

COMPULSORY MOVEMENTS

2 Jumping Jacks	6 8 Cad Jun Sen		ID: 1	<input type="checkbox"/>
2 High Leg Kicks	6 8 Cad Jun Sen		ID: 2	<input type="checkbox"/>
2 Push Ups	8 Cad Jun Sen		ID: 3	<input type="checkbox"/>

PUSH UPS - Additional

There are no families for the Push Up group.

Every push-up listed will have a full technical index unless the exact same push-up is repeated.

TI: Two arm push up = 0,5 Triceps + 0,5 Triceps Hinge + 1,0


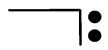
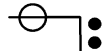
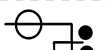
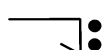

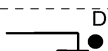

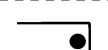
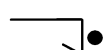
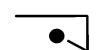


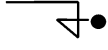

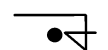
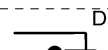
Lateral Hinge + 1,5 One arm + 2,0 One arm and one leg + 3

Double hinge triceps push up

- There is no additional 0,5 point for a double hinge push-up.

The reason is this push has the same down phase as the single hinge.

- If you have a double hinge triceps push-up in your routine then please choose the new double triceps hinge push-up icon in the FISAF FRF system.

1 Free Fall to push up landing from standing position	Cad		ID: 530	<input type="checkbox"/>
0,5 Two Arm Push Up	6 8 Cad Jun Sen		ID: 50	<input type="checkbox"/>
1 Two Arm Circular Push Up	6 8 Cad Jun Sen		ID: 51	<input type="checkbox"/>
2 Two Arm Circular Lateral Hinge Push Up	6 8 Cad Jun Sen		ID: 52	<input type="checkbox"/>
1 Two Arm Triceps Push Up	6 8 Cad Jun Sen		ID: 54	<input type="checkbox"/>
1,5 Two Arm Triceps Hinge Push Up	6 8 Cad Jun Sen		ID: 55	<input type="checkbox"/>
1,5 Double Two Arm Triceps Hinge Push Up	6 8 Cad Jun Sen		ID: 57	<input type="checkbox"/>
2,5 One Arm Push Up Right	Jun Sen		ID: 40	<input type="checkbox"/>
2,5 One Arm Push Up Left	Jun Sen		ID: 41	<input type="checkbox"/>
3 One Arm Triceps Push Up Right	Jun Sen		ID: 42	<input type="checkbox"/>
3 One Arm Triceps Push Up Left	Jun Sen		ID: 43	<input type="checkbox"/>
4 One Arm Hinge (lateral) Push Up Right	Jun Sen		ID: 44	<input type="checkbox"/>
4 One Arm Hinge (lateral) Push Up Left	Jun Sen		ID: 45	<input type="checkbox"/>
3,5 One Arm Triceps Hinge Push Up Right	Jun Sen		ID: 46	<input type="checkbox"/>
3,5 Double One Arm Triceps Hinge Push Up Right	Jun Sen		ID: 182	<input type="checkbox"/>
3,5 One Arm Triceps Hinge Push Up Left	Jun Sen		ID: 47	<input type="checkbox"/>
3,5 Double One Arm Triceps Hinge Push Up Left	Jun Sen		ID: 181	<input type="checkbox"/>













Push up Group - additional

3,5 One Arm and One Leg Push Up Right	Jun Sen		ID: 48	<input type="checkbox"/>
3,5 One Arm and One Leg Push Up Left	Jun Sen		ID: 49	<input type="checkbox"/>
5 One Arm and One Leg Hinge (lateral) Push Up Right	Jun Sen		ID: 550	<input type="checkbox"/>
5 One Arm and One Leg Hinge (lateral) Push Up Left	Jun Sen		ID: 551	<input type="checkbox"/>
4 One Arm and One Leg Triceps Push Up Right	Jun Sen		ID: 552	<input type="checkbox"/>
4 One Arm and One Leg Triceps Push Up Left	Jun Sen		ID: 553	<input type="checkbox"/>
4,5 One Arm and One Leg Triceps Hinge Push Up Right	Jun Sen		ID: 554	<input type="checkbox"/>
4,5 Double One Arm and One Leg Triceps Hinge Push Up Right	Jun Sen		ID: 184	<input type="checkbox"/>
4,5 One Arm and One Leg Triceps Hinge Push Up Left	Jun Sen		ID: 555	<input type="checkbox"/>
4,5 Double One Arm and One Leg Triceps Hinge Push Up Left	Jun Sen		ID: 185	<input type="checkbox"/>









TI: One Arm +1,0 Turning +0,5 per 180°turn
 Hinge with supported planche +0,5 Push up with planche no support 2,5
 Combination + 1.0, A combination for the Static Strength group can only be awarded when the combination is with two different families and only if both elements are executed correctly.
 Correct Example = pike press into a V press open

1 COMBINATION (static) 6 8 Cad Jun Sen  ID: 1767

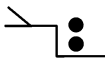



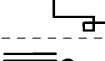

HORIZONTAL PRESSES FAMILY

1 Straddle Press (both hands front)	6 8 Cad Jun Sen		ID: 70
1 Straddle Press (one hand front, one back)	6 8 Cad Jun Sen		ID: 71
1 Straddle Press (both hands back)	6 8 Cad Jun Sen		ID: 72
1,5 Straddle Press 180° turn	Cad Jun Sen		ID: 73
2 Straddle Press 360° turn	Cad Jun Sen		ID: 74
2,5 Straddle Press 540° turn	Cad Jun Sen		ID: 75
3 Straddle Press 720° turn	Cad Jun Sen		ID: 76
2 One Arm Straddle Press	Jun Sen		ID: 77
2,5 One Arm Straddle Press 180° turn	Jun Sen		ID: 78
3 One Arm Straddle Press 360° turn	Jun Sen		ID: 79
0,5 Half Pike Press (one leg straight, one leg bent)	6 8 Cad		ID: 1656
1 Pike Press	6 8 Cad Jun Sen		ID: 80
1,5 Pike Press 180° turn	Cad Jun Sen		ID: 81
2 Pike Press 360° turn	Cad Jun Sen		ID: 82
2,5 Pike Press 540° turn	Cad Jun Sen		ID: 83
3 Pike Press 720° turn	Cad Jun Sen		ID: 84
2 One Arm Pike Press	Jun Sen		ID: 85
2,5 One Arm Pike Press 180° turn	Jun Sen		ID: 86
3 One Arm Pike Press 360° turn	Jun Sen		ID: 87
3 One Arm Pike Press with hold leg	Jun Sen		ID: 501
3,5 One Arm Pike Press with hold leg 180° turn	Jun Sen		ID: 502
4 One Arm Pike Press with hold leg 360° turn	Jun Sen		ID: 503

V PRESSES FAMILY

2 V Press Open	6 8 Cad Jun Sen		ID: 200	<input type="checkbox"/>
2,5 V Press Open 180° turn	Cad Jun Sen		ID: 201	<input type="checkbox"/>
3 V Press Open 360° turn	Cad Jun Sen		ID: 202	<input type="checkbox"/>
3 One Arm V Press Open	Jun Sen		ID: 571	<input type="checkbox"/>
3 V Press Closed	6 8 Cad Jun Sen		ID: 203	<input type="checkbox"/>
3,5 V Press Closed 180° turn	Cad Jun Sen		ID: 204	<input type="checkbox"/>
4 V Press Closed 360° turn	Cad Jun Sen		ID: 205	<input type="checkbox"/>
3,5 V Press Reverse	6 8 Cad Jun Sen		ID: 88	<input type="checkbox"/>
4 One Arm V Press Closed	Jun Sen		ID: 572	<input type="checkbox"/>

SUPPORTED PLANCHES FAMILY

1 Two Arm Supported Planche Open	6 8 Cad Jun Sen		ID: 206	<input type="checkbox"/>
1,5 Two Arm Supported Planche Open 180° turn	Cad Jun Sen		ID: 207	<input type="checkbox"/>
2 Two Arm Supported Planche Open 360° turn	Cad Jun Sen		ID: 208	<input type="checkbox"/>
2,5 Two Arm Supported Planche Open 540° turn	Cad Jun Sen		ID: 209	<input type="checkbox"/>
3 Two Arm Supported Planche Open 720° turn	Cad Jun Sen		ID: 210	<input type="checkbox"/>
1,5 Two Arm Supported Planche Open with Hinge	6 8 Cad Jun Sen		ID: 590	<input type="checkbox"/>
1 Two Arm Supported Split Planche	6 8 Cad Jun Sen		ID: 580	<input type="checkbox"/>
1,5 Two Arm Supported Split Planche 180° turn	Cad Jun Sen		ID: 581	<input type="checkbox"/>
2 Two Arm Supported Split Planche 360° turn	Cad Jun Sen		ID: 582	<input type="checkbox"/>
2,5 Two Arm Supported Split Planche 540° turn	Cad Jun Sen		ID: 583	<input type="checkbox"/>
3 Two Arm Supported Split Planche 720° turn	Cad Jun Sen		ID: 584	<input type="checkbox"/>
1 Two Arm Supported Single Wenson Planche	6 8 Cad Jun Sen		ID: 585	<input type="checkbox"/>
1,5 Two Arm Supported Single Wenson Planche 180° turn	Cad Jun Sen		ID: 586	<input type="checkbox"/>
2 Two Arm Supported Single Wenson Planche 360° turn	Cad Jun Sen		ID: 587	<input type="checkbox"/>
2,5 Two Arm Supported Single Wenson Planche 540° turn	Cad Jun Sen		ID: 588	<input type="checkbox"/>

3 Two Arm Supported Single Wenson Planche 720° turn	Cad Jun Sen		ID: 589	<input type="checkbox"/>
1 Two Arm Supported Double Wenson Planche	6 8 Cad Jun Sen		ID: 591	<input type="checkbox"/>
1,5 Two Arm Supported Double Wenson Planche 180° turn	Cad Jun Sen		ID: 593	<input type="checkbox"/>
2 Two Arm Supported Double Wenson Planche 360° turn	Cad Jun Sen		ID: 594	<input type="checkbox"/>
2,5 Two Arm Supported Double Wenson Planche 540° turn	Cad Jun Sen		ID: 595	<input type="checkbox"/>
3 Two Arm Supported Double Wenson Planche 720° turn	Cad Jun Sen		ID: 596	<input type="checkbox"/>
1,5 Two Arm Supported Planche Closed	6 8 Cad Jun Sen		ID: 211	<input type="checkbox"/>
2 Two Arm Supported Planche Closed 180° turn	Cad Jun Sen		ID: 212	<input type="checkbox"/>
2,5 Two Arm Supported Planche Closed 360° turn	Cad Jun Sen		ID: 213	<input type="checkbox"/>
3 Two Arm Supported Planche Closed 540° turn	Cad Jun Sen		ID: 214	<input type="checkbox"/>
3,5 Two Arm Supported Planche Closed 720° turn	Cad Jun Sen		ID: 215	<input type="checkbox"/>
2 One Arm Planche Open	Jun Sen		ID: 220	<input type="checkbox"/>
2,5 One Arm Planche Open 180° turn	Jun Sen		ID: 221	<input type="checkbox"/>
3 One Arm Planche Open 360° turn	Jun Sen		ID: 222	<input type="checkbox"/>
2,5 One Arm Planche Closed	Jun Sen		ID: 223	<input type="checkbox"/>
3 One Arm Planche Closed 180° turn	Jun Sen		ID: 224	<input type="checkbox"/>
3,5 One Arm Planche Closed 360° turn	Jun Sen		ID: 225	<input type="checkbox"/>

D) UNSUPPORTED PLANCHES FAMILY

4 Two Arm Planche with no support Open	6 8 Cad Jun Sen		ID: 216	<input type="checkbox"/>
6,5 Two Arm Planche with no support Open Push Up	6 8 Cad Jun Sen		ID: 217	<input type="checkbox"/>
6 Two Arm Planche with no support Closed	6 8 Cad Jun Sen		ID: 218	<input type="checkbox"/>
8,5 Two Arm Planche with no support Closed Push Up	6 8 Cad Jun Sen		ID: 219	<input type="checkbox"/>

JUMP GROUP

TI: Turn 180°+0.5, 360°+1.0,
540°+3.0 720°+4.0
900°+7.5 1080°+9.0

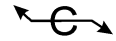
Prone Straddle Sit Landing +0
Front split or Prone Straddle split Landing +0,5
Landing to one or two feet +0,5
Two Arm Push up landing +1,0
One Arm Push up landing +1,5

Combination + 1.0, A combination for the Jump group can only be awarded when the combination is with two different families and only if both elements are executed correctly.

2017 Barrel Roll:
180°-360° : 1.0 per 180°
540°-720° : 1.5 per 180°
900°-1080° : 2.0 per 180°

1 COMBINATION (jump)

6 8 Cad Jun Sen



ID: 998

AIR JACK FAMILY**0,5 Air Jack (cadet only)**

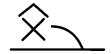
6 8 Cad



ID: 302

AIR JACK TO SPLIT FAMILY**0,5 Air Jack to Front Split / Prone Straddle Split Landing**

Cad



ID: 301

0 Air Jack to Prone Straddle Sit Landing

Cad Jun Sen



ID: 339



TUCK JUMP FAMILY

1 Tuck Jump (cadet only)	6 8 Cad		ID: 338	<input type="checkbox"/>
1,5 Tuck Jump 180° turn	6 8 Cad		ID: 315	<input type="checkbox"/>
2 Tuck Jump 360° turn	6 8 Cad		ID: 318	<input type="checkbox"/>

TUCK JUMP TO SPLIT FAMILY

1 Tuck Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 313	<input type="checkbox"/>
1,5 Tuck Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 316	<input type="checkbox"/>
2 Tuck Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 319	<input type="checkbox"/>
0,5 Tuck Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 349	<input type="checkbox"/>
1 Tuck Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 369	<input type="checkbox"/>
1,5 Tuck Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 368	<input type="checkbox"/>





TUCK JUMP TO PUSH UP FAMILY

1,5 Tuck Jump to Push Up Landing	Jun Sen		ID: 314	<input type="checkbox"/>
2 Tuck Jump 180° turn to Push Up Landing	Jun Sen		ID: 317	<input type="checkbox"/>
2,5 Tuck Jump 360° turn to Push Up Landing	Jun Sen		ID: 320	<input type="checkbox"/>









FRONT SPLIT JUMP FAMILY

2 Front Split Jump	6 8 Cad Jun Sen		ID: 370
2,5 Front Split Jump 180° turn	6 8 Cad Jun Sen		ID: 373
3 Front Split Jump 360° turn	6 8 Cad Jun Sen		ID: 376
5 Front Split Jump 540° turn	6 8 Cad Jun Sen		ID: 379
6 Front Split Jump 720° turn	6 8 Cad Jun Sen		ID: 382

FRONT SPLIT JUMP TO SPLIT FAMILY

2 Front Split Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 371
2,5 Front Split Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 374
3 Front Split Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 377
5 Front Split Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 380
6 Front Split Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 383
1,5 Front Split Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 367
2 Front Split Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 366
2,5 Front Split Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 365
4,5 Front Split Jump 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 389
5,5 Front Split Jump 720° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 388

FRONT SPLIT JUMP TO PUSH UP FAMILY

2,5 Front Split Jump to Push Up Landing	Jun Sen		ID: 372
3 Front Split Jump to 1 Arm Push Up Landing	Sen		ID: 2002
3 Front Split Jump 180° turn to Push Up Landing	Jun Sen		ID: 375
3,5 Front Split Jump 180° turn to 1 Arm Push Up Landing	Sen		ID: 2003
3,5 Front Split Jump 360° turn to Push Up Landing	Jun Sen		ID: 378
4 Front Split Jump 360° turn to 1 Arm Push Up Landing	Sen		ID: 2004
5,5 Front Split Jump 540° turn to Push Up Landing	Jun Sen		ID: 381
6,5 Front Split Jump 720° turn to Push Up Landing	Jun Sen		ID: 384



PIROUETTE JUMP FAMILY (VERTICAL TURN)

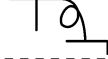
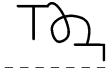
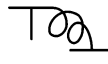
1,5 Pirouette Jump 360° turn	6 8 Cad Jun Sen		ID: 303
3,5 Pirouette Jump 540° turn	6 8 Cad Jun Sen		ID: 306
4,5 Pirouette Jump 720° turn	6 8 Cad Jun Sen		ID: 309

PIROUETTE JUMP TO SPLIT FAMILY (VERTICAL TURN)




1,5 Pirouette Jump 360° turn to Front Split/ Prone Straddle Split Landing	Cad Jun Sen		ID: 304
3,5 Pirouette Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 307
4,5 Pirouette Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 310
1 Pirouette Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 305
3 Pirouette Jump 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 308
4 Pirouette Jump 720° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 311

BARREL ROLL FAMILY (HORIZONTAL TURN) TO PUSH UP LANDING




TOMARO: TAKING OFF ONE LEG FROM SCALE POSITION TO PUSH UP LANDING

3 Tomaro (Spin barrel roll to Push Up Landing) 360° turn	Jun Sen		ID: 423
3,5 Tomaro (Spin barrel roll to 1 Arm Push Up Landing) 360° turn	Sen		ID: 2005
7 Double Tomaro (Spin barrel roll to Push Up Landing) 720° turn	Jun Sen		ID: 424

BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG TO PUSH UP LANDING


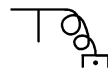
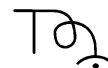
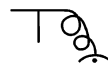
5,5 Barrel roll 540° turn, one leg take off to Push Up Landing	Jun Sen		ID: 493
6 Barrel roll 540° turn, one leg take off to One Arm Push Up Landing	Sen		ID: 495
3,5 Butterfly to Push Up Landing (with 360° barrel roll)	Jun Sen		ID: 2109

K3) BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS TO PUSH UP LANDING



3 Barrel roll 360° turn, two legs take off to Push Up Landing	Jun Sen		ID: 592
3,5 Barrel roll 360° turn, two legs take off to 1 Arm Push Up Landing	Sen		ID: 2006
7 Barrel roll 720° turn, two legs take off to Push Up Landing	Jun Sen		ID: 494

BARREL ROLL FAMILY (HORIZONTAL TURN) TO PRONE STRADDLE SPLIT LANDING

TOMARO: TAKING OFF 1 LEG FROM SCALE POSITION TO PRONE STRADDLE SPLIT LANDING

2,5 Tomaro (Spin barrel roll to Prone Straddle Split Landing) 360° turn	Cad Jun Sen		ID: 2007
6,5 Double Tomaro (Spin barrel roll to Prone Straddle Split Landing) 720° turn	Cad Jun Sen		ID: 2008
2 Tomaro (Spin barrel roll to Prone Straddle Sit Landing) 360° turn	Cad Jun Sen		ID: 399
6 Double Tomaro (Spin barrel roll to Prone Straddle Sit Landing) 720° turn	Cad Jun Sen		ID: 398








BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG TO PRONE STRADDLE SPLIT LANDING

5 Barrel roll 540° turn, one leg take off to Prone Straddle Split Landing	Cad Jun Sen		ID: 2009
4,5 Barrel roll 540° turn, one leg take off to Prone Straddle Sit Landing	Cad Jun Sen		ID: 397

















BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS TO PRONE STRADDLE SPLIT LANDING

2,5 Barrel roll 360° turn, two legs take off to Prone Straddle Split Landing	Cad Jun Sen		ID: 2010
6,5 Barrel roll 720° turn two legs take off to Prone Straddle Split Landing	Cad Jun Sen		ID: 2011
2 Barrel roll 360° turn, two legs take off to Prone Straddle Sit Landing	Cad Jun Sen		ID: 396
6 Barrel roll 720° turn two legs take off to Prone Straddle Sit Landing	Cad Jun Sen		ID: 395

PIKE JUMP FAMILY

2,5 Cossack Jump	6 8 Cad Jun Sen		ID: 321
3 Cossack Jump 180° turn	6 8 Cad Jun Sen		ID: 324
3,5 Cossack Jump 360° turn	6 8 Cad Jun Sen		ID: 327
5,5 Cossack Jump 540° turn	Cad Jun Sen		ID: 330
6,5 Cossack Jump 720° turn	Cad Jun Sen		ID: 333
3,5 Pike Jump	6 8 Cad Jun Sen		ID: 340
4 Pike Jump 180° turn	6 8 Cad Jun Sen		ID: 343
4,5 Pike Jump 360° turn	6 8 Cad Jun Sen		ID: 346

PIKE JUMP TO SPLIT FAMILY

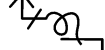
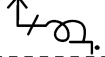
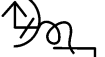

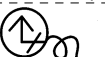
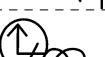

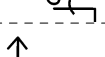
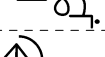
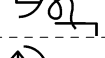
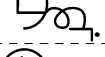
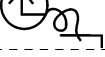
2,5 Cossack Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 322
3,5 Cossack Jump and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2020
3 Cossack Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 325
4 Cossack Jump 180° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2021
3,5 Cossack Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 328
4,5 Cossack Jump 360° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2022
3,5 Pike Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 341
4,5 Pike Jump and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2024
4 Pike Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 344
5 Pike Jump 180° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2025
4,5 Pike Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 347
5,5 Pike Jump 360° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2026
5,5 Cossack Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 331
6,5 Cossack Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 334
2 Cossack Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 781
3 Cossack Jump and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 782
2,5 Cossack Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 783



Jump Group - additional

3,5 Cossack Jump 180° turn and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 784
3 Cossack Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 785
4 Cossack Jump 360° turn and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 786
3 Pike Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 787
4 Pike Jump and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 788
3,5 Pike Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 789
4,5 Pike Jump 180° turn and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 790
4 Pike Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 791
5 Pike Jump 360° turn and 180° barrel roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 792
5 Cossack Jump 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 793
6 Cossack Jump 720° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 794

PIKE JUMP TO PUSH UP FAMILY

4 Cossack Jump and 180° barrel roll to Push Up Landing	Jun Sen		ID: 600	<input type="checkbox"/>
4,5 Cossack Jump and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2030	<input type="checkbox"/>
4,5 Cossack Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 601	<input type="checkbox"/>
5 Cossack Jump 180° turn and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2031	<input type="checkbox"/>
5 Cossack Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 602	<input type="checkbox"/>
5,5 Cossack Jump 360° turn and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2032	<input type="checkbox"/>
5 Pike Jump and 180° barrel roll to Push Up Landing	Jun Sen		ID: 603	<input type="checkbox"/>
5,5 Pike Jump and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2033	<input type="checkbox"/>
5,5 Pike Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 604	<input type="checkbox"/>
6 Pike Jump 180° turn and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2034	<input type="checkbox"/>
6 Pike Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 606	<input type="checkbox"/>
6,5 Pike Jump 360° turn and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2035	<input type="checkbox"/>

STRADDLE JUMP FAMILY

3,5 Straddle Jump	6 8 Cad Jun Sen		ID: 350
4 Straddle Jump 180° turn	6 8 Cad Jun Sen		ID: 353
4,5 Straddle Jump 360° turn	6 8 Cad Jun Sen		ID: 356
6,5 Straddle Jump 540° turn	6 8 Cad Jun Sen		ID: 359
7,5 Straddle Jump 720° turn	6 8 Cad Jun Sen		ID: 362

STRADDLE JUMP TO SPLIT FAMILY

3,5 Straddle Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 351
4 Straddle Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 354
4,5 Straddle Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 357
6,5 Straddle Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 360
7,5 Straddle Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 363
3 Straddle Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 771
3,5 Straddle Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 772
4 Straddle Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 773
6 Straddle Jump 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 774
7 Straddle Jump 720° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 775







STRADDLE JUMP TO PUSH UP FAMILY

4 Straddle Jump to Push Up Landing (Shushanova)	Jun Sen		ID: 352
5 Straddle Jump and 180° barrel roll to Push Up Landing	Jun Sen		ID: 605
4,5 Straddle Jump 180° turn to Push Up Landing	Jun Sen		ID: 355
5,5 Straddle Jump 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 607
5 Straddle Jump 360° turn to Push Up Landing	Jun Sen		ID: 358
6 Straddle Jump 360° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 608
7 Straddle Jump 540° turn to Push Up Landing	Jun Sen		ID: 361
8 Straddle Jump 720° turn to Push Up Landing	Jun Sen		ID: 364
4,5 Straddle Jump to 1 arm Push Up Landing	Jun Sen		ID: 2654

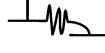





FRONT JETE FAMILY

1,5 Front Jete	6 8 Cad Jun Sen		ID: 400	<input type="checkbox"/>
2 Front Switch Jete	6 8 Cad Jun Sen		ID: 402	<input type="checkbox"/>
2,5 Half Turning Switch Jete (180° turn)	6 8 Cad Jun Sen		ID: 405	<input type="checkbox"/>
3 Full Turning Switch Jete (360° turn)	6 8 Cad Jun Sen		ID: 410	<input type="checkbox"/>



FRONT JETE TO SPLIT FAMILY

2 Front Switch Jete to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2040	<input type="checkbox"/>
2,5 Half Turning Switch Jete to Front Split / Prone Straddle Split Landing (180° turn)	Cad Jun Sen		ID: 406	<input type="checkbox"/>
3 Full Turning Switch Jete to Front Split / Prone Straddle Split Landing (360° turn)	Cad Jun Sen		ID: 411	<input type="checkbox"/>
1,5 Front Switch Jete to Prone Straddle Sit Landing	Cad Jun Sen		ID: 761	<input type="checkbox"/>
2 Half Turning Switch Jete to Prone Straddle Sit Landing (180° turn)	Cad Jun Sen		ID: 762	<input type="checkbox"/>
2,5 Full Turning Switch Jete to Prone Straddle Sit Landing (360° turn)	Cad Jun Sen		ID: 763	<input type="checkbox"/>




FRONT JETE TO PUSH UP FAMILY

2,5 Front Switch Jete to Push Up Landing	Jun Sen		ID: 404	<input type="checkbox"/>
3 Front Switch Jete to 1 Arm Push Up Landing	Sen		ID: 2050	<input type="checkbox"/>
3 Half Turning Switch Jete to Push Up Landing (180° turn)	Jun Sen		ID: 407	<input type="checkbox"/>
3,5 Half Turning Switch Jete to 1 Arm Push Up Landing (180° turn)	Sen		ID: 2051	<input type="checkbox"/>
3,5 Full Turning Switch Jete to Push Up Landing (360° turn)	Jun Sen		ID: 412	<input type="checkbox"/>
4 Full Turning Switch Jete to 1 Arm Push Up Landing (360° turn)	Sen		ID: 2052	<input type="checkbox"/>




STRADDLE JETE FAMILY

1,5 Straddle Jete	6 8 Cad Jun Sen		ID: 401	<input type="checkbox"/>
3,5 Straddle Switch Jete (switch included)	6 8 Cad Jun Sen		ID: 420	<input type="checkbox"/>

STRADDLE JETE TO SPLIT FAMILY

3,5 Straddle Switch Jete to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 421	<input type="checkbox"/>
4,5 Straddle Switch Jete with 180° Barrel Roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2106	<input type="checkbox"/>
3 Straddle Switch Jete to Prone Straddle Sit Landing	Cad Jun Sen		ID: 765	<input type="checkbox"/>










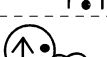
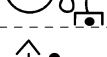
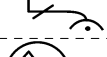



STRADDLE JETE TO PUSH UP FAMILY

2 Straddle Jete to Push Up Landing	Jun Sen		ID: 610	<input type="checkbox"/>
2,5 Straddle Jete with 180° turn to Push Up Landing	Jun Sen		ID: 2101	<input type="checkbox"/>
3 Straddle Jete with 360° turn to Push Up Landing	Jun Sen		ID: 2102	<input type="checkbox"/>
4 Straddle Switch Jete to Push Up Landing	Jun Sen		ID: 422	<input type="checkbox"/>
4,5 Straddle Switch Jete with 180° turn to Push Up Landing	Jun Sen		ID: 2103	<input type="checkbox"/>
5 Straddle Switch Jete with 360° turn to Push Up Landing	Jun Sen		ID: 2104	<input type="checkbox"/>
5 Straddle Switch Jete with 180° Barrel Roll to Push Up Landing	Jun Sen		ID: 2105	<input type="checkbox"/>
5,5 Straddle Switch Jete with 180° + 180 Barrel Roll to Push Up Landing	Jun Sen		ID: 2107	<input type="checkbox"/>
4,5 Straddle Switch Jete to 1 Arm Push Up Landing	Sen		ID: 2060	<input type="checkbox"/>

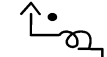


VARIATION LEAP

1 Cossack Leap	6 8 Cad Jun Sen		ID: 2100
1,5 Cossack Leap 180° turn	6 8 Cad Jun Sen		ID: 1871
2 Cossack Leap 360° turn	6 8 Cad Jun Sen		ID: 1872
2 Pike Leap	6 8 Cad Jun Sen		ID: 2200
2,5 Pike Leap 180° turn	6 8 Cad Jun Sen		ID: 2201
3 Pike Leap 360° turn	6 8 Cad Jun Sen		ID: 2202
1 Butterfly to standing	6 8 Cad Jun Sen		ID: 2108



VARIATION LEAP TO SPLIT FAMILY

1 Cossack Leap to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2203
1,5 Cossack Leap 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 1873
2 Cossack Leap 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 1874
2 Pike Leap to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2204
2,5 Pike Leap 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2205
3 Pike Leap 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2206
3 Pike Leap and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2207
3,5 Pike Leap 180° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 1877
4 Pike Leap 360° turn and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 1878
0,5 Cossack Leap to Prone Straddle Sit Landing	Cad Jun Sen		ID: 751
1 Cossack Leap 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 1875
1,5 Cossack Leap 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 1876
1,5 Pike Leap to Prone Straddle Sit Landing	Cad Jun Sen		ID: 752
2 Pike Leap 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 753
2,5 Pike Leap 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 754







VARIATION LEAP TO PUSH UP FAMILY

3,5 Pike Leap and 180° barrel roll to Push Up Landing	Jun Sen		ID: 2208
4 Pike Leap 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 2209
3 Cossack Leap 180° turn and 180° barrel roll to Push Up Landing	Jun Sen		ID: 755



RIGHT FRONT SPLIT FAMILY

1 Front Split Right	6 8 Cad Jun Sen		ID: 620
1 Supine Front Split Right Leg	6 8 Cad Jun Sen		ID: 622
1 Needlepoint on Right Leg, with or without hands	6 8 Cad Jun Sen		ID: 624
1 Illusion on Right Leg, with or without hands	6 8 Cad Jun Sen		ID: 626
1,5 Standing Front Split Right	6 8 Cad Jun Sen		ID: 628
2,5 Standing Front Split right 360° turn	6 8 Cad Jun Sen		ID: 540
3 Standing Front Split right and left sides consecutively	6 8 Cad Jun Sen		ID: 500

LEFT FRONT SPLIT FAMILY

1 Front Split Left	6 8 Cad Jun Sen		ID: 621
1 Supine Front Split Left Leg	6 8 Cad Jun Sen		ID: 623
1 Needlepoint on Left Leg, with or without hands	6 8 Cad Jun Sen		ID: 625
1 Illusion on Left Leg, with or without hands	6 8 Cad Jun Sen		ID: 627
1,5 Standing Front Split Left	6 8 Cad Jun Sen		ID: 629
2,5 Standing Front Split left 360° turn	6 8 Cad Jun Sen		ID: 541
3 Standing Front Split left and right sides consecutively	6 8 Cad Jun Sen		ID: 599

STRADDLE SPLIT FAMILY

1 Straddle Split	6 8 Cad Jun Sen		ID: 22
1 Prone Straddle Split	6 8 Cad Jun Sen		ID: 23
1 Supine Straddle Split	6 8 Cad Jun Sen		ID: 21
1,5 Standing Straddle Split	6 8 Cad Jun Sen		ID: 2070
2 Sit Through	6 8 Cad Jun Sen		ID: 26
0,5 Prone Straddle Sit	6 8 Cad Jun Sen		ID: 758
0,5 Supine Straddle Sit	6 8 Cad Jun Sen		ID: 759

COMBINATION SPLIT FAMILY

3 Split Rotation	6 8 Cad Jun Sen		ID: 25
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