





COMPULSORY MOVEMENTS

2 Jumping Jacks	6 8 Cad Jun Sen		ID: 1	<input checked="" type="checkbox"/>
2 High Leg Kicks	6 8 Cad Jun Sen		ID: 2	<input checked="" type="checkbox"/>
2 Push Ups	8 Cad Jun Sen		ID: 3	<input checked="" type="checkbox"/>
1 Push Ups on Knees (AUS)			ID: 4	<input type="checkbox"/> NEW

OBLIGATORY EXERCISES - JUMP GROUP

1 Air Jack (AUS)			ID: 140	<input type="checkbox"/>
0,5 Straight Jump	8 Cad Jun Sen		ID: 3730	<input type="checkbox"/>



2 Front Split right and left sides consecutively

8 Cad Jun Sen

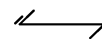


NEW
ID: 170



2 Front Split left and right sides consecutively

8 Cad Jun Sen



NEW
ID: 171



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 Free Fall From Knees to Pushup Landing on Knees	8 Cad Jun Sen		NEW ID: 2891	<input type="checkbox"/>
1 Free Fall to push up landing from standing position			ID: 3337	<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"/>
0,5 Two Arm Triceps Push Up on Knees			ID: 2801	<input type="checkbox"/>
0,5 Two Arm Push Up on Knees			ID: 3333	<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

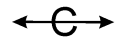
3,5 One Arm and One Leg Push Up Right	Sen		ID: 48	<input type="checkbox"/>
3,5 One Arm and One Leg Push Up Left	Sen		ID: 49	<input type="checkbox"/>
5 One Arm and One Leg Hinge (lateral) Push Up Right	Sen		ID: 550	<input type="checkbox"/>
5 One Arm and One Leg Hinge (lateral) Push Up Left	Sen		ID: 551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

0,5 Tuck Press

1 Straddle Press (both hands front)(AUS)



ID: 3743

1 Straddle Press (one hand front, one back)

6 8 Cad Jun Sen



ID: 71

1 Straddle Press (one hand front, one back)(AUS)



ID: 3744

1 Straddle Press (both hands back)

6 8 Cad Jun Sen



ID: 72

0,5 Straddle Press Bottom Lift Only



ID: 2803

0,5 Straddle Press Bottom Lift Only (AUS)



ID: 3745

1,5 Straddle Press 180° turn

Cad Jun Sen



ID: 73

1,5 Straddle Press 180° turn (AUS)



ID: 3746

2 Straddle Press 360° turn

Cad Jun Sen



ID: 74

2 Straddle Press 360° turn (AUS)



ID: 3747

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

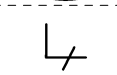
Jun Sen



ID: 79

0,5 Half Pike Press (one leg straight, one leg bent)

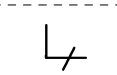
6 8 Cad



ID: 1656

0,5 Half Pike Press (one leg straight, one leg bent)

6 8 Cad Jun Sen



ID: 1607

2 Alternating Straddle / Pike Press

Cad Jun Sen



ID: 800

2,5 Alternating Straddle / Pike Press 180° turn

Cad Jun Sen



ID: 802

3 Alternating Straddle / Pike Press 360° turn

Cad Jun Sen



ID: 804

3,5 Alternating Straddle / Pike Press 540° turn

Cad Jun Sen



ID: 806



Static Strength Group - additional

4 Alternating Straddle / Pike Press 720° turn	Cad Jun Sen		ID: 808
1 Pike Press	6 8 Cad Jun Sen		ID: 80
0,5 Pike Press Bottom Lift Only		LIFT 	ID: 2802
1 Pike Press (AUS)			ID: 3740
1,5 Pike Press 180° turn	Cad Jun Sen		ID: 81
1,5 Pike Press 180° turn (AUS)			ID: 3741
2 Pike Press 360° turn	Cad Jun Sen		ID: 82
2 Pike Press 360° turn (AUS)			ID: 3742
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
0,5 Pike press with bent legs (CZ-přednos skrčmo)	6 8 Cad Jun Sen		ID: 2303

V PRESSES FAMILY

2 V Press Open	6 8 Cad Jun Sen		ID: 200
2,5 V Press Open 180° turn	Cad Jun Sen		ID: 201
3 V Press Open 360° turn	Cad Jun Sen		ID: 202
4 V Press Open 720° turn	Cad Jun Sen		ID: 3726
3 One Arm V Press Open	Jun Sen		ID: 571
3 V Press Closed	6 8 Cad Jun Sen		ID: 203
3,5 V Press Closed 180° turn	Cad Jun Sen		ID: 204
4 V Press Closed 360° turn	Cad Jun Sen		ID: 205



4,5 V Press Reverse Closed	6 8 Cad Jun Sen		ID: 88
3,5 V Press Reverse Open	6 8 Cad Jun Sen		ID: 89
4 One Arm V Press Closed	Jun Sen		ID: 572

SUPPORTED PLANCHES FAMILY

1 Two Arm Supported Planche Open	6 8 Cad Jun Sen		ID: 206
1,5 Two Arm Supported Planche Open 180° turn	Cad Jun Sen		ID: 207
2 Two Arm Supported Planche Open 360° turn	Cad Jun Sen		ID: 208
2,5 Two Arm Supported Planche Open 540° turn	Cad Jun Sen		ID: 209
3 Two Arm Supported Planche Open 720° turn	Cad Jun Sen		ID: 210
1,5 Two Arm Supported Planche Open with Hinge	6 8 Cad Jun Sen		ID: 590
1 Two Arm Supported Split Planche	6 8 Cad Jun Sen		ID: 580
1,5 Two Arm Supported Split Planche 180° turn	Cad Jun Sen		ID: 581
2 Two Arm Supported Split Planche 360° turn	Cad Jun Sen		ID: 582
2,5 Two Arm Supported Split Planche 540° turn	Cad Jun Sen		ID: 583
3 Two Arm Supported Split Planche 720° turn	Cad Jun Sen		ID: 584
1 Two Arm Supported Single Wenson Planche	6 8 Cad Jun Sen		ID: 585
1,5 Two Arm Supported Single Wenson Planche 180° turn	Cad Jun Sen		ID: 586
2 Two Arm Supported Single Wenson Planche 360° turn	Cad Jun Sen		ID: 587
2,5 Two Arm Supported Single Wenson Planche 540° turn	Cad Jun Sen		ID: 588
3 Two Arm Supported Single Wenson Planche 720° turn	Cad Jun Sen		ID: 589
1 Two Arm Supported Double Wenson Planche	6 8 Cad Jun Sen		ID: 591
1,5 Two Arm Supported Double Wenson Planche 180° turn	Cad Jun Sen		ID: 593
2 Two Arm Supported Double Wenson Planche 360° turn	Cad Jun Sen		ID: 594
2,5 Two Arm Supported Double Wenson Planche 540° turn	Cad Jun Sen		ID: 595
3 Two Arm Supported Double Wenson Planche 720° turn	Cad Jun Sen		ID: 596
1,5 Two Arm Supported Planche Closed	6 8 Cad Jun Sen		ID: 211



Static Strength Group - additional

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

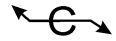
Prone Straddle Sit Landing +0
 Front split or Prone Straddle split Landing +0,5
 Landing to one or two feet +0,5
 Two Arm Push up landing +1,0
 One Arm Push up landing +1,5

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

0,5 Air Jack

Jun Sen



ID: 300

AIR JACK TO SPLIT FAMILY

0,5 Air Jack to Front Split / Prone Straddle Split Landing

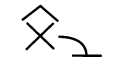
Cad



ID: 301

0,5 Air Jack to Front Split Landing

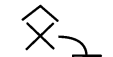
Cad



ID: 2730

0,5 Air Jack to Prone Straddle Split Landing

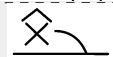
Cad



ID: 2731

0,5 Air Jack to Front Split / Prone Straddle Split Landing

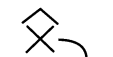
Jun Sen



ID: 1600

0,5 Air Jack to Front Split Landing

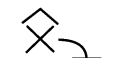
Jun Sen



ID: 2732

0,5 Air Jack to Prone Straddle Split Landing

Jun Sen



ID: 2733

1 Air Jack to Prone Straddle Split Landing (AUS)



ID: 3732

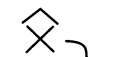
1 Air Jack to Front Split Landing (AUS)



ID: 3733

0 Air Jack to Prone Straddle Sit Landing

Cad Jun Sen



ID: 339

0,5 Air Jack to Front / Straddle Sit



ID: 2805

0,5 Air Jack to Prone Straddle Sit Landing (AUS)



ID: 3731

TUCK JUMP FAMILY

1 Tuck Jump	6 8 Cad Jun Sen		ID: 338
1 Tuck Jump	Jun Sen		ID: 312
1,5 Tuck Jump 180° turn	Cad Jun Sen		ID: 1602
1,5 Tuck Jump 180° turn	6 8 Cad		ID: 315
2 Tuck Jump 360° turn	Cad Jun Sen		ID: 1603
2 Tuck Jump 360° turn	6 8 Cad		ID: 318
4 Tuck Jump 540° turn	Cad Jun Sen		ID: 1598 NEW

TUCK JUMP TO SPLIT FAMILY

1 Tuck Jump to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 313
1 Tuck Jump to Front Split Landing	Cad Jun Sen		ID: 2734
1 Tuck Jump to Prone Straddle Split Landing	Cad Jun Sen		ID: 2735
0,5 Tuck Jump to Front Split / Prone Straddle Split Landing	Jun Sen		ID: 1604
1,5 Tuck Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 316
1,5 Tuck Jump 180° turn to Front Split Landing	Cad Jun Sen		ID: 2736
1,5 Tuck Jump 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2737
1,5 Tuck Jump 180° turn to Front Split / Prone Straddle Split Landing	Jun Sen		ID: 1605
2 Tuck Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 319
2 Tuck Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2738
2 Tuck Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2739
2 Tuck Jump 360° turn to Front Split / Prone Straddle Split Landing	Jun Sen		ID: 1606
0,5 Tuck Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 349
1 Tuck Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 369
1,5 Tuck Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 368




















TUCK JUMP TO PUSH UP FAMILY

1,5 Tuck Jump to Push Up Landing	Jun Sen		ID: 314
2 Tuck Jump 180° turn to Push Up Landing	Sen		ID: 317
2,5 Tuck Jump 360° turn to Push Up Landing	Sen		ID: 320

FRONT SPLIT JUMP FAMILY

3 Front Split Jump	6 8 Cad Jun Sen		ID: 370
3,5 Front Split Jump 180° turn	6 8 Cad Jun Sen		ID: 373
4 Front Split Jump 360° turn	6 8 Cad Jun Sen		ID: 376
6 Front Split Jump 540° turn	6 8 Cad Jun Sen		ID: 379
7 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
3 Front Split Jump to Front Split Landing	Cad Jun Sen		ID: 2740
3 Front Split Jump to Prone Straddle Split Landing	Cad Jun Sen		ID: 2741
2,5 Front Split Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 374
3,5 Front Split Jump 180° turn to Front Split Landing	Cad Jun Sen		ID: 2742
3,5 Front Split Jump 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2743
3 Front Split Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 377
4 Front Split Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2744
4 Front Split Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2745
6 Front Split Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 380
6 Front Split Jump 540° turn to Front Split Landing	Cad Jun Sen		ID: 2746
6 Front Split Jump 540° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2747
6 Front Split Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 383
7 Front Split Jump 720° turn to Front Split Landing	Cad Jun Sen		ID: 2748
7 Front Split Jump 720° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2749
2,5 Front Split Jump to Prone Straddle Sit Landing	Cad Jun Sen		ID: 367
3 Front Split Jump 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 366
3,5 Front Split Jump 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 365
5,5 Front Split Jump 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 389
6,5 Front Split Jump 720° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 388













FRONT SPLIT JUMP TO PUSH UP FAMILY

4 Front Split Jump to Push Up Landing	Jun Sen		ID: 372	<input type="checkbox"/>	<input type="checkbox"/>
1 Pirouette Jump 180° turn (AUS)			180 ID: 2804	<input type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn to Front / Straddle Sit (NOV)			180 ID: 2806	<input type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn (NOV)			180 ID: 2813	<input checked="" type="checkbox"/>	<input type="checkbox"/>
1 Pirouette Jump 180° turn to Front Split Landing (AUS)			180 ID: 2901	<input type="checkbox"/>	<input type="checkbox"/>
1 Pirouette Jump 180° turn to Prone Straddle Split Landing (AUS)			180 ID: 2902	<input type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn to Prone Straddle Sit (AUS)			180 ID: 3735	<input type="checkbox"/>	<input type="checkbox"/>
4,5 Front Split Jump to 1 Arm Push Up Landing	Sen		ID: 2002	<input type="checkbox"/>	<input type="checkbox"/>
4,5 Front Split Jump 180° turn to Push Up Landing	Sen		ID: 375	<input type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn to Front Split Landing			180 ID: 1100	<input checked="" type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn to Prone Straddle Sit Landing			180 ID: 1101	<input checked="" type="checkbox"/>	<input type="checkbox"/>
0,5 Pirouette Jump 180° turn to Prone Straddle Split Landing			180 ID: 1102	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5 Front Split Jump 180° turn to 1 Arm Push Up Landing	Sen		ID: 2003	<input type="checkbox"/>	<input type="checkbox"/>
5 Front Split Jump 360° turn to Push Up Landing	Sen		ID: 378	<input type="checkbox"/>	<input type="checkbox"/>
5,5 Front Split Jump 360° turn to 1 Arm Push Up Landing	Sen		ID: 2004	<input type="checkbox"/>	<input type="checkbox"/>
7 Front Split Jump 540° turn to Push Up Landing	Sen		ID: 381	<input type="checkbox"/>	<input type="checkbox"/>
8 Front Split Jump 720° turn to Push Up Landing	Sen		ID: 384	<input type="checkbox"/>	<input type="checkbox"/>

PIROUETTE JUMP FAMILY (VERTICAL TURN)

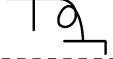
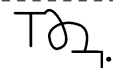
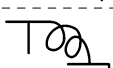
1,5 Pirouette Jump 360° turn	6 8 Cad Jun Sen		ID: 303
3,5 Pirouette Jump 540° turn	6 8 Cad Jun Sen		ID: 306
4,5 Pirouette Jump 720° turn	6 8 Cad Jun Sen		ID: 309

PIROUETTE JUMP TO SPLIT FAMILY (VERTICAL TURN)

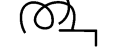
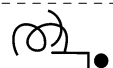

1,5 Pirouette Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 304
1,5 Pirouette Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2698
1,5 Pirouette Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2699
3,5 Pirouette Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 307
3,5 Pirouette Jump 540° turn to Front Split Landing	Cad Jun Sen		ID: 2750
3,5 Pirouette Jump 540° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2751
4,5 Pirouette Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 310
4,5 Pirouette Jump 720° turn to Front Split Landing	Cad Jun Sen		ID: 2752
4,5 Pirouette Jump 720° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2753
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

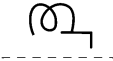
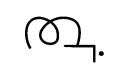
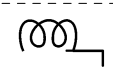
TOMARO: TAKING OFF ONE LEG FROM SCALE POSITION TO PUSH UP LANDING

3 Tomaro (Spin barrel roll to Push Up Landing) 360° turn	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	Sen		ID: 424

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


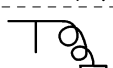
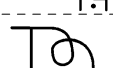
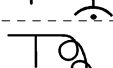
5,5 Barrel roll 540° turn, one leg take off to Push Up Landing	Sen		ID: 493
6 Barrel roll 540° turn, one leg take off to One Arm Push Up Landing	Sen		ID: 495
3,5 Butterfly to Push Up Landing (with 360 ° barrel roll)	Sen		ID: 2109

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


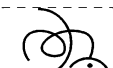
3 Barrel roll 360° turn, two legs take off to Push Up Landing	Sen		ID: 592
3,5 Barrel roll 360° turn, two legs take off to 1 Arm Push Up Landing	Sen		ID: 2006
7 Barrel roll 720° turn, two legs take off to Push Up Landing	Sen		ID: 494

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 180° turn to Push Up Landing	Jun Sen		ID: 1201
4 Cossack Jump 360° turn to Push Up Landing	Jun Sen		ID: 1202
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
2,5 Cossack Jump to Front Split Landing	Cad Jun Sen		ID: 2754
2,5 Cossack Jump to Prone Straddle Split Landing	Cad Jun Sen		ID: 2755
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
3 Cossack Jump 180° turn to Front Split Landing	Cad Jun Sen		ID: 2756
3 Cossack Jump 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2757
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
3,5 Cossack Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2758
3,5 Cossack Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2759
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
3,5 Pike Jump to Front Split Landing	Cad Jun Sen		ID: 2764
3,5 Pike Jump to Prone Straddle Split Landing	Cad Jun Sen		ID: 2765



Jump Group - additional

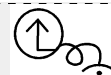
4,5	Pike Jump and 180° barrel roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2024
4	Pike Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 344
4	Pike Jump 180° turn to Front Split Landing	Cad Jun Sen		ID: 2766
4	Pike Jump 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2767
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
4,5	Pike Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2768
4,5	Pike Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2769
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
5,5	Cossack Jump 540° turn to Front Split Landing	Cad Jun Sen		ID: 2760
5,5	Cossack Jump 540° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2761
6,5	Cossack Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 334
6,5	Cossack Jump 720° turn to Front Split Landing	Cad Jun Sen		ID: 2762
6,5	Cossack Jump 720° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2763
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
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



Jump Group - additional

~~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

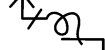
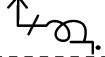
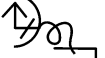

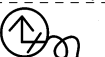
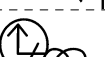
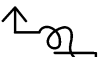
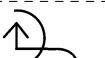

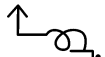
6 Cossack Jump 720° turn to Prone Straddle Sit Landing

Cad Jun Sen



ID: 794

PIKE JUMP TO PUSH UP FAMILY

4 Cossack Jump and 180° barrel roll to Push Up Landing	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"/>
5 Cossack Jump 180° turn and 180° barrel roll to Push Up Landing	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"/>
5,5 Cossack Jump 360° turn and 180° barrel roll to Push Up Landing	Sen		ID: 602	<input type="checkbox"/>
6 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	Sen		ID: 603	<input type="checkbox"/>
4,5 Pike Jump 180° turn to Push Up Landing	Jun Sen		ID: 1203	<input type="checkbox"/>
5 Pike Jump 360° turn to Push Up Landing	Jun Sen		ID: 1204	<input type="checkbox"/>
5,5 Pike Jump and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2033	<input type="checkbox"/>



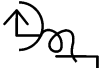

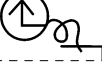
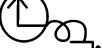
4 One Arm lateral Push Up Right



ID: 3723























Jump Group - additional

6	Pike Jump 180° turn and 180° barrel roll to Push Up Landing	Sen		ID: 604	<input type="checkbox"/>
6,5	Pike Jump 180° turn and 180° barrel roll to 1 Arm Push Up Landing	Sen		ID: 2034	<input type="checkbox"/>
6,5	Pike Jump 360° turn and 180° barrel roll to Push Up Landing	Sen		ID: 606	<input type="checkbox"/>
7	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
3,5 Straddle Jump to Front Split Landing	Cad Jun Sen		ID: 2770
3,5 Straddle Jump to Prone Straddle Split Landing	Cad Jun Sen		ID: 2771
4 Straddle Jump 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 354
4 Straddle Jump 180° turn to Front Split Landing	Cad Jun Sen		ID: 2772
4 Straddle Jump 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2773
4,5 Straddle Jump 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 357
4,5 Straddle Jump 360° turn to Front Split Landing	Cad Jun Sen		ID: 2774
4,5 Straddle Jump 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2775
6,5 Straddle Jump 540° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 360
6,5 Straddle Jump 540° turn to Front Split Landing	Cad Jun Sen		ID: 2776
6,5 Straddle Jump 540° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2777
7,5 Straddle Jump 720° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 363
7,5 Straddle Jump 720° turn to Front Split Landing	Cad Jun Sen		ID: 2778
7,5 Straddle Jump 720° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2779
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	Sen		ID: 605
4,5 Straddle Jump 180° turn to Push Up Landing	Sen		ID: 355
6 Straddle Jump 180° turn and 180° barrel roll to Push Up Landing	Sen		ID: 607
5 Straddle Jump 360° turn to Push Up Landing	Sen		ID: 358
6,5 Straddle Jump 360° turn and 180° barrel roll to Push Up Landing	Sen		ID: 608
7 Straddle Jump 540° turn to Push Up Landing	Sen		ID: 361
8 Straddle Jump 720° turn to Push Up Landing	Sen		ID: 364
4,5 Straddle Jump to 1 arm Push Up Landing	Jun Sen		ID: 2654

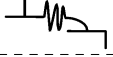




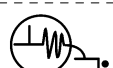
FRONT JETE FAMILY

1,5 Front Jete	6 8 Cad Jun Sen		ID: 400
3 Front Switch Jete	6 8 Cad Jun Sen		ID: 402
3,5 Half Turning Switch Jete (180° turn)	6 8 Cad Jun Sen		ID: 405
4 Full Turning Switch Jete (360° turn)	6 8 Cad Jun Sen		ID: 410




FRONT JETE TO SPLIT FAMILY

2 Front Switch Jete to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2040
3 Front Switch Jete to Front Split Landing	Cad Jun Sen		ID: 2780
3 Front Switch Jete to Prone Straddle Split Landing	Cad Jun Sen		ID: 2781
2,5 Half Turning Switch Jete to Front Split / Prone Straddle Split Landing (180° turn)	Cad Jun Sen		ID: 406
3,5 Half Turning Switch Jete to Front Split Landing (180° turn)	Cad Jun Sen		ID: 2782
3,5 Half Turning Switch Jete to Prone Straddle Split Landing (180° turn)	Cad Jun Sen		ID: 2783
3 Full Turning Switch Jete to Front Split / Prone Straddle Split Landing (360° turn)	Cad Jun Sen		ID: 411
4 Full Turning Switch Jete to Front Split Landing (360° turn)	Cad Jun Sen		ID: 2784
4 Full Turning Switch Jete to Prone Straddle Split Landing (360° turn)	Cad Jun Sen		ID: 2785
2,5 Front Switch Jete to Prone Straddle Sit Landing	Cad Jun Sen		ID: 761
3 Half Turning Switch Jete to Prone Straddle Sit Landing (180° turn)	Cad Jun Sen		ID: 762
3,5 Full Turning Switch Jete to Prone Straddle Sit Landing (360° turn)	Cad Jun Sen		ID: 763






FRONT JETE TO PUSH UP FAMILY

4 Front Switch Jete to Push Up Landing	Jun Sen		ID: 404	<input type="checkbox"/>
4,5 Front Switch Jete to 1 Arm Push Up Landing	Sen		ID: 2050	<input type="checkbox"/>
4,5 Half Turning Switch Jete to Push Up Landing (180° turn)	Sen		ID: 407	<input type="checkbox"/>
5 Half Turning Switch Jete to 1 Arm Push Up Landing (180° turn)	Sen		ID: 2051	<input type="checkbox"/>
5 Full Turning Switch Jete to Push Up Landing (360° turn)	Sen		ID: 412	<input type="checkbox"/>
4,5 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
3,5 Straddle Switch Jete (switch included)	6 8 Cad Jun Sen		ID: 420
4,5 Full turning Straddle switch jete (switch included)	6 8 Cad Jun Sen		ID: 2910

STRADDLE JETE TO SPLIT FAMILY

3,5 Straddle Switch Jete to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 421
3,5 Straddle Switch Jete to Front Split Landing	Cad Jun Sen		ID: 2786
3,5 Straddle Switch Jete to Prone Straddle Split Landing	Cad Jun Sen		ID: 2787
4,5 Straddle Switch Jete with 180° Barrel Roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2106
3 Straddle Switch Jete to Prone Straddle Sit Landing	Cad Jun Sen		ID: 765

STRADDLE JETE TO PUSH UP FAMILY

2 Straddle Jete to Push Up Landing	Jun Sen		ID: 610
2,5 Straddle Jete with 180° turn to Push Up Landing	Sen		ID: 2101
3 Straddle Jete with 360° turn to Push Up Landing	Sen		ID: 2102
4 Straddle Switch Jete to Push Up Landing	Jun Sen		ID: 422
4,5 Straddle Switch Jete with 180° turn to Push Up Landing	Sen		ID: 2103
5 Straddle Switch Jete with 360° turn to Push Up Landing	Sen		ID: 2104
5 Straddle Switch Jete with 180° Barrel Roll to Push Up Landing	Sen		ID: 2105
6 Straddle Switch Jete with 180° + 180 Barrel Roll to Push Up Landing	Sen		ID: 2107
4,5 Straddle Switch Jete to 1 Arm Push Up Landing	Sen		ID: 2060
0,5 Front Leap (AUS)		FRONT LEAP	ID: 2807



















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 leap	6 8 Cad Jun Sen		ID: 2108
0,5 Stag leap (CZ-Jelení skok)	6 8 Cad Jun Sen		ID: 2300
0,5 Hitch kick with bent legs (CZ-čertík)	6 8 Cad Jun Sen		ID: 2301
1 Hitch kick with bent legs (180° turn)(CZ-čertík)	6 8 Cad Jun Sen		ID: 2304
1,5 Hitch kick with bent legs (360° turn)(CZ-čertík)	6 8 Cad Jun Sen		ID: 2305
0,5 Hitch Kick (CZ-nůžkový skok)	6 8 Cad Jun Sen		ID: 2302
2,5 Straddle Leap	6 8 Cad Jun Sen		ID: 2700
0,5 Straddle Leap (AUS)			ID: 3734
3 Straddle Leap 180° turn	6 8 Cad Jun Sen		ID: 2701
3,5 Straddle Leap 360° turn	6 8 Cad Jun Sen		ID: 2702
5,5 Straddle Leap 540° turn	6 8 Cad Jun Sen		ID: 2703
2 Straddle Leap to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2704
2,5 Straddle Leap 180° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2705
3 Straddle Leap 360° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2706
5 Straddle Leap 540° turn to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2707
2,5 Straddle Leap to Front Split Landing	Cad Jun Sen		ID: 2708
2,5 Straddle Leap to Prone Straddle Split Landing	Cad Jun Sen		ID: 2709
3 Straddle Leap 180° turn to Front Split Landing	Cad Jun Sen		ID: 2710
3 Straddle Leap 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2711
3,5 Straddle Leap 360° turn to Front Split Landing	Cad Jun Sen		ID: 2712







Jump Group - additional








3,5 Straddle Leap 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2713
3 Straddle Leap to Push Up Landing	Jun Sen		ID: 2714
3,5 Straddle Leap 180° turn to Push Up Landing	Sen		ID: 2715
4 Straddle Leap 360° turn to Push Up Landing	Sen		ID: 2716
4 Straddle Leap and 180° Barrel Roll to Push Up Landing	Jun Sen		ID: 1205
5 Straddle Leap 180° turn and 180° Barrel Roll to Push Up Landing	Sen		ID: 2717
3 Straddle Leap and 180° Barrel Roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2718
3,5 Straddle Leap 180° turn and 180° Barrel Roll to Prone Straddle Sit Landing	Cad Jun Sen		ID: 2719
3,5 Straddle Leap and 180° Barrel Roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2720
4 Straddle Leap 180° turn and 180° Barrel Roll to Prone Straddle Split Landing	Cad Jun Sen		ID: 2721
VARIATION LEAP TO SPLIT FAMILY			
4 Cossack Leap to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2203
1 Cossack Leap to Front Split Landing	Cad Jun Sen		ID: 2788
1 Cossack Leap to Prone Straddle Split Landing	Cad Jun Sen		ID: 2789
1,5 Cossack Leap 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 1873
1,5 Cossack Leap 180° turn to Front Split Landing	Cad Jun Sen		ID: 2790
1,5 Cossack Leap 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2791
2 Cossack Leap 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 1874
2 Cossack Leap 360° turn to Front Split Landing	Cad Jun Sen		ID: 2792
2 Cossack Leap 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2793
2 Pike Leap to Front Split / Prone Straddle Split Landing			ID: 2204
2 Pike Leap to Front Split Landing	Cad Jun Sen		ID: 2794
2 Pike Leap to Prone Straddle Split Landing	Cad Jun Sen		ID: 2795
2,5 Pike Leap 180° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2205
2,5 Pike Leap 180° turn to Front Split Landing	Cad Jun Sen		ID: 2796
2,5 Pike Leap 180° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2797
3 Pike Leap 360° turn to Front Split / Prone Straddle Split Landing	Cad Jun Sen		ID: 2206

3 Pike Leap 360° turn to Front Split Landing	Cad Jun Sen		ID: 2798
3 Pike Leap 360° turn to Prone Straddle Split Landing	Cad Jun Sen		ID: 2799
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	Sen		ID: 2208
4,5 Pike Leap 180° turn and 180° barrel roll to Push Up Landing	Sen		ID: 2209
4 Cossack Leap 180° turn and 180° barrel roll to Push Up Landing	Sen		ID: 755
2,5 Cossack Leap 180° turn to Push Up Landing	Jun Sen		ID: 1206
3 Cossack Leap 360° turn to Push Up Landing	Jun Sen		ID: 1207
3 Pike Leap 180° turn to Push Up Landing	Jun Sen		ID: 1208
3,5 Pike Leap 360° turn to Push Up Landing	Jun Sen		ID: 1209





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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