.5 turn or 2 turn? If yes, goto Q17; If no, goto Q18.
Q17: 2 turn? If yes, goto C12; If no, goto C13.
Q18: Either 1 turn or hop 1 turn? If yes, goto Q19; If no, goto Q20.
Q19: Hop 1 turn? If yes, goto C14; If no, goto C15.
Q20: Turn on one arm? If yes, goto C16; If no, goto C17.
Q21: Start and finish in clear rear support? If yes, goto C18; If no, goto Q22.
Q22: Circle on one arm? If yes, goto C19; If no, goto C20.
Q23: With turn before handstand phase? If yes, goto Q24; If no, goto C25.
Q24: 1 turn (either on one arm or use both arms)? If yes, goto Q25; If no, goto Q26.
Q25: 1 turn on one arm? If yes, goto C21; If no, goto C22.
Q26: 1.5 turn? If yes, goto C23; If no, goto C24.
Q27: Either hip circle or clear hip circle? If yes, goto Q28; If no, goto Q35.
Q28: To handstand? If yes, goto Q29; If no, goto Q34.
Q29: Circle backward? If yes, goto Q30; If no, goto Q33.
Q30: Either 1 turn or 1.5 turn? If yes, goto Q31; If no, goto Q32.
Q31: 1.5 turn? If yes, goto C26; If no, goto C27.
Q32: 0.5 turn? If yes, goto C28; If no, goto C29.
Q33: Forward circle with 0.5 turn? If yes, goto C30; If no, goto C31.
Q34: Circle backward (to front support)? If yes, goto C32; If no, goto C33.
Q35: Pike circle (with two legs together)? If yes, goto Q36; If no, goto Q45.
Q36: Pike circle backward? If yes, goto Q37; If no, goto Q42.
Q37: With turn? If yes, goto Q38; If no, goto Q40.
Q38: 1.5 turn? If yes, goto C34; If no, goto Q39.
Q39: 1 turn? If yes, goto C35; If no, goto C36.
Q40: Circle starts from handstand phase? If yes, goto Q41; If no, goto C39.
Q41: To handstand? If yes, goto C37; If no, goto C38.
Q42: With turn? If yes, goto Q43; If no, goto Q44.
Q43: 1 turn? If yes, goto C40; If no, goto C41.
Q44: To handstand (also start from handstand)? If yes, goto C42; If no, goto C43.
Q45: Straddle circle (with legs wide apart)? If yes, goto Q46; If no, trigger warning.
Q46: Circle backward? If yes, goto Q47; If no, go to Q51.
Q47: With turn? If yes, goto Q48; If no, go to Q50.
Q48: 1.5 turn? If yes, goto C44; If no, go to Q49.
Q49: 1 turn? If yes, goto C45; If no, go to Q46.
Q50: To handstand? If yes, goto C47; If no, go to C48.
Q51: With turn? If yes, goto Q52; If no, go to Q53.
Q52: 1 turn? If yes, goto C49; If no, go to C50.
Q53: To handstand? If yes, goto C51; If no, go to C52.
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C1: Pike sole circle backward with 1.5 turn to handstand; code: 5.508; DV: 0.5.
C2: Pike sole circle backward with 1 turn to handstand; code: 5.408; DV: 0.4.
C3: Pike sole circle backward with 0.5 turn to handstand; code: 5.308; DV: 0.3.
C4: Pike sole circle backward to handstand; code: 5.308; DV: 0.3.
C5: Pike sole circle backward (end with toes-on-bar); code: 5.108; DV: 0.1.
C6: Pike sole circle forward with 1 turn to handstand; code: 5.405; DV: 0.4.
C7: Pike sole circle forward with 0.5 turn to handstand; code: 5.305; DV: 0.3.
C8: Pike sole circle forward to handstand; code: 5.305; DV: 0.3.
C9: Pike sole circle forward (end with toes-on-bar); code: 5.105; DV: 0.1.
C10: Straddle sole circle backward (end with toes-on-bar); code: 5.108; DV: 0.1.
C11: Straddle sole circle forward (end with toes-on-bar); code: 5.105; DV: 0.1.
C12: Giant circle backward with 2 turn to handstand; code: 3.401; DV: 0.4.
C13: Giant circle backward with 1.5 turn to handstand; code: 3.401; DV: 0.4.
C14: Giant circle backward with hop 1 turn to handstand; code: 3.401; DV: 0.4.
C15: Giant circle backward with 1 turn to handstand; code: 3.301; DV: 0.3.
C16: Giant circle backward on one arm with 0.5 turn to handstand; code: 3.201; DV: 0.2
C17: Giant circle backward with 0.5 turn to handstand; code: 3.201; DV: 0.2.
C18: Clear rear pike support with legs together, full circle swing backward to finish in
   clear rear support; code: 5.302; DV: 0.3.
C19: Giant circle backward on one arm; code: 3.201; DV: 0.2.
C20: Giant circle backward; code: 3.201; DV: 0.2.
C21: Giant circle forward with 1 turn on one arm to handstand; code: 3.506; DV: 0.5.
C22: Giant circle forward with 1 turn to handstand; code: 3.306; DV: 0.3.
C23: Giant circle forward to handstand with 1.5 turn before handstand phase; code: 3.506; DV
    : 0.5.
C24: Giant circle forward with 0.5 turn to handstand; code: 3.206; DV: 0.2.
C25: Giant circle forward; code: 3.206; DV: 0.2.
C26: Clear hip circle backward with 1.5 turn to handstand; code: 2.505; DV: 0.5.
C27: Clear hip circle backward with 1 turn to handstand; code: 2.405; DV: 0.4.
C28: Clear hip circle backward with 0.5 turn to handstand; code: 2.305; ; DV: 0.3
C29: Clear hip circle backward to handstand; code: 2.305; DV: 0.3.
C30: Clear hip circle forward with 0.5 turn to handstand phase; code: 2.404; ; DV: 0.4.
C31: Clear hip circle forward to handstand; code: 2.404; DV: 0.4.
C32: Hip circle backward-hips touching bar; code: 2.105; ; DV: 0.1.
C33: Hip circle forward--hips touching bar; code: 2.104; ; DV: 0.1.
C34: Clear pike circle backward with 1.5 turn to handstand; code: 4.507; ; DV: 0.5.
C35: Clear pike circle backward with 1 turn to handstand; code: 4.507; DV: 0.5.
C36: Clear pike circle backward with 0.5 turn to handstand; code: 4.407; DV: 0.4.
C37: Clear pike circle backward to handstand; code: 4.407; ; DV: 0.4.
C38: From handstand clear pike circle backward to rear inverted pike support; code: 4.407;
   DV: 0.4.
C39: Seat/pike circle backward to rear support; code: 4.107; DV: 0.1.
C40: Clear pike circle forward with 1 turn to handstand; code: 4.506; DV: 0.5.
C41: Clear pike circle forward with 0.5 turn to handstand; code: 4.406; DV: 0.4.
C42: Clear pike circle forward to handstand; code: 4.406; DV: 0.4.
C43: Seat/pike circle forward to rear support; code: 4.106; DV: 0.1.
C44: Stalder backward with 1.5 turn to handstand; code: 4.504; DV: 0.5.
C45: Stalder backward with 1 turn to handstand; code: 4.404; DV: 0.4.
C46: Stalder backward with 0.5 turn to handstand; code: 4.304; DV: 0.3
C47: Stalder backward to handstand; code: 4.304; DV: 0.3.
C48: Clear straddle circle backward to clear support; code: 4.104; DV: 0.1.
C49: Stalder forward with 1 turn to handstand; code: 4.401; DV: 0.4.
C50: Stalder forward with 0.5 turn to handstand; code: 4.301; DV: 0.3.
C51: Stalder forward to handstand; code: 4.301; DV: 0.3.
C52: Clear straddle circle forward to clear support; code: 4.101; DV: 0.1.
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Listing 1: Details of the decision tree of UB-S1 (The Circles in Uneven bars) shown in text format.

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1			-	-
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170 170				-
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38				
Section				
193				
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43				
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48	45			27
48	46	(VT) Handspring fwd on – straight salto fwd with 0.5 twist off	-	28
40		(1/T) H I I		20
Solid			-	29
ST	48	(VT) Handspring fwd on – straight salto fwd off	-	-
S2	48 49	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off		-
53	48 49 50	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off	-	-
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ST	48 49 50 51 52	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 0.5 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off	-	- - - 30 31
50	48 49 50 51 52 53	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 0.5 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off	-	- - - 30 31 32
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63	48 49 50 51 52 53 54 55 56 57 58 59 60	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 0.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.0 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 0.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked double salto fwd off (VT) Handspring fwd on – tucked double salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off		
64	48 49 50 51 52 53 54 55 56 57 58 59 60 61	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - Discount off with 1 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 2 twist off		
65 (VT) Yamashita with full twist off	48 49 50 51 52 53 54 55 56 57 58 59 60 61	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 0.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked dollob salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off		
CFX Switch leap with 0.5 turn	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.6 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1 twist off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off		
Feat	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – 0.5 twist to tucked salto sakward off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.2 twist off (VT) Handspring forward on, 1 twist off		30 31 32 - - 33 33 34 35 36 37 - 38 39
68	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 0.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.0 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked salto fwd fwd in 1 twist off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring fwrand on .0.5 twist off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on (VT) Yamashita with half twist off (VT) Handspring forward on (VT) Yamashita with half twist off		30 31 32 - - 33 33 34 35 36 37 - 38 39
Fig. Fourtet Hop with Leg change to cross split to land on one foot - - - - - - - - -	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.6 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .1 twist off		
The content of the	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – 0.5 twist to piked salto backward off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – piked salto fwd with 1 twist off (VT) Handspring fwd on – 0.5 twist to tucked salto backward off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1.5 twist off (VT) Handspring fwd on – tucked salto fwd with 1 twist off (VT) Handspring fwd on – tucked double salto fwd off (VT) Handspring fwd on – tucked double salto fwd off (VT) Handspring fwd on – tucked salto fwd off (VT) Handspring forward on .5 twist off (VT) Handspring forward on .2 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with of twintout salto off (FX) Switch leap with 0.5 turn		30 31 31 32 - - 33 34 35 36 37 - 38 39 - -
72	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - biked salto fwd with 1.5 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on 1 twist off (VT) Samashita with half twist off (VT) Samashita with full twist off (VT) Samashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 0.5 turn (FX) Switch leap with 1 turn (FX) Switch leap with 1 turn		30 31 32 33 33 34 35 36 37 38 39 - 40
FX Split leap with 1.5 turn or more 9	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd off (VT) Handspring fwd on - piked salto fwd off (VT) Handspring fwd on - tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1 twist off (VT) Handspring fwd on - tucked salto fwd with 1 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .0.1 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on (VT) Yamashita with full fwist off (VT) Sawitch leap with 0.5 turn (FX) Switch leap with 1.5 turn (FX) Switch leap with 1.5 turn		30 31 32 33 33 34 35 36 37 38 39 - 40
The company of the	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on (VT) Yamashita with full twist off (VT) Switch leap with 1 turm (FX) Fouette Hop with 1 turm (FX) Fouette Hop with leg change to cross split to land on one foot (FX) Split leap with 0.5 turn (FX) Split leap with 1.5 turn to land in split sit position		30 31 32 - - 33 34 35 36 37 - 38 39 - - 40 41
75	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked daulte salto fwd off (VT) Handspring fwd on - tucked daulte salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Yanashita with full twist off (VT) Yanashita with full twist off (VT) Yanashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 1 turn (FX) Split leap with 1.5 turn (FX) Split leap with 1.5 turn (FX) Split leap with 1.5 turn		30 31 32 - 33 34 35 36 37 - 38 39 - - 40 41 - 42 - 43
Text Text Jump with separation of legs to cross split during flight phase - - -	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 70 71 72 73	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 with off (VT) Handspring fwd on - piked salto fwd with 1 with off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 0.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1 with 1 five inf (VT) Handspring fwd on - tucked salto fwd with 1 with 1 five inf (VT) Handspring fwd on - tucked double salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on (1 twist off (VT) Handspring forward on (VT) Yamashita with half twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with lage to straight without salto off (FX) Switch leap with 1.5 turn (FX) Fouette Hop with leg change to cross split to land on one foot (FX) Split leap with 1 turn to land in split sit position (FX) Split leap with 1 turn or more		
77	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.6 twist off (VT) Handspring fwd on - piked salto fwd with 1.6 twist off (VT) Handspring fwd on - piked salto fwd with 1.6 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .5 twist off (VT) Handspring forward on .0 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 0.5 turn (FX) Split leap with 1.5 turn or more		
78	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked dalto fwd off (VT) Handspring fwd on - tucked dalto fwd off (VT) Handspring fwd on - tucked dalto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1.2 twist off (VT) Handspring forward on, 1.2 twist off (VT) Handspring forward on, 1.2 twist off (VT) Handspring forward on, 1 twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with balf twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 0.5 turn (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Split leap with 1.5 turn or more (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Split leap with		
FX Spit Jump with 1.5 turn - 49	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0,5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - biked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .1 twist off (VT) Yamashita with fall twist off (VT) Yamashita with fall twist off (VT) Switch leap with 0.5 turn (FX) Spite leap with 0.5 turn (FX) Spite leap with 1.5 turn or more (FX) Spite leap with 1 turn (FX) Spite leap with 1 turn to land in split sit position (FX) Spite leap with 1 turn or more		30 31 32 - - 33 34 35 36 37 - 38 39 - - 40 41 - 42 - 43 44 45 46 -
80	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - 0.5 twist to piked salto backward off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked daulto fwd off (VT) Handspring fwd on - tucked daulto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on 1 twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 0.5 turn (FX) Split leap with 1 turn (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Split leap with 1 turn or more (FX) Split leap with 1 turn or more (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Split leap with 1 turn or more (FX) Split leap with 1 turn or more (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Leap fwd with leg change to cross split (Switch leap) (FX) Leap fwd with leg change to cross split (Lap) (FX) Leap fwd with leg change to cross split (Lap) (FX) Leap fwd with leg change to cross split (Lap) (FX) Leap fwd with leg change to cross split (Lap) (FX) Leap fwd with leg change to cross split (Lap) (FX) Leap fwd		
S1	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 64 65 66 67 70 71 72 73 74 75 76 77 78	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on .1 twist off (VT) Handspring forward on (VT) Yamashita with half twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 1.5 turn (FX) Switch leap with 1.5 turn (FX) Spit leap with 1 turn to land in split sit position (FX) Split leap with 1 turn to land in split sit position (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Split leap with 1 turn to land in split sit position (FX) Split leap with 1.5 turn or more		
R2	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - obe tweed salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on - twicked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on 0.5 twist off (VT) Handspring forward on 0.5 twist off (VT) Handspring forward on 0.7 twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 0.5 turn (FX) Spilt leap with 0.5 turn or more (FX) Spilt leap with 1.5 turn		30 31 32 - - 33 34 35 36 37 - 38 39 - - 40 41 41 42 - 42 43 44 44 45 46 - 47 48
83	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked daulte salto fwd off (VT) Handspring fwd on - tucked daulte salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on 1 twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 0.5 turn (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn or more (FX) Split leap with 1.5 turn (FX) Split leap with 1.5 turn (FX) Split leap with 1.5 turn (FX) Split lump with 1.5 turn (FX) Split Jump with 1.5 turn		30 31 32 33 33 34 35 36 37 - 3 38 39 4 40 41 41 - 42 42 42 43 44 44 44 44 44 44 44 44 44 44 44 44
85	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 70 71 72 73 74 75 76 77 78 79 80 81	(VT) Handspring fwd on - straight salto fwd off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - 0.5 twist to tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on .0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1.5 twist off (VT) Handspring forward on, 1.5 twist off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on (VT) Yamashita with half twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 1.5 turn (FX) Spilt leap with 1.5 turn or more (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn (FX) Itual purp with 1.5 turn or more (FX) Leap fwd with leg change to cross split during flight phase (FX) Spilt lump with 5.5 turn (FX) Spilt lump with 6.5 turn		30 31 32 - 33 33 34 35 36 37 - - 38 39 - - - 40 41 41 42 - 43 44 44 45 46 - 47 48 49 50 51 51 51 51 51 51 51 51 51 51 51 51 51
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88 (FX) Straddle pike or side split jump with 1 turn 14 54 89 (FX) Straddle pike or side split jump with 0.5 turn - - 90 (FX) Straddle pike or side split jump with 0.5 turn - 55 91 (FX) Straddle pike or side split jump with 1.5 turn - - 92 (FX) Straddle pike jump or side split jump landing in front lying support - - 93 (FX) Straddle pike jump or side split jump - 56 94 (FX) Stag ring jump: rear foot at head height, body arched and head dropped bwd - 57	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85	(VT) Handspring fwd on - straight sallo fwd off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd off (VT) Handspring fwd on - piked salto fwd off (VT) Handspring fwd on - tucked salto backward off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd with 1.5 twist off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring fwd on - tucked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Samishita with full twist off (VT) Switch leap with 1 turn (FX) Switch leap with 0.5 turn (FX) Spit leap with 1 turn to land in split sit position (FX) Spit leap with 1.5 turn or more (FX) Spit leap with 1.5 turn or more (FX) Spit leap with 1.5 turn (FX) Spit lump with 1.5 turn (FX) Leap fwd with 0.5 turn into straddle pike position with 1 turn (30 31 32 33 33 34 35 36 37 - 38 39 40 41 - 42 - 43 44 45 46 - 47 48 49 50 51 - 52 - 53
89 (FX) Straddle pike or side split jump with 0.5 turn landing in front lying support - - - 90 (FX) Straddle pike or side split jump with 0.5 turn - 55 91 (FX) Straddle pike or side split jump with 1.5 turn - - 92 (FX) Straddle pike jump or side split jump landing in front lying support - - 93 (FX) Straddle pike jump or side split jump - 56 94 (FX) Stag ring jump: rear foot at head height, body arched and head dropped bwd - 57	48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86	(VT) Handspring fwd on – straight salto fwd off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – piked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd with 1.5 twist off (VT) Handspring fwd on – bucked salto fwd off (VT) Handspring fwd on – bucked salto fwd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Yamashita with half twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Yamashita with full twist off (VT) Switch leap with 0.5 turn (FX) Switch leap with 1 turn (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn to land in split sit position (FX) Spilt leap with 1 turn (land in split sit position (FX) Spilt lump with 5 turn (FX) Spilt lump with 5.5 turn (FX) Spilt lump with 0.5 turn (FX) Spilt lump with 0.5 turn for one designation 180° on the diagonal to the floor, take off two feet, land on one foot (FX) Spilt lump with 0.5 turn (FX) Spilt lump with 0.5 turn into stradelle pike position with 1 turn (FX) Leap fwd with 0.25 turn into stradelle pike position with 1 turn (FX) Leap fwd with 0.25 turn into strad		30 31 32 - - 33 34 35 36 37 - 38 39 - - 40 41 - 42 - 43 44 45 46 - 47 48 49 50 51 51 51 52 53
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93 (FX) Straddle pike jump or side split jump - 56 94 (FX) Stag ring jump: rear foot at head height, body arched and head dropped bwd - 57	48 49 50 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 84 85 86 87 88 89 90	(VT) Handspring fwd on – Straight sallo fwd off (VT) Handspring fwd on – Diked sallo fwd with 1.5 twist off (VT) Handspring fwd on – piked sallo fwd with 0.5 twist off (VT) Handspring fwd on – piked sallo fwd with 0.5 twist off (VT) Handspring fwd on – piked sallo fwd with 0.5 twist off (VT) Handspring fwd on – piked sallo fwd with 1.1 twist off (VT) Handspring fwd on – piked sallo fwd with 1.5 twist off (VT) Handspring fwd on – piked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT) Handspring fwd on – tucked sallo fwd with 1.5 twist off (VT		
94 (FX) Stag ring jump: rear foot at head height, body arched and head dropped bwd - 57	48 49 49 50 50 51 51 52 53 54 55 55 56 60 61 61 62 63 64 64 65 66 67 70 71 72 73 74 75 76 77 78 79 80 81 81 82 83 84 85 88 89 90	(VT) Handspring fowd on – Straight sallo fived off (VT) Handspring fowd on – pixed sallo fived with 1.5 twist off (VT) Handspring fowd on – pixed sallo fived with 0.5 twist off (VT) Handspring fowd on – pixed sallo fived with 0.5 twist off (VT) Handspring fowd on – pixed sallo fived with 0.5 twist off (VT) Handspring fowd on – pixed sallo fived with 1.5 twist off (VT) Handspring fowd on – pixed sallo fived with 1 twist off (VT) Handspring fowd on – pixed sallo fived with 1.5 twist off (VT) Handspring fowd on – tucked sallo fowd with 1.5 twist off (VT) Handspring fowd on – tucked sallo fowd with 1.5 twist off (VT) Handspring fowd on – tucked sallo fowd with 1.5 twist off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring fowd on – tucked sallo fowd off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 2 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on on (VT) Yamashita with full twist off (VT) Switch leap with 1 turn (FX) Spite leap with 1 turn (FX) Spite leap with 1 turn to land in split sit position (FX) Spite leap with 1 turn to land in split sit position (FX) Spite leap with 1.5 turn or more (FX) Spite lap with 1.5 turn or more (FX) Spite lap with 1.5 turn or more (FX) Spite lap with 1.5 turn (FX) Spite laup with 1.5 turn (FX) Spite laup with 1.5 turn (FX) Spite laup with 1.5 turn (FX) Spite laup with 1.5 turn (FX) Spite laup with 0.5 turn (so take spite o		
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	48 49 50 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 85 86 87 88 89 90 91	(VT) Handspring fwd on -0.5 wist to piked salto backward off (VT) Handspring fwd on -0.5 wist to piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - biwsite to tacked salto backward off (VT) Handspring fwd on - biwsite to tacked salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsite salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsed salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsed salto fwd with 1 twist off (VT) Handspring fwd on - biwsed salto fwd off (VT) Handspring fwd on - biwsite salto fwd off (VT) Handspring fwd on - biwsite salto fwd off (VT) Handspring fwd on - biwsite off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 2 twist off (VT		
96 (FX) Switch leap to ring position 15 59	48 49 49 50 51 51 52 53 54 55 55 56 57 58 59 60 61 62 63 64 65 66 67 70 71 72 73 74 75 76 77 78 80 81 82 83 84 85 86 87 88 89 90 91 92 93	(VT) Handspring fwd on -0.5 wist to piked salto backward off (VT) Handspring fwd on -0.5 wist to piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 0.5 twist off (VT) Handspring fwd on - piked salto fwd with 1.5 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - piked salto fwd with 1 twist off (VT) Handspring fwd on - biwsite to tacked salto backward off (VT) Handspring fwd on - biwsite to tacked salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsite salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsed salto fwd with 1.5 twist off (VT) Handspring fwd on - biwsed salto fwd with 1 twist off (VT) Handspring fwd on - biwsed salto fwd off (VT) Handspring fwd on - biwsite salto fwd off (VT) Handspring fwd on - biwsite salto fwd off (VT) Handspring fwd on - biwsite off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 0.5 twist off (VT) Handspring forward on, 1 twist off (VT) Handspring forward on, 2 twist off (VT		

97	(FX) Split leap with 1 turn or more to ring position	-	60
98	(FX) Split ring leap	-	61
99	(FX) Ring jump	-	62
100	(FX) Split ring jump with 0.5 turn	-	-
101	(FX) Split jump with 1 turn or more to ring position	-	63
102	(FX) Split ring jump	-	-
103	(FX) Stag jump with 0.5 turn	-	64
104	(FX) Stag jump	16	65
105	(FX) Tuck hop or jump with 2 turn landing in front lying support	-	-
106	(FX) Tuck hop or jump with 1 turn	-	66
107	(FX) Tuck hop or jump with 2 turn	-	67
108	(FX) Stretched hop or jump with 1 turn	-	68
109	(FX) Stretched hop or jump with 1 turn	-	-
110	(FX) Pike jump with 1 turn	-	69
111	(FX) Pike jump	-	-
112	(FX) Sheep jump: Jump with upper back arch and head release with feet almost touching head	-	70
113	(FX) Wolf hop or jump with 1 turn landing in front lying support	-	-
114	(FX) Wolf hop or jump with 1 turn	-	71
115	(FX) Wolf hop or jump with 2 turn	-	-
116	(FX) Stride leap fwd with change of legs to wolf position	_	72
117	(FX) wholf hop or jump: Hop or Jump with one leg bent and the other extended straight, fwd above horizontal with knees together	-	73
118	(FX) Straddle pike or side split jump landing in front lying support with 0.5 turn	-	-
119	(FX) Straddle pike or side split jump landing in front lying support with 0.5 turn (FX) Straddle pike or side split jump landing in front lying support with 1 turn	-	-
120	(FX) Straddle pike or side split jump landing in front lying support	-	74
121	(FX) Hop with 1 turn to straddle and land in front lying support	-	-
122	(FX) Hop with 1.5 turn in horizontal plane to land in front lying support	-	-
123	(FX) Cat leap with 1 turn: Leap with alternate leg change with 1 turn	-	-
124	(FX) Cat leap with 2 turn: Leap with alternate leg change with 2 turn	-	75
125	(FX) Cat leap: Leap with alternate leg change	-	76
126	(FX) Fouetté-hop to land in arabesque	-	-
127	(FX) Hop with 0.5 turn, free leg extended above horizontal throughout	-	77
128	(FX) Hop with 1 turn, free leg extended above horizontal throughout	-	78
129	(FX) Butterfly fwd: torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight	-	79
130	(FX) Butterfly bwd: torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight	-	-
131	(FX) Illusion 1 turn through standing split	-	80
132	(FX) Illusion 2 turn through standing split	-	-
133	(FX) atom with free leg held upward in 180 degree split position throughout turn	-	81
134	(FX) 2 uni with rec leg held upward in 180 degree split position throughout turn	17	82
135	(FX) 1 turn with free leg held upward in 180 degree split position throughout turn	-	83
136	(FX) 1 turn with ree leg held upward in 180 degree spirt position throughout turn (FX) 3 turn in tuck stand on one leg, free leg straight throughout turn	-	84
137		18	85
	(FX) 2 turn in tuck stand on one leg, free leg straight throughout turn	-	83
138	(FX) 2 turn in tuck stand on one leg, free leg bent		-
139	(FX) 1 turn in tuck stand on one leg, free leg optional	-	86
140	(FX) 2 spin or more on back in kip position, hip-leg < closed	-	-
141	(FX) 1 spin or less on back in kip position, hip-leg < closed	-	87
142	(FX) 1 turn with leg held backward and upward	-	-
143	(FX) 2 turn in back attitude, knee of free leg at horizontal throughout turn	-	88
144	(FX) 1 turn in back attitude, knee of free leg at horizontal throughout turn	-	89
145	(FX) 4 turn on one leg, free leg optional below horizontal	-	90
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145	(FX) 4 turn on one leg, free leg optional below horizontal (FX) 3 turn on one leg, free leg optional below horizontal	-	90
145 146	(FX) 4 turn on one leg, free leg optional below horizontal (FX) 3 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal	- 19 20	90 91
145 146 147	(FX) 4 turn on one leg, free leg optional below horizontal (FX) 3 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 1 turn on one leg, free leg optional below horizontal	- 19	90 91 92
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145 146 147 148 149 150 151 152 153 154 155 156 157 158 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 177 177 177 177 178 179 180 181 182 183 184 185 186 187	(FX) a turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn or more with heel of free leg fwd at horizontal throughout turn (FX) 1 turn with heel of free leg fwd at horizontal throughout turn (FX) Salto swd piked, take-off fwd from one or both legs (FX) Salto swd piked, take-off fwd from one or both legs (FX) Acrial round-off (FX) Arabian double salto tucked with 0.5 twist (FX) Arabian double salto tucked with 0.5 twist (FX) Arabian double salto tucked (FX) Arabian double salto tucked (FX) Arabian salto tucked (FX) Arabian salto tucked (FX) Salto fwd tucked with 0.5 twist (FX) Salto fwd tucked with 1.5 twist (FX) Salto fwd tucked with 1.5 twist (FX) Salto fwd tucked with 0.5 twist (FX) Salto fwd salto piked (FX) Arabian double salto stretched (FX) Arabian double salto stretched (FX) Salto fwd piked with 0.5 twist (FX) Salto fwd stretched with 1.5 twist (FX) Salto fwd stretched with 0.5 twist (FX) Salto fwd stretched with 1.5 twist (FX) Salto bwd stretched with 1.	19 20 21 22 23 24 25 26 27 28	90 91 92 93 94 95 96 97 98 - 99 100 101 102 - 103 104 105 - 106 107 110 111 112 113 114 115 116 117 118 119 120 121
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145 146 147 148 149 150 151 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 171 172 173 174 175 176 177 178 181 181 182 183 184 185 186 187 188 189 190 191	(FX) a turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn on one leg, free leg optional below horizontal (FX) 2 turn or more with heel of free leg fwd at horizontal throughout turn (FX) 1 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with heel of free leg fwd at horizontal throughout turn (FX) 3 turn with piece leg fwd at horizontal throughout turn (FX) 3 turn with a salt out heel (FX) Arabian double salto tucked with 0.5 twist (FX) Arabian double salto tucked with 0.5 twist (FX) 3 turn with a salto tucked (FX) 2 turn with a salto tucked (FX) 3 turn with a salto fwd tucked with 1.5 twist (FX) 3 turn with tucked with 1.5 twist (FX) 3 turn with turn wi	19 20 21 22 23 24 25 26 31 32 33	90 91 92 93 94 95 96 97 98 - 99 100 101 102 - 103 - 104 105 - 106 107 - 118 119 111 111 111 111 111 111 111 111
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197	(FX) Salto bwd tucked 1 twist	-	-
	(FX) Salto bwd tucked	-	127
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199	(FX) Double salto bwd piked	40	129
200	(FX) salto bwd piked	-	-
201 202	(FX) Whip salto bwd with 1 twist (FX) Whip salto bwd with 0.5 twist	-	-
202	(FX) Whip salto bwd (FX) Whip salto bwd	-	130
204	(BB) Side Yang-Bo: Yang-Bo in side position		-
205	(BB) Yang-Bo: Jump to cross over split with body arched and head dropped bwd	-	131
206	(BB) Sissone in side position	-	-
207	(BB) Sissone: leg separation 180 degree on the diagonal to the floor, take off two feet, land on one foot	41	132
208	(BB) Split jump with 0.5 turn in side position	42	133
209	(BB) Split jump with 0.5 turn	-	134
210	(BB) Split jump with 1 turn in side position	-	-
211	(BB) Split jump with 1 turn	-	135
212	(BB) Split jump in side position	-	-
213	(BB) Split jump	43	136
214	(BB) Straddle pike jump with 0.5 turn in side position	-	137
215	(BB) Straddle pike jump with 0.5 turn	-	138
216 217	(BB) Straddle pike jump with 1 turn in side position	-	139
217	(BB) Straddle pike jump with 1 turn (BB) Straddle pike jump or side split jump, in side position		140
219	(BB) Straddle pike jump or side split jump (BB) Straddle pike jump or side split jump	44	141
220	(BB) Stag-ring jump		142
221	(BB) Ring jump: rear foot at head height, body arched and head dropped bwd, 180 separation of legs		143
222	(BB) Split ring jump: ring jump with front leg horizontal to the floor	45	144
223	(BB) Switch Leap with 0.5 turn	46	145
224	(BB) Switch Leap with 1 turn	-	146
225	(BB) Fouette hop with leg change to cross split	-	-
226	(BB) Split leap with 0.5 turn	-	-
227	(BB) Split leap with I turn	-	147
228	(BB) Switch leap: leap forward with leg change,free leg swing to 45 to cross split	47	148
229	(BB) Stag Split leap fwd	-	149
230	(BB) Split leap fwd	48	150
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232	(BB) Johnson: leap forward with leg change and 0.25 turn to side split or straddle pike position (BB) Leap with 0.25 turn into straddle pike position	49	-
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238	(BB) Tuck hop or jump with 1.5 turn in side position	-	-
239	(BB) Tuck hop or jump with 1.5 turn	-	-
240	(BB) Tuck hop or jump with 0.5 turn in side position	-	-
241	(BB) Tuck hop or jump with 0.5 turn, hip and knee angle at 45	-	156
242	(BB) Tuck hop or jump with 0.75 turn, hip and knee angle at 45	-	-
243	(BB) Pike jump from cross position with 0.5 turn in side position	-	-
244 245	(BB) Pike jump from cross position with 0.5 turn (BB) Pike jump with 1 turn in side position		-
246	(BB) Pike jump from cross position with 1 turn		-
247	(BB) Pike jump in side position	-	-
248	(BB) Pike jump from cross position	-	157
249	(BB) Stretched jump/hop with Itum		158
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	(BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring		
250 251 252	(BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn	-	-
250 251 252 253	(BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1 turn (BB) Wolf hop or jump with 1.5 turn	51	- 159 160
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250 251 251 252 253 253 254 255 256 257 257 258 260 261 262 263 264 265 266	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fived with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Fouctife hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held of free leg fived at horizontal throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn	- 51 	- 159 160 161 162 163 164 165 166 167
250 251 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267	(BB) Stretched jump/hop with 1.5 turn (BB) Sheep jump: jump with upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap in the season bowe horizontal alternately (BB) Fouetté hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1 turn with free leg held upward in 180 split position throughout turn (BB) 2 turn with heel of free leg fwd at horizontal throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn	- 51 	- 159 160 161 162 163 164 165 166 167 168
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250 251 251 252 253 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fixed with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump; hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 1 turn (BB) Cat leap with 1 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Houetic hop with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) 0.5 illusion turn through standing split (BB) 1.1 illusion turn through standing split (BB) 1.1 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fixed at horizontal throughout turn (BB) 1.1 turn with heel of free leg fixed at horizontal throughout turn (BB) 1 turn with heel of free leg fixed at horizontal throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, thigh of free leg at horizontal, bwd upward throughout turn (BB) 1.5 turn on one leg, thigh of free leg at horizontal, bwd upward throughout turn (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1	- 51	- 159 160 - 161 - 162 - 162 163 164 165 166 167 168 169 - 170 171 172 173 174 175 176 177 178
250 251 252 253 253 254 255 256 257 258 259 260 261 262 263 264 265 266 266 270 271 271 272 273 274 275 276 277 278 279 280 281 282 283 284	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump; hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 1.5 turn (BB) Cat leap with 1.5 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) Jo 3 illusion turn through standing split (BB) 1.3 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal hroughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal hroughout turn (BB) 1 turn with heel of free leg fwd at horizontal hroughout turn (BB) 1 turn with heel of free leg fwd at horizontal hroughout turn (BB) 1 turn with heel of free leg fwd at horizontal hroughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, they leg held bwd with both hands (BB) 1 turn on one leg, thigh of free leg at horizontal, bwd upward throughout turn (BB) 2.5 turn in tuck stand on one leg (BB) 1 turn in knee arabesque, hand support alternate (BB) 2 turn in knee arabesque, hand support alternate (BB) 1 turn in knee arabesque, hand support alternate (BB) 1.5 turn in prone position, alte	51	- 159 160 161 162 163 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178
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250 251 252 253 253 254 255 256 257 258 258 259 260 261 262 263 263 264 265 266 267 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 287 285	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fixed with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) Os illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fixed at horizontal throughout turn (BB) 1.5 turn with heel of free leg fixed at horizontal throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn in tuck stand on one leg (BB) 1.5 turn in tuck stand on one leg (BB) 1 turn in knee ara	51	- 159 160 161 162 163 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178
250 251 252 253 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 277 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 288	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 um (BB) Wolf hop or jump with 1.5 turn (BB) Stride leap fwd with change of legs to wolf position, hip angle at 4.5 (BB) Wolf hop or jump; hip angle at 4.5, knees together (BB) Cat leap with 1.5 turn (BB) Fouetté hop with 0.5 turn, free leg extended above horizontal lemately (BB) Fouetté hop with 0.5 turn, free leg extended above horizontal throughout (BB) Jo. 3 illusion turn through standing split (BB) 1.3 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn (BB) 1.5 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with heel of free leg fwd at horizontal throughout turn (BB) 1 turn with neel of free leg fwd at horizontal throughout turn (BB) 1 turn with neel of free leg fwd at horizontal throughout turn (BB) 1 turn with neel of free leg fwd at horizontal throughout turn (BB) 1 turn with neel of free leg fwd at horizontal throughout turn (BB) 1 turn with neel of free leg fwd at horizontal throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in tuck stand on one leg (BB) 1 turn in prone position, alternate support of hands permitted (BB) 1 turn in prone position, alternate support of hands permitted (BB) 1 turn in nene position, alternate support of hands permitted (BB) 3 turn in tuck stand	- 51	- 159 160 161 162 163 164 165 166 167 168 169 170 171 172
250 251 252 253 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 270 271 277 278 277 278 279 280 281 282 283 284 285 286 287	(BB) Stretched jump/hop with 1.5 turn (BB) Wolf hop or jump with 1 upper back arch and head release with feet to head height/closed Ring (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 1.5 turn (BB) Wolf hop or jump with 0.5 turn (BB) Stride leap fixed with change of legs to wolf position, hip angle at 45 (BB) Wolf hop or jump: hip angle at 45, knees together (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn (BB) Cat leap with 0.5 turn to land in arabesque, free leg above horizontal (BB) Hop with 0.5 turn, free leg extended above horizontal throughout (BB) Os illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1 illusion turn through standing split (BB) 1.5 turn with free leg held upward in 180 split position throughout turn (BB) 1.5 turn with heel of free leg fixed at horizontal throughout turn (BB) 1.5 turn with heel of free leg fixed at horizontal throughout turn (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn on one leg, free leg optional below horizontal (BB) 1.5 turn in tuck stand on one leg (BB) 1.5 turn in tuck stand on one leg (BB) 1 turn in knee ara	- 51	- 159 160 161 162 163 164 165 166 166 167 168 169 170 171 172 173 174 175 176 177 178

293	(BB) Salto bwd piked	-	182
294	(BB) Gainer salto bwd stretched, step out	-	183
295	(BB) Salto bwd stretched, step out, feet land successively	59	184
296	(BB) Salto bwd straight with 1 twist	-	185
297	(BB) Salto bwd straight with legs together	60	186
298	(BB) Free aerial Cartwheel in side position	-	-
299	(BB) Salto swd tucked with 0.5 turn take off from one leg to side stand	-	187
300	(BB) Salto swd tucked, take off from one leg to side stand	61	188
301	(BB) Free aerial cartwheel landing in side position	-	189
302	(BB) Free aerial round-off tucked, take off from 2 feet	-	-
303	(BB) Free aerial round-off piked, take off from 2 feet	-	-
304	(BB) Free aerial round-off	-	190
305	(BB) Free aerial cartwheel with leg change	-	-
306	(BB) Free aerial cartwheel landing in cross position	62	191
307	(BB) Arabian salto tucked-take-off bwd with 0.5 twist, salto fwd		192
308	(BB) Salto fwd tucked with 0.5 twist to cross stand	-	-
309	(BB) Salto fwd tucked to cross stand	63	193
310	(BB) Salto fwd piked to cross stand	-	194
311	(BB) Salto fwd tucked, take-off from one leg to stand on one or two feet	-	195
312	(BB) Free aerial walkover fwd, landing on one or both feet	64	196
313	(BB) Gainer flic-flac, with piking and stretching of hips in flight phase and swing down to cross straddle sit	-	-
314	(BB) Gainer flic-flac, with high flight phase, swing down to cross straddle sit	-	-
315	(BB) Flic-flac, with piking and stretching of hips in flight phase and swing down to cross straddle sit		
316	(BB) Flic-flac with 1 twist, swing down to cross straddle sit		197
317	(BB) Flic-flac, swing down to cross straddle sit	-	198
318	(BB) Flic-flac from side position with 1 twist to hip circle bwd	-	-
319	(BB) Flic-flac from side position with hip circle bwd	-	-
320	(BB) Flic-flac from side position to front support	-	-
321	(BB) Flic-flac from side position with 0.5 twist to side hstd lower to optional end position	-	-
322	(BB) Flic-flac with step-out from side position	-	-
323	(BB) Gainer flic-flac with 0.25 twist to hstd – 2 sec. – lower to optional end position	-	-
324	(BB) Gainer flic-flac with min.0.75 twist before hand support	-	-
325	(BB) Gainer flic-flac also with support on one arm	-	199
326	(BB) Flic-flac with 0.75 twist to side hstd − 2 sec. − lower to optional end position	-	200
327	(BB) Flic-flac with 0.25 twist to hstd – 2 sec. – lower to optional end position	-	-
328	(BB) Flic-flac with 0.5 twist to hstd – 2 sec. – lower to optional end position	-	-
329	(BB) Flic-flac with min. 0.75 twist before hand support	-	201
330	(BB) Jump bwd – flic-flac take-off with 0.5 twist through hsdt to tic-toc	-	-
331	(BB) Jump bwd – flic-flac take-off with 0.5 twist through hsdt to walkover fwd	65	202
332	(BB) Jump bwd – flic-flac take-off with 0.5 twist to handspring fwd land on 2 feet	-	-
333	(BB) Flic-flac with 0.5 twist after hand support	-	-
334	(BB) Flic-flac to land on both feet	66	203
335	(BB) Flic-flac with step-out, also with support on one arm	67	204
336	(BB) Round-off	68	205
337	(BB) Handspring fwd with leg change in flight phase	-	-
338	(BB) Handspring fwd with flight to land on one or both legs, also with support on one arm	-	206
339	(BB) Arabian double salto fwd tucked	-	207
340	(BB) Double salto fwd tucked	-	-
341	(BB) Arabian salto tucked: Jump bwd, with 0.5 twist, salto fwd tucked	-	-
342	(BB) Stretched jump fwd with 1 twist and salto fwd tucked	-	-
343	(BB) Salto fwd tucked with 1 twist	-	208
344	(BB) Salto fwd tucked with 0.5 twist	-	-
345	(BB) Salto fwd tucked	-	209
346	(BB) Arabian salto piked: Jump bwd, with 0.5 twist, salto fwd piked	-	-
347	(BB) Stretched jump fwd with 1 twist and salto fwd piked	-	-
348	(BB) Salto fwd piked with 0.5 twist	-	-
349	(BB) Salto fwd piked	-	210
350	(BB) Salto fwd stretched with 1.5 twist	-	211
351	(BB) Salto fwd stretched with 0.5 twist	-	-
352	(BB) Salto fwd stretched with 2 twist	-	-
353	(BB) Salto fwd stretched with 1 twist	-	212
354	(BB) Stretched jump fwd with 1 twist and salto fwd stretched	-	-
355	(BB) Salto fwd stretched	-	213
356	(BB) Double salto bwd tucked with 1 twist	-	214
357	(BB) Double salto bwd tucked	69	215
358	(BB) Salto but tucked with 1 twist	-	216
359	(BB) Salto bwd tucked	70	217
360	(BB) Salto bwd tucked with 1.5 twist	-	218
361	(BB) Salto bwd tucked with 0.5 twist	-	-
362	(BB) Double salto bwd piked with 1 twist	-	-
363	(BB) Double salto bwd piked	71	219
364	(BB) Salto bwd piked	-	-
365	(BB) Salto bwd piked with 0.5 twist		-
366	(BB) Salto bwd stretched with 3 twist	-	220
367	(BB) Salto bwd stretched with 2 twist	72	221
368	(BB) Salto bwd stretched with 1 twist	-	222
369	(BB) Salto bwd stretched	-	223
		73	224
370	(BB) Salto bwd stretched with 2.5 twist		
370	(BB) Salto bwd stretched with 2.5 twist (BB) Salto bwd stretched with 1.5 twist	-	225
			225 226
371	(BB) Salto bwd stretched with 1.5 twist	-	
371 372	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist	-	
371 372 373	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Cainer salto tucked with 1 twist to side of beam	-	226
371 372 373 374	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Galier salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 1 twist to side of beam	-	226
371 372 373 374 375	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto bwd tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam		226
371 372 373 374 375 376	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto twcked with 1 twist to side of beam (BB) Gainer salto twcked twist 1 twist to side of beam (BB) Gainer salto twcked to side of beam (BB) Gainer salto twcked to side of beam with 0.5 twist (BB) Gainer salto twcked with 1.5 to side of beam with 0.5 twist		226
371 372 373 374 375 376 377	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam	-	226 - - - -
371 372 373 374 375 376 377 378 379	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam with 0.5 twist		226 - - -
371 372 373 374 375 376 377 378	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked twist 1 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked with 1.5 to side of beam (BB) Gainer salto tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto with 0.5 twist (BB) Gainer salto bwd stretched with 3 twist to side of beam	-	226
371 372 373 374 375 376 377 378 379 380	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto wid stretched with 3 twist to side of beam (BB) Gainer salto wid stretched with 3 twist to side of beam (BB) Gainer salto wid stretched with 2 twist to side of beam		226
371 372 373 374 375 376 377 378 379 380 381	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam		226
371 372 373 374 375 376 377 378 379 380 381 382 383	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Cainer salto tucked with 1 twist to side of beam (BB) Cainer salto tucked with 2 twist to side of beam (BB) Cainer salto tucked to side of beam with 0.5 twist (BB) Cainer salto bwd tucked with 1.5 to side of beam (BB) Cainer salto piked to side of beam (BB) Cainer salto piked to side of beam with 0.5 twist (BB) Cainer salto bwd stretched with 3 twist to side of beam (BB) Cainer salto bwd stretched with 2 twist to side of beam (BB) Cainer salto bwd stretched with 1 twist to side of beam (BB) Cainer salto bwd stretched with 1 twist to side of beam (BB) Cainer salto bwd stretched with 1 twist to side of beam (BB) Cainer salto for cainer salto bwd stretched side of beam (BB) Cainer salto for cainer salto stretched side of beam (BB) Cainer salto for cainer salto stretched to side of beam		226
371 372 373 374 375 375 376 377 378 389 380 381 382 383 384	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 1.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto picked to side of beam (BB) Gainer salto picked to side of beam (BB) Gainer salto picked to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto stretched with 2.5 twist to side of beam (BB) Gainer salto stretched with 2.5 twist to side of beam	· · · · · · · · · · · · · · · · · · ·	226
371 372 373 374 375 376 376 377 378 379 380 381 382 383 384 383	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam with 0.5 twist (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 2 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam	· · · · · · · · · · · · · · · · · · ·	226
371 372 373 374 375 376 377 378 379 380 381 382 383 383 384 385	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Cainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto pixed to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto twicked to side of beam (BB) Gainer salto facine salto bwd stretched with 1.5 to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam		226
371 372 373 374 375 376 377 378 379 380 381 381 382 383 384 385 386	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 1.5 twist (BB) Gainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam with 0.5 twist (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto piked to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 twist to side of beam (BB) Gainer salto bwd stretched with 1.5 to side of beam (BB) Gainer salto twat stretched with 1.5 to side of beam (BB) Gainer salto twat stretched with 1.5 to side of beam (BB) Gainer salto twat stretched with 1.5 to side of beam (BB) Gainer salto twat stretched with 1.5 to side of beam (BB) Gainer salto twat stretched with 1.5 to side of beam		226
371 372 373 374 375 376 377 378 379 380 381 382 383 383 384 385	(BB) Salto bwd stretched with 1.5 twist (BB) Salto bwd stretched with 0.5 twist (BB) Cainer salto tucked with 1 twist to side of beam (BB) Gainer salto tucked with 2 twist to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto tucked to side of beam (BB) Gainer salto bwd tucked with 1.5 to side of beam (BB) Gainer salto pixed to side of beam (BB) Gainer salto bwd stretched with 3 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched with 1 twist to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto bwd stretched with 2.5 twist to side of beam (BB) Gainer salto twicked to side of beam (BB) Gainer salto facine salto bwd stretched with 1.5 to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam (BB) Gainer salto facine salto stretched to side of beam		226

391	(BB) Gainer salto stretched with legs together at end of the beam	-	231
392	(BB) Aerial cartwheel into salto bwd tucked	-	-
393	(BB) Aerial walkover fwd with 1.5 twist	-	-
394	(BB) Aerial walkover fwd with 0.5 twist	-	-
395	(BB) Aerial walkover fwd with 1 twist	-	-
396	(BB) Aerial walkover fwd	-	- 222
397 398	(UB) Pike sole circle backward with 1.5 turn to hstd	74	232
399	(UB) Pike sole circle backward with 1.5 turn to hstd (UB) Pike sole circle backward with 0.5 turn to hstd	75	234
400	(UB) Pike sole circle backward with 0.5 tall to lista (UB) Pike sole circle bwd to handstand	76	235
401	(UB) Pike sole circle bwd (end with toes-on-bar)	-	-
402	(UB) Pike sole circle forward in with 1 turn to hstd	-	-
403	(UB) Pike sole circle fwd with 0.5 turn to hstd	-	236
404	(UB) Pike sole circle forward to handstand	-	-
405	(UB) Pike sole circle forward (end with toes-on-bar)	-	-
406	(UB) Straddle sole circle backward (end with toes-on-bar)	-	-
407	(UB) Straddle sole circle forward (end with toes-on-bar)	-	-
408	(UB) Giant circle bwd with 2 turn to hstd	-	-
409	(UB) Giant circle bwd with 1.5 turn to hstd	-	237
410	(UB) Giant circle bwd with hop 1 turn to hstd		238
411	(UB) Giant circle bwd with 1 turn to hstd	77	239
412	(UB) Giant circle bwd on one arm with 0.5 turn to hstd	-	-
413	(UB) Giant circle bwd with 0.5 turn to hstd	78	240
414 415	(UB) Clear rear pike support with legs together, full circle swing backward to finish in clear rear support (UB) Giant circle bwd on one arm		-
416	(UB) Giant circle bwd	79	241
417	(UB) Giant circle fwd with 1 turn on one arm before to hstd	80	242
418	(UB) Giant circle fwd with 1 turn to hstd	-	243
419	(UB) Giant circle forward to handstand with 1.5 turn before handstand phase	-	244
420	(UB) Giant circle fwd with 0.5 turn to hstd	81	245
421	(UB) Giant circle fwd	82	246
422	(UB) Clear hip circle bwd with 1.5 turn to hstd	-	-
423	(UB) Clear hip circle bwd with 1 turn to hstd	-	247
424	(UB) Clear hip circle bwd with 0.5 turn to hstd	-	248
425	(UB) Clear hip circle bwd to hstd	83	249
426	(UB) Clear hip circle forward with 0.5 turn to handstand phase	-	250
427	(UB) Clear hip circle fwd to hstd	-	251
428	(UB) Hip circle bwd-hips touching bar	-	-
429	(UB) Hip circle fwd-hips touching bar	-	-
430	(UB) Clear pike circle bwd with 1.5 turn to hstd	-	-
431	(UB) Clear pike circle bwd with 1 turn to hstd	84	252
432	(UB) Clear pike circle bwd with 0.5 turn to hstd	85	253
433	(UB) Clear pike circle bwd to hstd	86	254
435	(UB) From hstd clear pike circle bwd to rear inverted pike support (UB) Rear support – seat/pike circle bwd to rear support	-	-
433	(UB) Clear pike circle fwd with 1 turn to hstd	-	-
436			-
436			-
437	(UB) Clear pike circle fwd with 0.5 turn to hstd	-	
		-	255
437 438	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd	-	
437 438 439	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support – seat/pike circle fwd to rear support	-	
437 438 439 440	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support – seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd	-	255
437 438 439 440 441 442 443	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support - saufpike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd	- - - - - 87 - 88	255 - - - 256 257 258
437 438 439 440 441 442 443 444	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Clear straddle circle bwd to clear support	- - - - - 87 - - 88	255 - - 256 257 258
437 438 439 440 441 442 443 444 445	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 1.5 turn to hstd		255 - - 256 257 258 -
437 438 439 440 440 441 442 443 444 445 446	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support - saufpike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Clear straddle circle bwd to clear support (UB) Stalder fwd with 1 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd	- - - - - 87 - - 88	255 256 257 258
437 438 439 440 441 441 442 443 444 445 446 447	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1 turn to hstd (UB) Stalder fwd with 1 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd		255 - 256 257 258 - - - 259 260
437 438 439 440 441 442 443 444 445 446 447 448	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd		255 256 257 258 259 260
437 438 439 440 441 442 443 444 445 446 447 448	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd to hstd		255 - - 256 257 258 - - - 259 260 -
437 438 439 440 441 442 443 444 445 446 447 448 449 450	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd ob std (UB) Stalder fwd to bstd (UB) Stalder fwd to std		255 256 257 258 259 260
437 438 439 440 441 441 442 443 444 445 446 447 448 449 450	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stoop, straddle circle fwd to clear support (UB) Stoop, straddle vault and 0.5 turn over HB to hang (UB) (Swing bwd) with 0.5 turn and straddle flight bwd over HB to catch HB (UB) 0.5 turn to counter straddle in flight tower HB to hang		255 256 257 258 259 260 261
437 438 439 440 441 442 443 444 445 446 447 448 449 450	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd ob std (UB) Stalder fwd to bstd (UB) Stalder fwd to std		255 - - 256 257 258 - - - 259 260 -
437 438 439 440 441 442 443 444 445 446 447 448 449 450 451	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd or hstd (UB) Stalder fwd to hstd (UB) Stalder fwd to hstd (UB) Stalder fwd to hstd (UB) (Sear staddle circle fwd to clear support (UB) (Soop, straddle vault and 0.5 turn over HB to hang (UB) (Swing bwd) with 0.5 turn and straddle fight bwd over HB to catch HB (UB) Counter straddle (reverse heeth over HB) with 0.5 turn to hang		255 256 257 258 259 260 261 - 262
437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 453 454 453	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn over HB to hang (UB) (Swing bwd) with 0.5 turn and straddle flight bwd over HB to catch HB (UB) 0.5 turn to counter straddle in flight over HB to hang (UB) Counter straddle (reverse becht over HB) with 0.5 turn to hang (UB) Counter straddle (reverse hecht over HB) to hang (UB) Counter straddle (reverse hecht over HB) to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang		255 256 257 258 259 260 261 - 262
437 438 439 440 441 442 443 444 445 445 446 447 448 449 450 451 452 453 454 455 455	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seaf/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder bwd to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Clear straddle circle fwd to clear support (UB) Stoop, straddle vault and 0.5 turn over HB to hang (UB) (Swing bwd) with 0.5 turn and straddle flight bwd over HB to catch HB (UB) 0.5 turn to counter straddle (reverse hecht over HB) with 0.5 turn to hang (UB) Counter straddle (reverse hecht over HB) to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Stoop, pike vault and 0.5 turn over HB to hang (UB) Swing fwd with 0.5 turn pike vault over HB to hang (UB) Swing fwd with 0.5 turn pike vault over HB to hang (UB) Swing fwd with 0.5 turn pike vault over HB to hang (UB) Swing fwd with 0.5 turn pike vault over HB to hang		255 256 257 258 259 260 261 - 262
437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457	(UB) Clear pike circle fwd with 0.5 turn to hstd (UB) Clear pike circle fwd to hstd (UB) Rear support — seat/pike circle fwd to rear support (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 1.5 turn to hstd (UB) Stalder bwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 1.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd with 0.5 turn to hstd (UB) Stalder fwd to hstd (UB) Sta		255 256 257 258 259 260 261 - 262 263 264
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489	(UB) 0.5 turn to salto bwd tucked	-	-
490	(UB) Salto fwd tucked with 1.5 turn	-	281
491	(UB) Salto fwd tucked with 1 turn	-	-
492	(UB) Salto fwd tucked	-	-
493	(UB) Salto bwd tucked with 0.5 turn	-	-
494	(UB) Salto bwd tucked with 1 turn	-	-
495	(UB) Salto bwd tucked	-	-
496	(UB) Salto fwd tucked with 1 turn	-	-
497	(UB) Salto fwd tucked with 0.5 turn	-	-
498	(UB) Salto fwd tucked	-	-
499	(UB) 0.5 turn to salto bwd piked	-	-
500	(UB) Salto fwd piked with 0.5 turn	-	-
501	(UB) Salto fwd piked with 1 turn	-	-
502	(UB) Salto fwd piked	-	-
503	(UB) 0.5 turn to double salto fwd piked	-	-
504	(UB) Double salto bwd piked with 1 turn in first or second salto	-	-
505	(UB) Double salto bwd piked	-	282
506	(UB) Swing fwd to salto bwd piked	-	-
507	(UB) From support on HB, salto bwd piked	-	-
508	(UB) Salto fwd piked	-	-
509	(UB) Double salto fwd piked with 0.5 turn	-	-
510	(UB) Salto bwd stretched with 0.5 turn – into salto fwd stretched	-	-
511	(UB) Salto bwd stretched with 2.5 turn	-	-
512	(UB) Salto bwd stretched with 1.5 turn	-	-
513	(UB) Salto bwd stretched with 0.5 turn	-	-
514	(UB) Double salto bwd stretched with 2 turn	-	283
515	(UB) Double salto bwd stretched with 1 turn	-	284
516	(UB) Double salto bwd stretched	98	285
517	(UB) Salto bwd stretched with 3 turn	-	-
518	(UB) Salto bwd stretched with 2 turn	-	286
519	(UB) Salto bwd stretched with 1 turn	-	-
520	(UB) Salto bwd stretched	-	287
521	(UB) Salto fwd stretched with 2 turn	-	-
522	(UB) Salto fwd stretched with 1 turn	-	-
523	(UB) Salto fwd stretched	-	-
524	(UB) 0.5 turn to salto bwd stretched	-	-
525	(UB) From support on HB, Salto fwd stretched with 0.5 turn	-	-
526	(UB) Salto fwd stretched with 1.5 turn	-	-
527	(UB) Swing bwd to salto fwd stretched with 0.5 turn	-	-
528	(UB) 0.5 turn to stand	-	-
529	(UB) 1 turn to stand	-	-

Table 3: List of all the element-level classes in *FineGym*. The relative class id in *Gym99* and *Gym288* is also provided.

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