






















































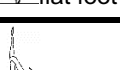
































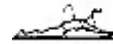





























ACROBATIC Elements

ACROBATIC Elements							
A - Elements		B - Combinations					
1	 Chainé		---				
2	 Roll sideways		---				
3	 Roll forward tucked		 Chainé – roll forward				
4	 Roll backward tucked		---				
5	 Handstand (3 sec)		 Jump in passé with 360 ° rotation followed by rotation sitting on the floor				
6	 Cartwheel		---				
7	 Cartwheel 1 arm		 Two Rolls forward				
8	 Fish backward		---				
9	 Cartwheel on elbows		 Walkover forward 1 arm				
10	 Fish forward		---				

Body elements – BALANCES

Balances (releve unless otherwise indicated)							
A - Free leg front		B - Free leg side		C - Free leg back		D - Other balances	
1	 	1	  flat foot	1	 	1	-----
2	  flat foot	2	  flat foot	2	  flat foot	2	-----
3	 	3	Balance leg 45 degrees sideways	3	 	3	 
4	  flat foot	4	  flat foot	4	  flat foot	4	---
5	 	5	 	5	 	5	 
6	  flat foot	6	 	6	  flat foot	6	-----
7	 	7	----	7	  flat foot	7	 
8	  flat foot	8	----	8	  flat foot	8	 
9	 	9	  flat foot	9	 	9	 
10	 	10	 	10	 	10	-----

Body elements - ROTATIONS

Rotations							
A - Free leg front		B - Free leg side		C - Free leg back		D - Other rotations	
1	---	1	---	1	---	1	---
2	 Passe	2	---	2	 	2	---
3	---	3	 	3	 	3	 
4	 	4	---	4	 	4	
5	---	5	---	5	---	5	 
6	 	6	 	6	---	6	  5 turns
7	---	7	---	7	 	7	---
8	 	8	 	8	 	8	  3 turns
9	---	9	---	9	 	9	 
10	---	10	---	10	---	10	 

Body elements – JUMPS & LEAPS

Jumps & Leaps									
A - Jumps group 1		B - Jumps group 2		C - Leaps		D - Leaps with turn		E - Changing legs	
1		1		1	---	1	---	1	
2		2		2	---	2	---	2	
3		3		3	---	3	---	3	---
4		4		4		4	---	4	
5		5		5	---	5		5	---
6		6	---	6		6	---	6	---
7	---	7		7	---	7		7	
8	---	8	---	8		8	---	8	
9	---	9		9		9	---	9	
10	---	10	---	10	---	10	---	10	