















































































































































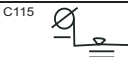

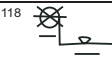























































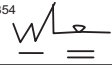
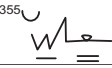
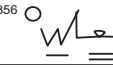
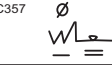
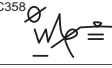






























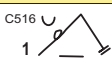
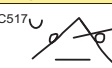
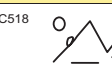
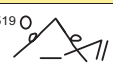

























































































A	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
PUSH UP (Push Up & Wenson Up)										
PUSH UP 	A101	A102	A103	A104						
		A112		A114						
		A122	A123		A125					
		A132	A133	A134	A135					
WENSON P.U. 		A142	A143							
			A153	A154						
EXPLOSIVE PUSH UP (Plio PU, A Frame, Cut)										
PLIO P.U. 			A163	A164	A165					
		A172				A 176	A177	A178		
A-FRAME 				A184	A185	A186	A187	A188		
						A186 B	A187B			
CUT 				A204		A206	A207		A209	A210
EXPLOSIVE SUPPORT (High V and Reverse Cut)										
V / HIGHT V SUPPORT 		A222		A224	A225	A226	A227		A229	
								A248	A249	
						A256				
LEG CIRCLE (Leg Circle, Flair)										
CIRCLE 			A263		A265		A267	A268	A269	
FLAIR 				A275	A276	A277	A278	A279	A280	
						A287	A288	A289	A290	
				A295		A297		A299	A300	
HELICOPTER										
HELICOPTER 				A304	A305	A306				
				A314	A315	A316				

B	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
STRADDLE SUPPORT 		B102 	B103 	B104 	B105 	B106 				
				B114 	B115 	B116 	B117 			
					B125 	B126 	B127 			
					B135 		B137 			
L-SUPPORT 		B142 	B143 	B144 	B145 	B146 				
						B156 		B158 		
STRADDLE V SUPPORT 			B183 	B184 	B185 	B186 	B187 			
	V-SUPPORT 					B195 	B196 	B197 	B198 	B199 
								B208 		
LEVER SUPPORT 		B222 	B223 		B225 					
			B233 	B234 	B235 	B236 				
			B243 	B244 						
				B254 	B255 	B256 				
WENSON SUPPORT 			B 263 	B 264 						B280 
PLANCHE 						B266 	B267 	B288 	B279 	B290 
							B277 		B279 B 	B300 
D	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
SPLIT 	D101 	D102 	D113 				D116 			
	D131 		D123 	D133 						
TURN 		D142 	D143 	D144 			D146 		D148 	
				D154 	D155 	D156 		D158 		D160 
					D165 	D166 	D167 		D169 	D170 
TURN LEG AT HORIZONTAL 			D183 	D184 	D185 					
					D195 	D196 	D197 			
						D206 	D207 	D208 		
BALANCE 				D224 	D225 	D226 		D228 		D230 
						D236 	D237 	D238 		
							D247 	D248 	D249 	
ILLUSION 				D264 		D266 	D267 			
					D275 		D277 	D278 		D 280 
					D 285 		D 287 	D 288 		
						D 296 		D 298 	D 299 	
HIGH LEG KICK 	D301 	D302 	D303 	D304 						

C	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
STRAIGHT JUMP (Air turn, Free Fall)										
AIR TURN 			C103 	C104 	C105 		C107 		C109 	
			C113 	C114 	C115 	C116 		C118 		C120 
FREE FALL 			C143 	C144 	C145 	C146 	C147 		C149 	C150 
				C154 	C155 	C156 	C157 	C158 		
HORIZONTAL JUMP (Tamaro, Gainer)										
GAINER 				C184 		C186 			C189 	
				C194 		C196 				
					C205 		C207 			
SCALE TO PU 		C222 	C223 	C224 	C225 					
				C234 						
BENT LEG(S) JUMP (Tuck, Cossack)										
TUCK 		C262 	C263 	C264 	C265 	C266 				
			C273 	C274 	C275 	C276 	C277 			
				C304 	C305 	C306 		C308 		
					C315 	C316 	C317 			
										
COSSACK 			C343 	C344 	C345 	C346 	C347 			
				C354 	C355 	C356 	C357 	C358 		
					C385 	C386 	C387 		C389 	C390 
						C396 	C397 	C398 		C400 
PIKE										
PIKE 			C433 	C434 	C435 	C436 				
				C444 	C445 	C446 	C447 			
					C475 	C476 	C477 		C479 	C480 
							C487 	C488 		C490 
										
STRADDLE JUMP (Straddle, Frontal Split)										
STRADDLE LEAP 						C516 	C517 	C518 	C519 	
							C527 		C529 	
										

C	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
STRADDLE JUMP (Straddle, Frontal Split)										
STRADDLE JUMP 			C553 	C554 	C555 	C556 				
				C564 	C565 	C566 				
					C595 	C596 		C598 	C599 	
						C606 	C607 			
FRONTAL SPLIT 			C633 	C634 						
				C644 	C645 	C646 				
					C655 	C656 	C657 			
SPLIT JUMP (Split, Switch)										
SPLIT 			C673 	C674 	C685 					
					C695 			C698 		
KICK SPLIT LEAP 					C705 	C706 	C707 			
	SPLIT JUMP 			C713 	C714 	C715 	C716 			
				C724 	C725 	C726 	C727 			
					C735 		C737 			
					C745 	C746 		C748 		
SWITCH SPLIT 				C 754 	C 755 					
					C 765 	C 766 				
						C 776 				
SCISSORS LEAP										
SCISSORS LEAP 					C795 	C796 	C797 			
						C806 	C807 	C808 		
							C817 			
							C827 	C828 	C829 	
KICK JUMP										
SCISSOR KICK 		C832 			C835 	C836 				
OFF AXIS JUMP										
OFF AXIS 				C874 	C875 	C876 	C877 	C878 		C880 
					C885 	C886 	C897 	C908 		C890 
BUTTERFLY JUMP										
BUTTERFLY 				C914 		C916 		C918 