



# GINNASTICA AEROBICA

## Codice dei Punteggi 2017 – 2020

### APPENDIX III

SETTEMBRE 2016

## TAVOLA DELLE DIFFICOLTÀ GRUPPI DI ELEMENTI E VALORE

GRUPPO A - FORZA DINAMICA

GRUPPO B - FORZA STATICA

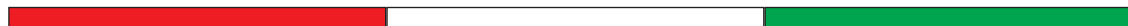
GRUPPO C - SALTI E BALZI

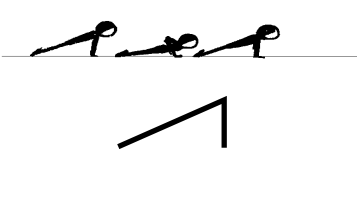
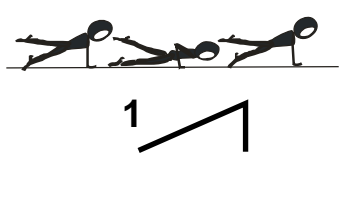
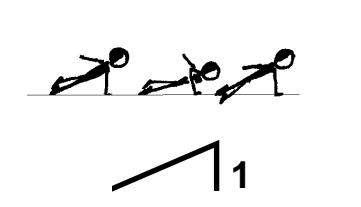
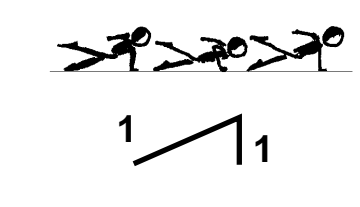
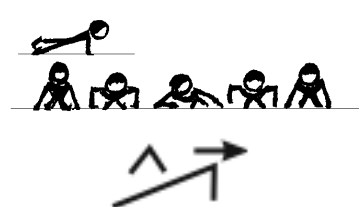


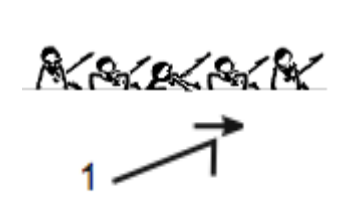
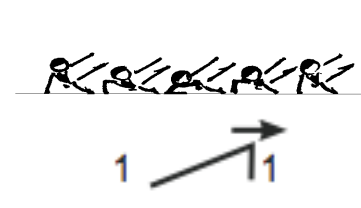
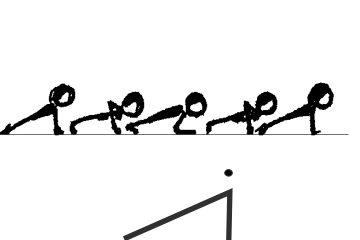
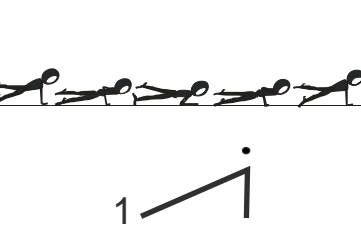
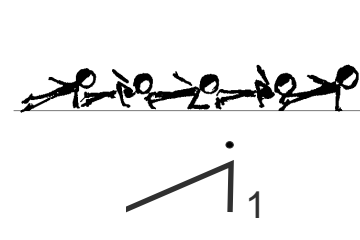
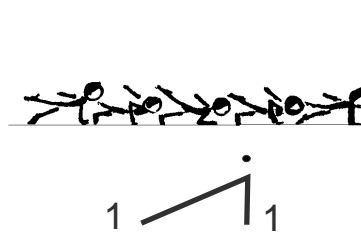
GRUPPO D - EQUILIBRIO E FLESSIBILITÀ

BOZZA SETTEMBRE 2016


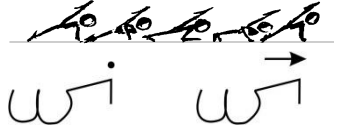
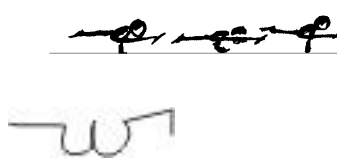
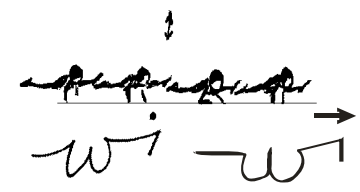
APPROVATO DAL COMITATO ESECUTIVO FIG

LA VERSIONE INGLESE È IL TESTO UFFICIALE


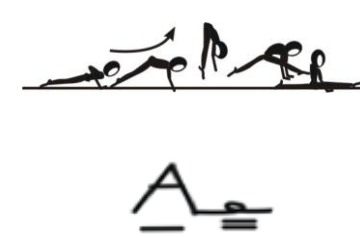

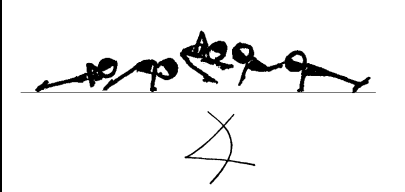


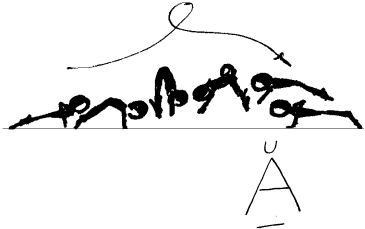




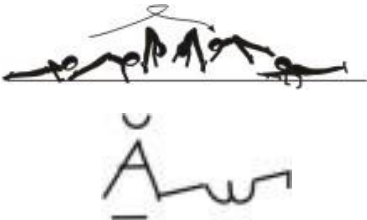
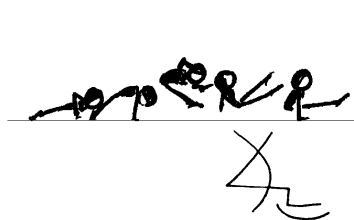
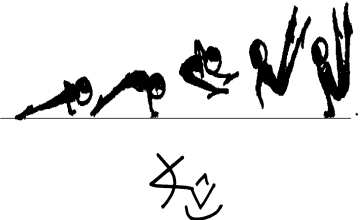
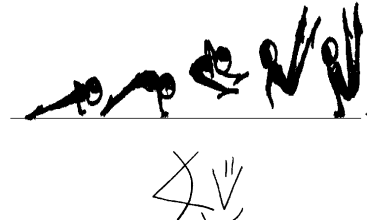


0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : PUSH UP FAMILY (PUSH UP)</b>				
<p>A 101 PUSH UP</p> 	<p>A 102 1 LEG PUSH UP</p> 	<p>A 103 1 ARM PUSH UP</p> 	<p>A 104 1 ARM 1 LEG PUSH UP</p> 	
	<p>A 112 STRADDLE LATERAL PUSH UP</p> 		<p>A 114 1 ARM STRADDLE LATERAL PUSH UP</p> 	
	<p>A 122 LATERAL PUSH UP</p> 	<p>A 123 1 LEG LATERAL PUSH UP</p> 		<p>A 125 1 ARM 1 LEG LATERAL PUSH UP</p> 
	<p>A 132 HINGE PUSH UP</p> 	<p>A 133 1 LEG HINGE PUSH UP</p> 	<p>A 134 1 ARM HINGE PUSH UP</p> 	<p>A 135 1 ARM 1 LEG HINGE PUSH UP</p> 

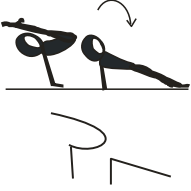
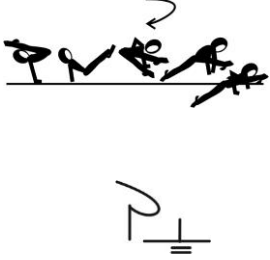
0.6	0.7	0.8	0.9	1.0

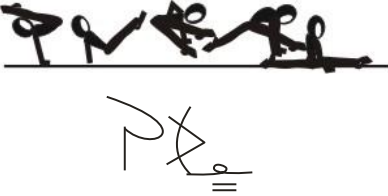

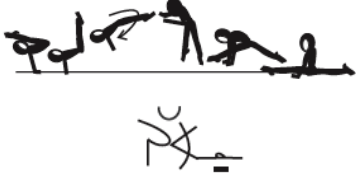
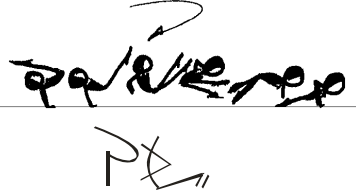



0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : PUSH UP FAMILY (WENSON)</b>				
	<p>A 142 WENSON PUSH UP</p> 	<p>A 143 WENSON HINGE PUSH UP OR LATERAL PUSH UP</p> 		
		<p>A 153 LIFTED WENSON PUSH UP</p> 	<p>A 154 LIFTED WENSON HINGE PUSH UP OR LATERAL PUSH UP</p> 	



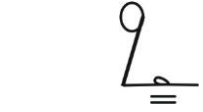

0.6	0.7	0.8	0.9	1.0

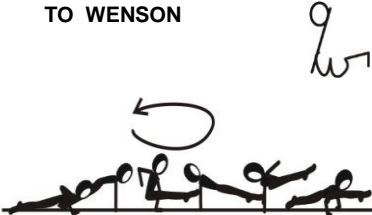
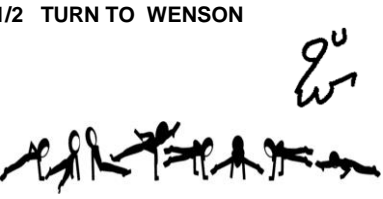
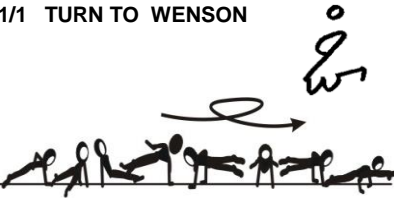
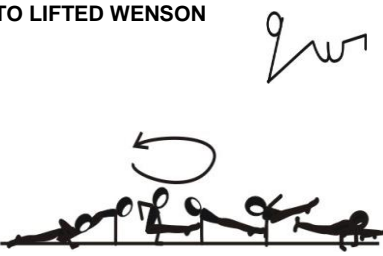
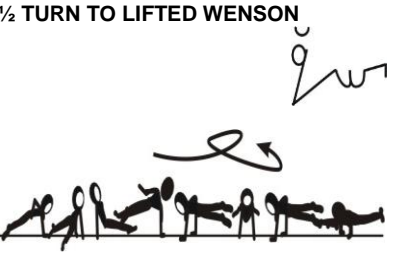
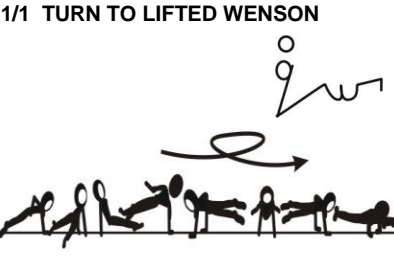
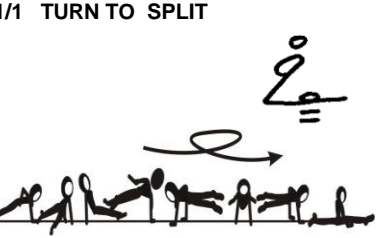
0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : EXPLOSIVE PUSH UP FAMILY (A FRAME, CUT)</b>				
			<p>A 184 EXPLOSIVE A-FRAME</p> 	
			<p>A 194 EXPLOSIVE A-FRAME TO SPLIT</p> 	
				<p>A 205 EXPLOSIVE A-FRAME TO WENSON</p> 
				<p>A 215 STRADDLE CUT</p> 


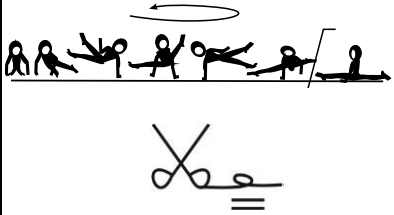
0.6	0.7	0.8	0.9	1.0
<p>A 186 EXPLOSIVE A-FRAME ½ TURN</p> 				
<p>A 196 EXPLOSIVE A-FRAME ½ TURN TO SPLIT</p> 		<p>A 198 EXPLOSIVE A-FRAME 1/2 TURN ½ TWIST TO BACK SUPPORT</p> 		
<p>A 206 EXPLOSIVE A-FRAME TO LIFTED WENSON</p> 	<p>A 207 EXPLOSIVE A-FRAME 1/2 TURN TO WENSON</p> 	<p>A 208 EXPLOSIVE A-FRAME 1/2 TURN TO LIFTED WENSON</p> 		
<p>A 216 STRADDLE CUT TO L-SUPPORT</p> 	<p>A 217 STRADDLE CUT TO STRADDLE V-SUPPORT</p> 	<p>A 218 STRADDLE CUT TO V-SUPPORT</p> 	<p>A 219 STRADDLE CUT 1/2 TWIST TO PUSH UP</p> 	<p>A 220 STRADDLE CUT 1/2 TWIST TO WENSON</p> 



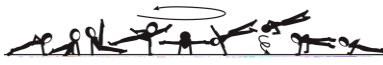


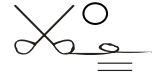




















0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : EXPLOSIVE SUPPORT FAMILY (HIGH V SUPPORT &amp; REVERSE CUT)</b>				
	<p data-bbox="504 196 772 240">A-222 HIGH V- SUPPORT TO- BACK-SUPPORT</p> 			<p data-bbox="1756 196 2114 217">A 225 HIGH V-SUPPORT TO SPLIT</p> 

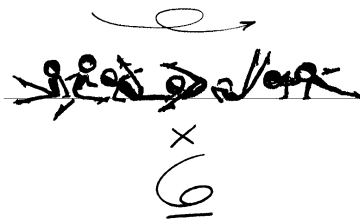
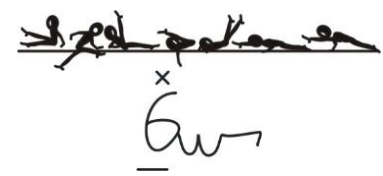
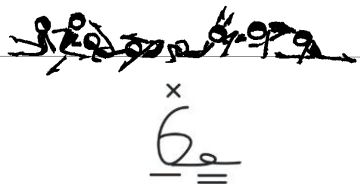
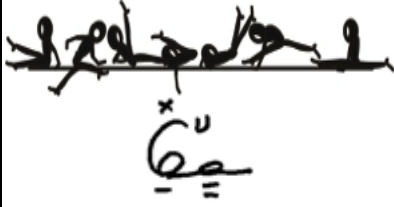
0.6	0.7	0.8	0.9	1.0
<p>A 226 HIGH V-SUPPORT REVERSE CUT TO SPLIT</p> 	<p>A 227 HIGH V-SUPPORT ½ TURN TO FRONTAL SPLIT</p> 	<p>A 228 HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT</p> 		<p>A 230 HIGH V-SUPPORT, REVERSE STRADDLE CUT TO PUSH UP (SALVAN)</p> 
	<p>A 237 HIGH V-SUPPORT ½ TWIST TO PUSH UP</p> 		<p>A 239 HIGH V-SUPPORT ½ TWIST TO WENSON</p> 	<p>A 240 HIGH V-SUPPORT ½ TWIST TO LIFTED WENSON</p> 



0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY (DOUBLE LEG CIRCLE)</b>				
				<p>A 265 DOUBLE LEG 1/1 CIRCLE (1 OR 2)</p>  
				<p>A 285 DOUBLE LEG 1/1 CIRCLE TO SPLIT</p>  


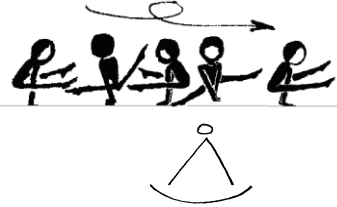
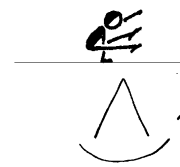
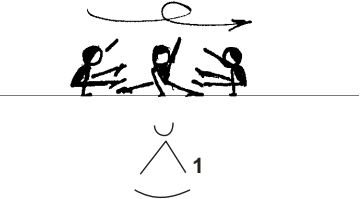
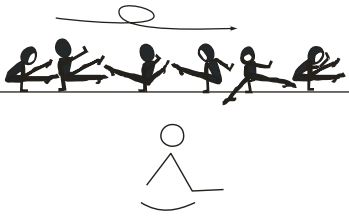
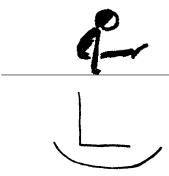
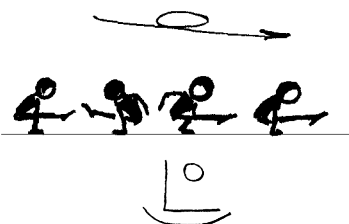
0.6	0.7	0.8	0.9	1.0
<p>A 266 DOUBLE LEG 1/1 CIRCLE TO WENSON</p> 	<p>A 267 DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO WENSON</p> 	<p>A 268 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON</p> 		
	<p>A 277 DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON</p> 	<p>A 278 DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON</p> 	<p>A 279 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON</p> 	
	<p>A 287 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT</p> 			

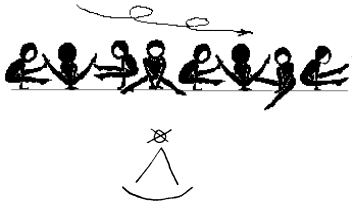
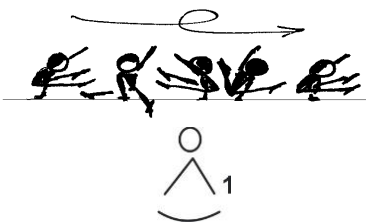
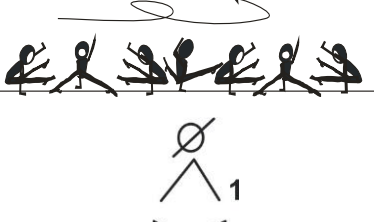

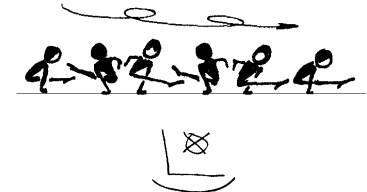
0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY (FLAIR)</b>				
				<p>A 305 FLAIR (1 OR 2)</p> 
				<p>A 315 FLAIR TO SPLIT</p> 


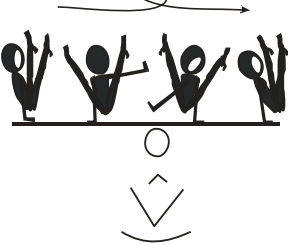

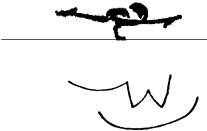
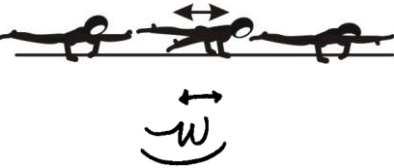
0.6	0.7	0.8	0.9	1.0
			<p>A 309. FLAIR 1/1 TWIST AIRBORNE TO PU</p>  	<p>A 310. FLAIR 1/2 TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON</p>  
	<p>A 317 FLAIR 1/1 TURN TO SPLIT</p>  		<p>A 319 FLAIR + AIR FLAIR (1 OR 2)</p>  	<p>A 320 FLAIR + AIR FLAIR (1 OR 2) + FLAIR</p>  
<p>A 326 FLAIR TO WENSON</p>  	<p>A 327 FLAIR 1/2 TURN TO WENSON</p>  	<p>A 328 FLAIR 1/1 TURN TO WENSON</p>  	<p>A 329 FLAIR 1/1 SPINDLE TO WENSON</p>  	<p>A 330 FLAIR BOTH SIDES</p>  
	<p>A 337. FLAIR TO LIFTED WENSON</p>  	<p>A 338 FLAIR 1/2 TURN TO LIFTED WENSON</p>  	<p>A 339 FLAIR 1/1 TURN TO LIFTED WENSON</p>  	

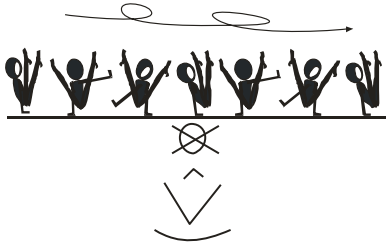
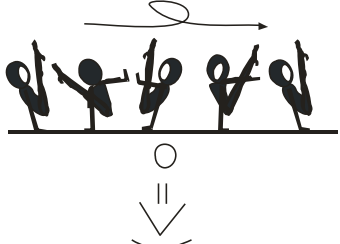
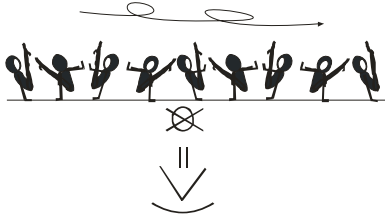

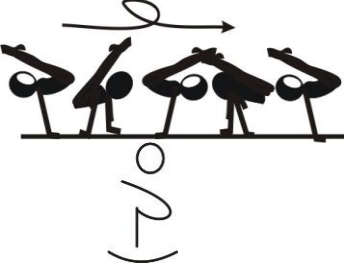
0.1	0.2	0.3	0.4	0.5
<b>GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY AND HELICOPTER FAMILY</b>				
			<p>A 364 HELICOPTER</p> 	<p>A 365 HELICOPTER TO WENSON</p> 
			<p>A 374 HELICOPTER TO SPLIT</p> 	<p>A 375 HELICOPTER 1/2 TURN TO SPLIT</p> 

0.6	0.7	0.8	0.9	1.0
<p>A 366 HELICOPTER TO LIFTED WENSON</p>  <p><u>6w</u><sup>x</sup></p>		<p>A 368 HELICOPTER 1/1 TWIST TO WENSON</p>  <p><u>6e</u><sup>x</sup></p>		











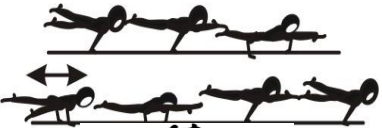







0.1	0.2	0.3	0.4	0.5
<b>GROUP B - STATIC STRENGTH : SUPPORT FAMILY (STRADDLE AND L SUPPORT)</b>				
	<p data-bbox="504 225 808 245">B 102 STRADDLE SUPPORT</p> 		<p data-bbox="1337 225 1641 272">B 104 STRADDLE SUPPORT 1/1 TURN</p> 	
			<p data-bbox="1337 544 1709 564">B 114 1 ARM STRADDLE SUPPORT</p> 	<p data-bbox="1753 544 2148 592">B 115 1 ARM 1/2 TURN STRADDLE SUPPORT</p> 
			<p data-bbox="1337 847 1673 895">B 124 STRADDLE / L SUPPORT 1/1 TURN</p> 	
	<p data-bbox="504 1150 701 1171">B 132 L-SUPPORT</p> 		<p data-bbox="1337 1150 1632 1171">B 134 L-SUPPORT 1/1 TURN</p> 	


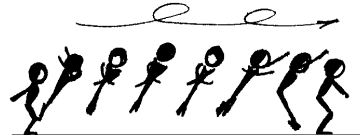


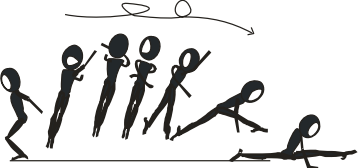


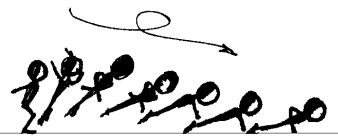
0.6	0.7	0.8	0.9	1.0
<p>B 106 STRADDLE SUPPORT 2/1 TURN OR MORE</p> 				
<p>B 116 1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)</p> 	<p>B 117 1 ARM 1 1/2 TURN STRADDLE SUPPORT</p> 			
<p>B 126 STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)</p> 				
<p>B 136 L-SUPPORT 2/1 TURN OR MORE</p> 				

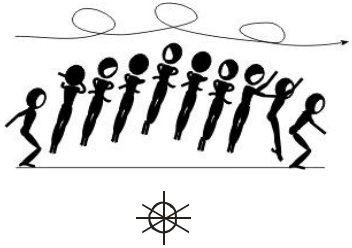
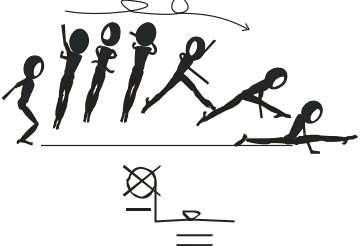
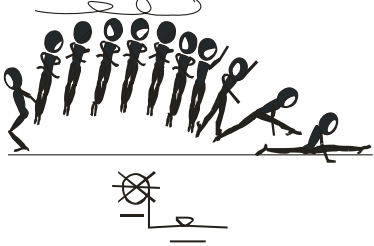
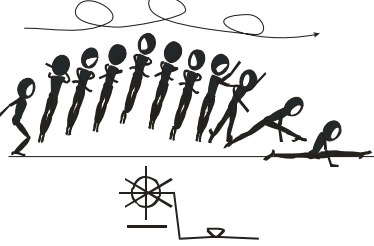
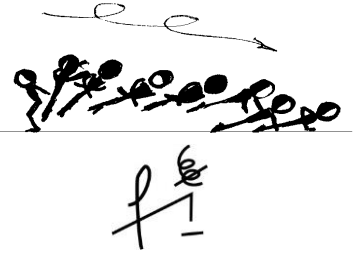
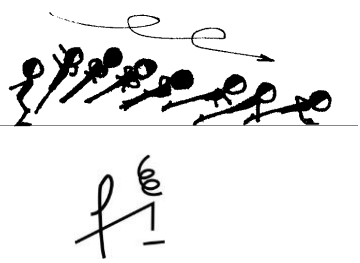

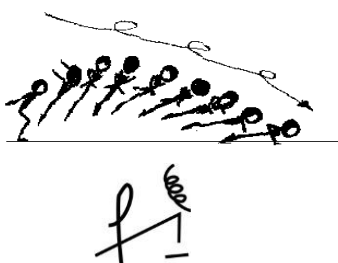
0.1	0.2	0.3	0.4	0.5
<b>GROUP B - STATIC STRENGTH : V-SUPPORT FAMILY AND HORIZONTAL SUPPORT FAMILY</b>				
		<p data-bbox="925 196 1240 215">B 143 STRADDLE V-SUPPORT</p> 		<p data-bbox="1771 196 2087 240">B 145 STRADDLE V-SUPPORT 1/1 TURN</p> 
				<p data-bbox="1760 515 1966 534">B 155 V-SUPPORT</p> 
		<p data-bbox="925 1163 1252 1208">B 175 LIFTED STATIC WENSON SUPPORT</p> 	<p data-bbox="1344 1163 1671 1208">B 176 LIFTED STATIC WENSON SUPPORT BOTH SIDES</p> 	


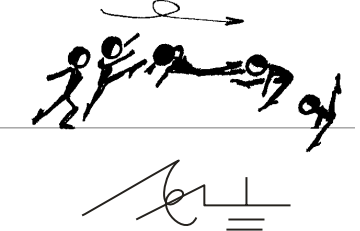
0.6	0.7	0.8	0.9	1.0
	<p data-bbox="504 196 862 240"><b>B 147 STRADDLE V-SUPPORT 2/1 TURN</b></p> 			
	<p data-bbox="504 518 801 539"><b>B 157 V-SUPPORT 1/1 TURN</b></p> 		<p data-bbox="1337 518 1637 539"><b>B 159 V-SUPPORT 2/1 TURN</b></p> 	
		<p data-bbox="920 841 1178 861"><b>B 168 HIGH V-SUPPORT</b></p> 		<p data-bbox="1753 841 2114 861"><b>B 168 HIGH V-SUPPORT 1/1 TURN</b></p> 

0.1	0.2	0.3	0.4	0.5
<b>GROUP B - STATIC STRENGTH : HORIZONTAL SUPPORT FAMILY</b>				

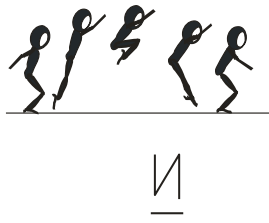
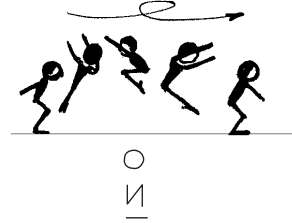
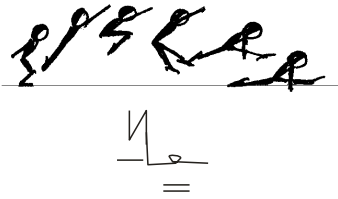
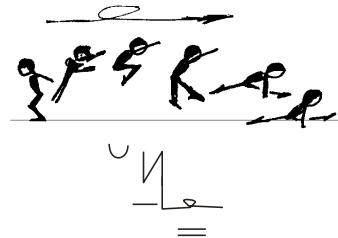
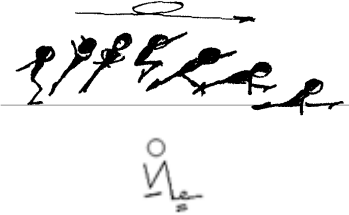
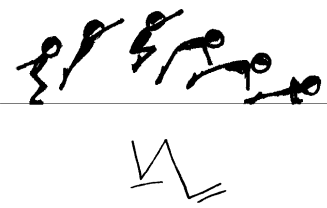
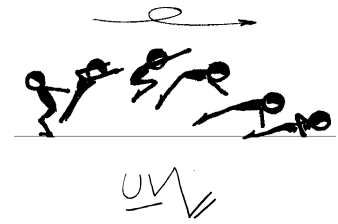
0.6	0.7	0.8	0.9	1.0
<p>B 186 STRADDLE PLANCHE</p>  	<p>B 187 STRADDLE PLANCHE TO PUSH UP</p>  			
		<p>B 198 STRADDLE PLANCHE TO LIFTED WENSON</p>  		<p>B 199 STRADDLE PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE</p>  
		<p>B 208 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES</p>  		<p>B 210 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE</p>  
		<p>B 218 PLANCHE</p>  	<p>B 219 PLANCHE TO PUSH UP</p>  	<p>B 220 PLANCHE TO LIFTED WENSON</p>  

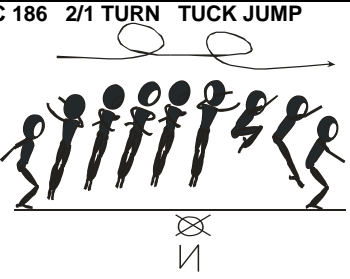
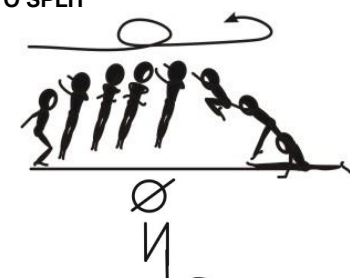
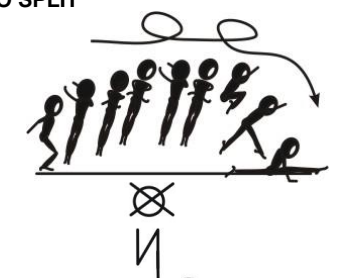
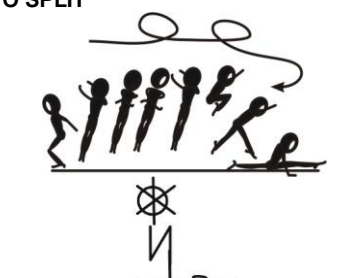
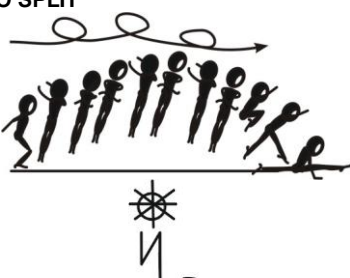
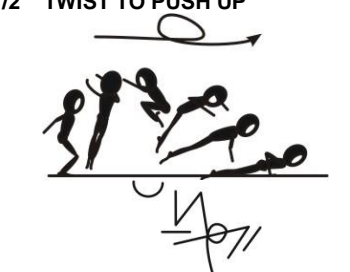
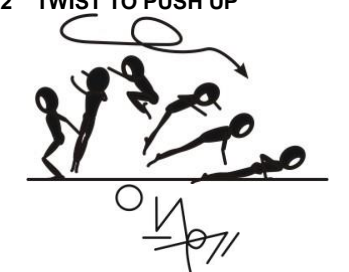
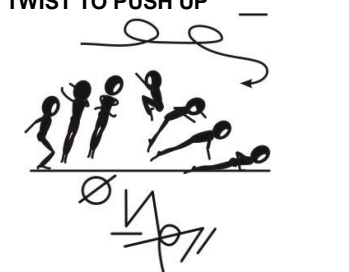
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS AND LEAPS : STRAIGHT JUMP FAMILY (AIR TURN &amp; FREE FALL)</b>				
		<p>C 103 1/1 AIR TURN</p>  <p style="text-align: center;">○</p>		<p>C 105 2/1 AIR TURN</p>  <p style="text-align: center;">⊗</p>
		<p>C 113 1/2 AIR TURN TO SPLIT</p>  <p style="text-align: center;">4</p>	<p>C 114 1/1 AIR TURN TO SPLIT</p>  <p style="text-align: center;">0</p>	<p>C 115 1 1/2 AIR TURN TO SPLIT</p>  <p style="text-align: center;">9</p>
		<p>C 123 FREE FALL AIRBORNE</p>  <p style="text-align: center;">f</p>	<p>C 124 FREE FALL 1/2 TWIST AIRBORNE</p>  <p style="text-align: center;">f e</p>	<p>C 125 FREE FALL 1/1 TWIST AIRBORNE</p>  <p style="text-align: center;">f e</p>


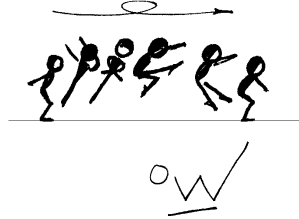
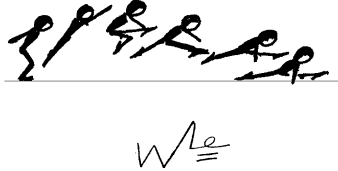
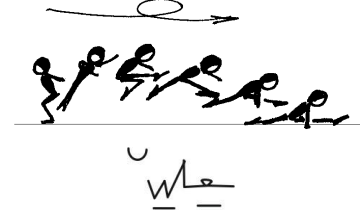

0.6	0.7	0.8	0.9	1.0
		<p>C 108 3/1 AIR TURN</p> 		
<p>C 116 2/1 AIR TURN TO SPLIT</p> 		<p>C 118 2 1/2 AIR TURN TO SPLIT</p> 	<p>C 119 3/1 AIR TURN TO SPLIT</p> 	
<p>C 126 FREE FALL 1 1/2 TWIST AIRBORNE</p> 	<p>C 127 FREE FALL 2/1 TWIST AIRBORNE</p> 		<p>C 129 FREE FALL 2 1/2 TWIST AIRBORNE</p> 	<p>C 130 FREE FALL 3/1 TWIST AIRBORNE (BENJAMIN)</p> 

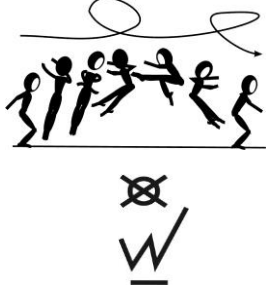


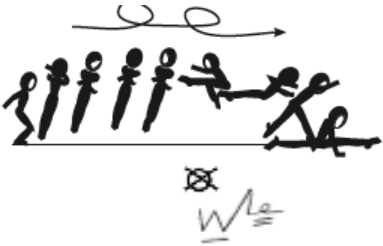



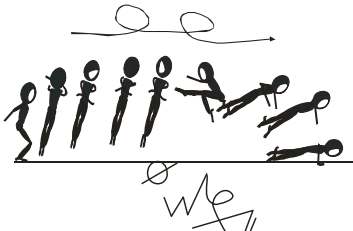
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS AND LEAPS : HORIZONTAL JUMP FAMILY (GAINER)</b>				
			<p data-bbox="1339 220 1621 240">C 144 GAINER 1/2 TWIST</p>  <p>The diagram shows a stick figure in a horizontal jumping position. An arrow above the figure indicates a half-twist. Below the figure is a signature and the number '11'.</p>	
			<p data-bbox="1339 542 1621 587">C 154 GAINER 1/2 TWIST TO SPLIT</p>  <p>The diagram shows a stick figure in a horizontal jumping position. An arrow above the figure indicates a half-twist. Below the figure is a signature and the number '11'.</p>	

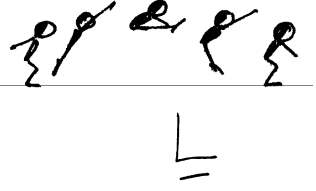

	0.7	0.8	0.9	1.0
	<p>C 147 GAINER 1 1/2 TWIST</p>			<p>C 150 GAINER 2 1/2 TWIST</p>
	<p>C 157 GAINER 1 1/2 TWIST TO FRONTAL SPLIT</p>			<p>C 160 GAINER 2 1/2 TWIST TO FRONTAL SPLIT</p>

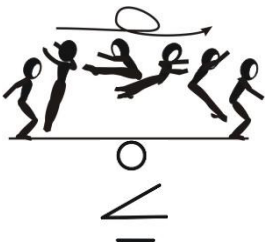
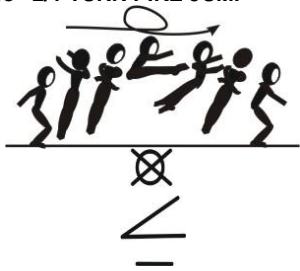
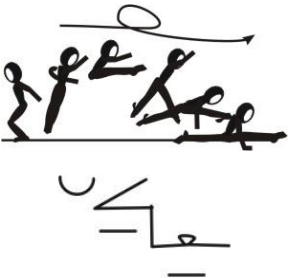

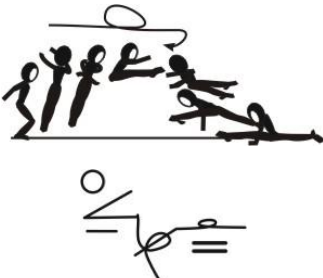
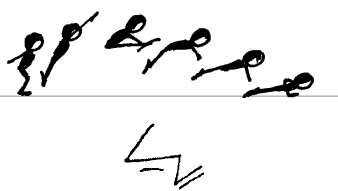


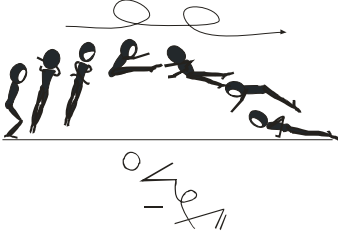
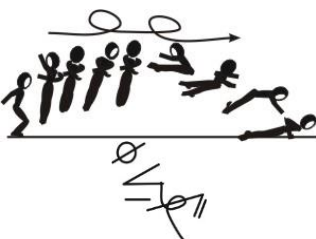
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : BENT LEG(S) JUMP FAMILY (TUCK)</b>				
	<p data-bbox="504 196 694 215">C 182 TUCK JUMP</p> 		<p data-bbox="1337 196 1635 215">C 184 1/1 TURN TUCK JUMP</p> 	
		<p data-bbox="929 515 1220 534">C 193 TUCK JUMP TO SPLIT</p> 	<p data-bbox="1337 515 1646 558">C 194 1/2 TURN TUCK JUMP TO SPLIT</p> 	<p data-bbox="1758 515 2060 558">C 195 1/1 TURN TUCK JUMP TO SPLIT</p> 
			<p data-bbox="1337 845 1668 865">C 204 TUCK JUMP TO PUSH UP</p> 	<p data-bbox="1758 845 2060 888">C 205 1/2 TURN TUCK JUMP TO PUSH UP</p> 

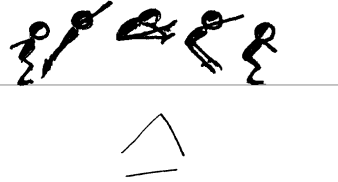
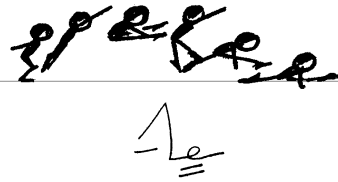
0.6	0.7	0.8	0.9	1.0
<p>C 186 2/1 TURN TUCK JUMP</p> 				
<p>C 196 1 1/2 TURN TUCK JUMP TO SPLIT</p> 	<p>C 197 2/1 TURN TUCK JUMP TO SPLIT</p> 		<p>C 199 2 1/2 TURN TUCK JUMP TO SPLIT</p> 	<p>C 200 3/1 TURN TUCK JUMP TO SPLIT</p> 
<p>C 206 1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 207 1/1 TURN TUCK JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 208 1 1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP</p> 		

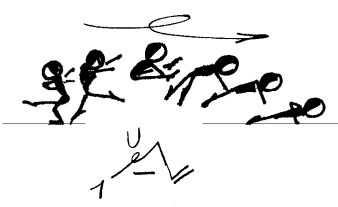
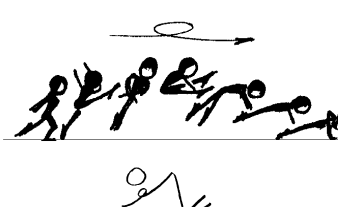
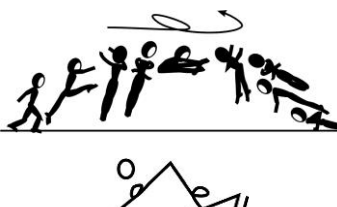
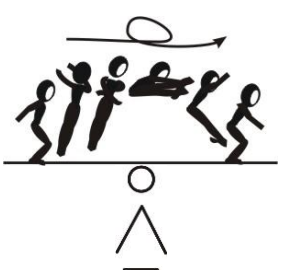
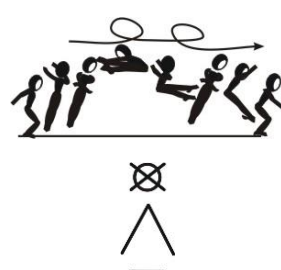
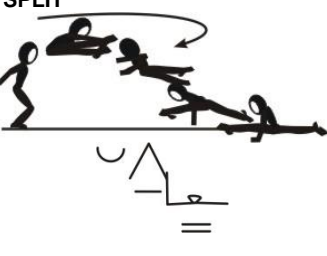
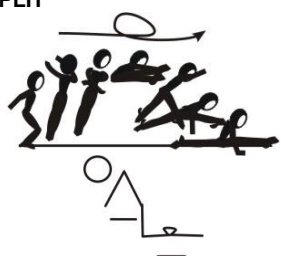
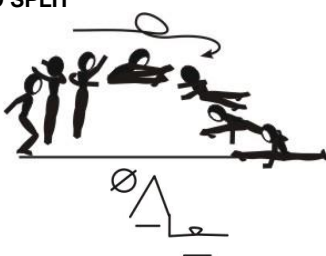
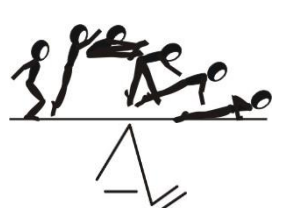
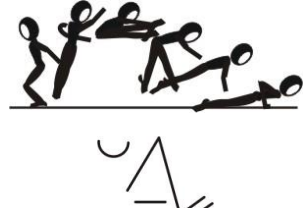


0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : BENT LEG(S) JUMP FAMILY (COSSACK)</b>				
		<p data-bbox="925 196 1167 215">C 223 COSSACK JUMP</p> 		<p data-bbox="1758 196 2107 215">C 225 1/1 TURN COSSACK JUMP</p> 
			<p data-bbox="1341 515 1686 534">C 234 COSSACK JUMP TO SPLIT</p> 	<p data-bbox="1758 515 2107 560">C 235 1/2 TURN COSSACK JUMP TO SPLIT</p> 
				<p data-bbox="1758 821 2130 841">C 245 COSSACK JUMP TO PUSH UP</p> 

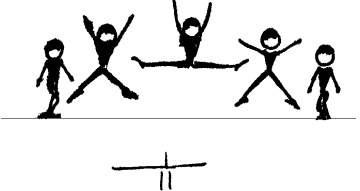

0.6	0.7	0.8	0.9	1.0
	<p>C 227 2/1 TURN COSSACK JUMP</p> 			
<p>C 236 1/1 TURN COSSACK JUMP TO SPLIT</p> 	<p>C 237 1 1/2 TURN COSSACK JUMP TO SPLIT</p> 	<p>C 238 2/1 TURN COSSACK JUMP TO SPLIT</p> 		
<p>C 246 COSSACK JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 247 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 248 1/1 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP (JULIEN)</p> 	<p>C 249 1 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP (ALCAN)</p> 	

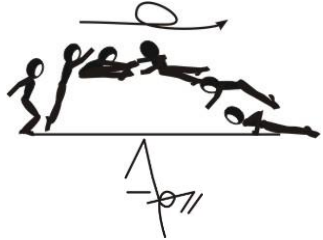
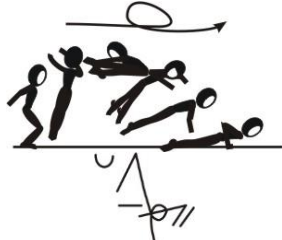
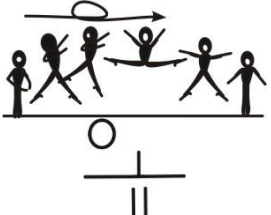
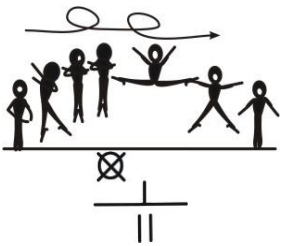
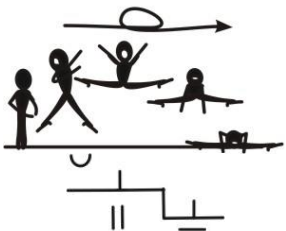
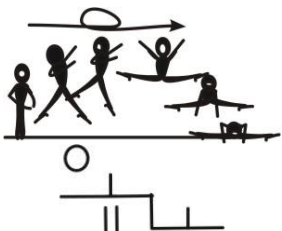
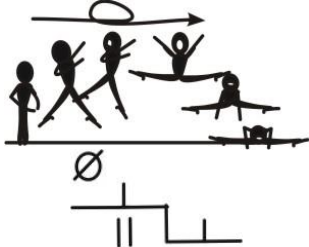
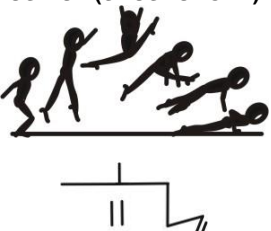
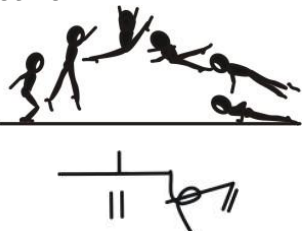
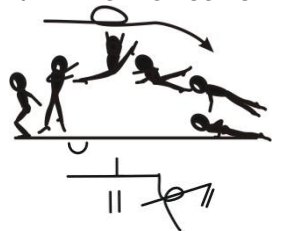
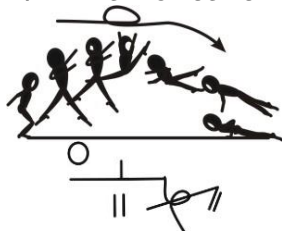
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS: PIKE JUMP FAMILY</b>				
			<p data-bbox="1339 193 1547 213">C 264 PIKE JUMP</p>  <p>The diagram shows a stick figure in three stages of a pike jump. In the first stage, the figure is in a starting crouch. In the second stage, the figure is in a pike position with legs raised and feet together. In the third stage, the figure is in a landing crouch. Below the figures is a horizontal line representing the ground, with a small 'L' and two horizontal lines underneath it.</p>	
				<p data-bbox="1756 512 2047 533">C 275 PIKE JUMP TO SPLIT</p>  <p>The diagram shows a stick figure in three stages of a pike jump to split. In the first stage, the figure is in a starting crouch. In the second stage, the figure is in a pike position with legs raised and feet together. In the third stage, the figure is in a split landing position with legs spread wide. Below the figures is a horizontal line representing the ground, with a small 'L' and two horizontal lines underneath it.</p>

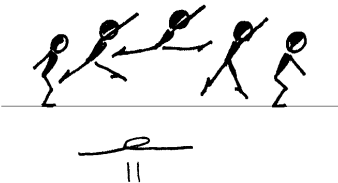

0.6	0.7	0.8	0.9	1.0
<p>C 266 1/1 TURN PIKE JUMP</p> 		<p>C 268 2/1 TURN PIKE JUMP</p> 		
<p>C 276 1/2 TURN PIKE JUMP TO SPLIT</p> 	<p>C 277 1/1 TURN PIKE JUMP TO SPLIT</p> 	<p>C 278 1 1/2 TURN PIKE JUMP TO SPLIT</p> 		
<p>C 286 PIKE JUMP TO PUSH UP</p> 	<p>C 287 PIKE JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 288 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 289 1/1 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 290 1 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</p> 

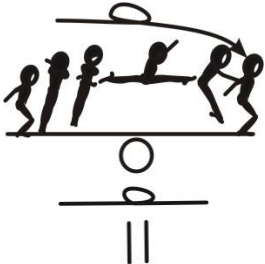
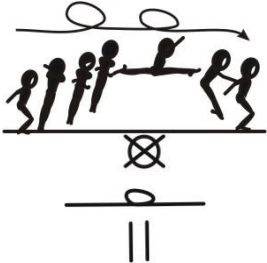
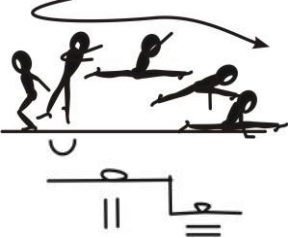
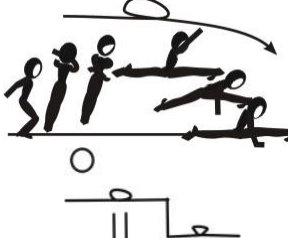
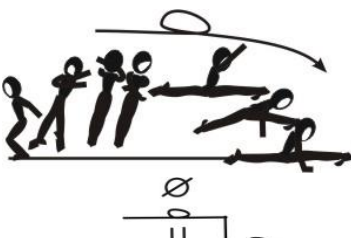
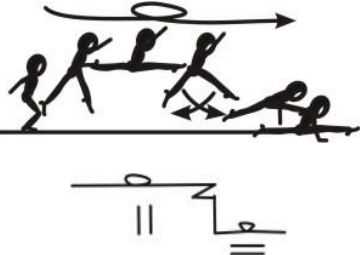
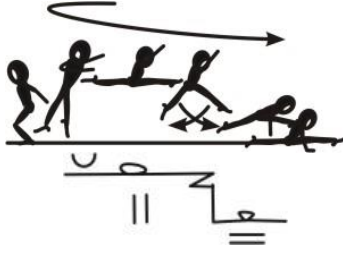
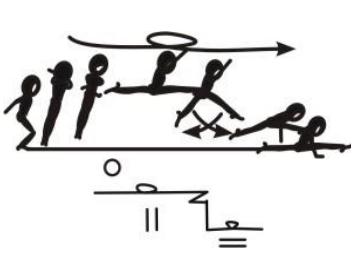
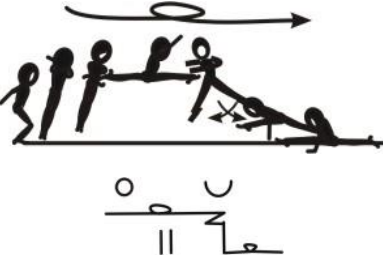

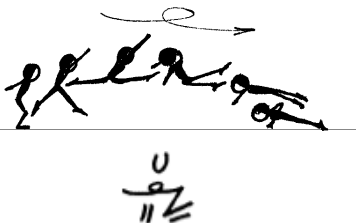
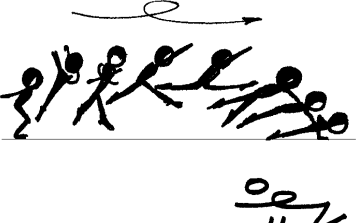
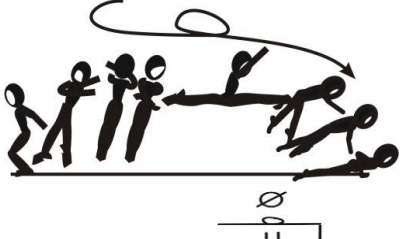
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : STRADDLE JUMP FAMILY (STRADDLE)</b>				
			<p data-bbox="1339 549 1608 568">C 314 STRADDLE JUMP</p>  <p>The diagram shows a stick figure in four stages of a straddle jump. 1. The figure is in a starting crouch. 2. The figure is jumping upwards with legs spread. 3. The figure is at the peak of the jump with legs spread wide. 4. The figure is landing in a crouch. Below the sequence is a simple triangle symbol with a horizontal line underneath it.</p>	
				<p data-bbox="1756 869 2114 888">C 325 STRADDLE JUMP TO SPLIT</p>  <p>The diagram shows a stick figure in four stages of a straddle jump to split. 1. The figure is in a starting crouch. 2. The figure is jumping upwards with legs spread. 3. The figure is at the peak of the jump with legs spread wide. 4. The figure is landing in a split position. Below the sequence is a simple triangle symbol with a horizontal line underneath it.</p>






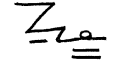
0.6	0.7	0.8	0.9	1.0
	<p>C 307 1/2 TURN STRADDLE LEAP TO PUSH UP (KALOYANOV)</p> 	<p>C 308 1/1 TURN STRADDLE LEAP TO PUSH UP</p> 	<p>C 309 1/1 TURN STRADDLE LEAP 1/2 TWIST TO PU</p> 	
<p>C 316 1/1 TURN STRADDLE JUMP</p> 		<p>C 318 2/1 TURN STRADDLE JUMP</p> 		
<p>C 326 1/2 TURN STRADDLE JUMP TO SPLIT</p> 	<p>C 327 1/1 TURN STRADDLE JUMP TO SPLIT</p> 	<p>C 328 1 1/2 TURN STRADDLE JUMP TO SPLIT</p> 		
<p>C 336 STRADDLE JUMP TO PUSH UP</p> 	<p>C 337 1/2 TURN STRADDLE JUMP TO PUSH UP</p> 	<p>C 338 1/1 TURN STRADDLE JUMP TO PUSH UP</p> 	<p>C 339 1 1/2 TURN STRADDLE JUMP TO PUSH UP</p> 	



0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : STRADDLE JUMP FAMILY (FRONTAL SPLIT)</b>				
			<p data-bbox="1346 566 1664 587"><b>C 354 FRONTAL SPLIT JUMP</b></p> 	
				<p data-bbox="1760 888 2101 933"><b>C 365 FRONTAL SPLIT JUMP TO FRONTAL SPLIT</b></p> 

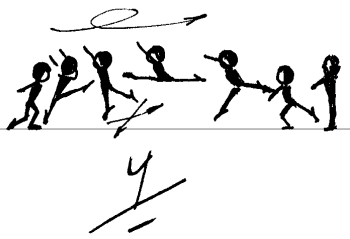
0.6	0.7	0.8	0.9	1.0
		<p>C 348 STRADDLE JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 349 1/2 TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP</p> 	
<p>C 356 1/1 TURN FRONTAL SPLIT JUMP</p> 		<p>C 358 2/1 TURN FRONTAL SPLIT JUMP</p> 		
<p>C 366 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT</p> 	<p>C 367 1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT</p> 	<p>C 368 1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT</p> 		
<p>C 376 FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)</p> 	<p>C 377 1/2 TURN FRONTAL SPLIT JUMP TO PUSH UP</p> 	<p>C 378 1/2 TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PUSH UP</p> 	<p>C 379 1/1 TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PUSH UP</p> 	















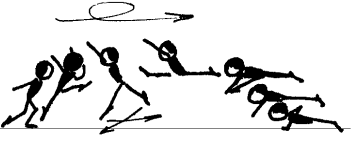

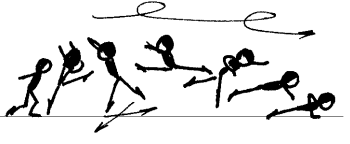


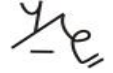
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : SPLITJUMP FAMILY (SPLIT)</b>				
			<p data-bbox="1339 188 1541 209">C 384 SPLIT JUMP</p> 	
				<p data-bbox="1756 510 2060 531">C 395 SPLIT JUMP TO SPLIT</p> 

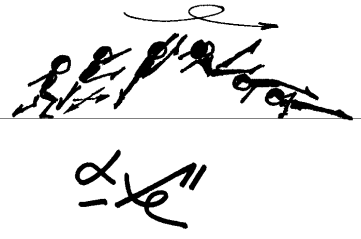
0.6	0.7	0.8	0.9	1.0
<p>C 386 1/1 TURN SPLIT JUMP</p> 		<p>C 388 2/1 TURN SPLIT JUMP</p> 		
<p>C 396 1/2 TURN SPLIT JUMP TO SPLIT</p> 	<p>C 397 1/1 TURN SPLIT JUMP TO SPLIT</p> 	<p>C 398 1 1/2 TURN SPLIT JUMP TO SPLIT DRAWING</p> 		
<p>C 406 SPLIT JUMP SWITCH TO SPLIT</p> 	<p>C 407 1/2 TURN SPLIT JUMP SWITCH TO SPLIT</p> 	<p>C 408 1/1 TURN SPLIT JUMP SWITCH TO SPLIT</p> 	<p>C 409 1 1/2 TURN SPLIT JUMP SWITCH TO SPLIT</p> 	
<p>C 416 SPLIT JUMP TO PUSH UP</p> 	<p>C 417 1/2 TURN SPLIT JUMP TO PUSH UP</p> 	<p>C 418 1/1 TURN SPLIT JUMP TO PUSH UP</p> 	<p>C 419 1 1/2 TURN SPLIT JUMP TO PUSH UP</p> 	

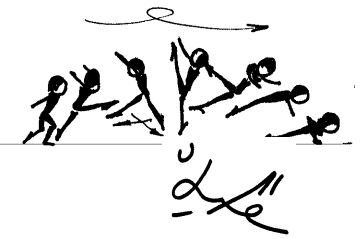
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : SPLITJUMP FAMILY (SWITCH SPLIT LEAP)</b>				
			<p data-bbox="1339 188 1621 209">C 424 SWITCH SPLIT LEAP</p>  	<p data-bbox="1756 188 2038 233">C 425 SWITCH SPLIT LEAP ½ TURN</p>  
				<p data-bbox="1756 515 2038 560">C 426 SWITCH SPLIT LEAP TO SPLIT</p>  


0.6	0.7	0.8	0.9	1.0
<p>C 436 SWITCH SPLIT LEAP 1/2 TURN TO SPLIT</p>  <p style="text-align: center;">Z<sub>4</sub><sub>e</sub></p>				
<p>C 446 SWITCH SPLIT LEAP TO PUSH UP</p>  <p style="text-align: center;">Z<sub>4</sub></p>				

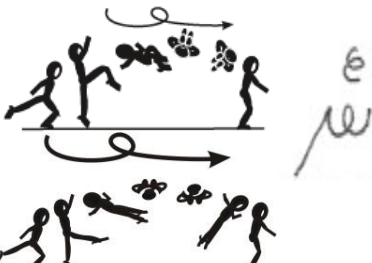
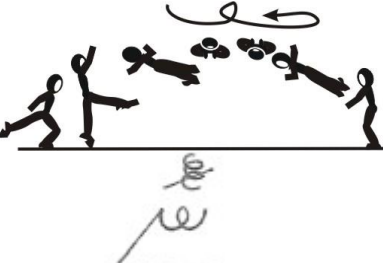
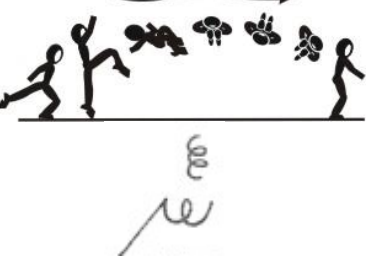
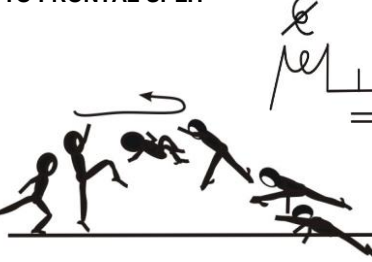
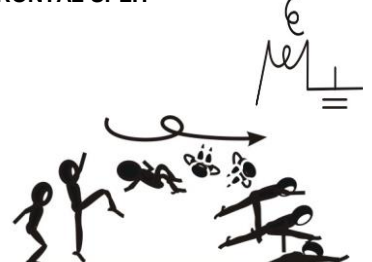

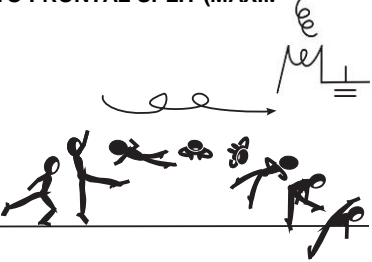



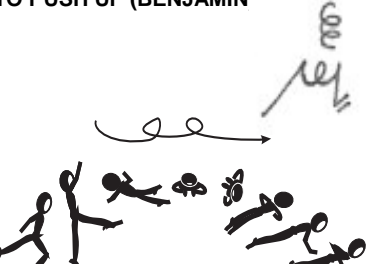
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : SPLITJUMP FAMILY (SCISSORS LEAP)</b>				
				<p data-bbox="1758 185 2094 209">C 465 SCISSORS LEAP ½ TURN</p> 

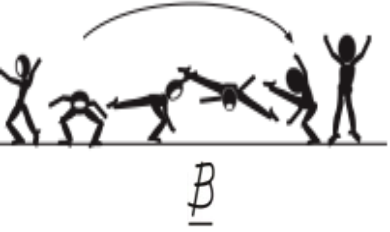
0.6	0.7	0.8	0.9	1.0
<p>C 466 SCISSORS LEAP 1/1 TURN</p>  	<p>C 467 SCISSORS LEAP 1 1/2 TURN</p>  			
<p>C 476 SCISSORS LEAP 1/2 TURN TO SPLIT</p>  	<p>C 477 SCISSORS LEAP 1/1 TURN TO SPLIT</p>  	<p>C 478 SCISSORS LEAP 1 1/2 TURN TO SPLIT</p>  		
	<p>C 487 SCISSORS LEAP 1/2 TURN SWITCH TO SPLIT (MARCHENKOV)</p>  	<p>C 488 SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT</p>  		
	<p>C 497 SCISSORS LEAP 1/2 TURN TO PUSH UP</p>  	<p>C 498 SCISSORS LEAP 1/2 TURN 1/2 TWIST TO PUSH UP</p>  		<p>C 500 SCISSORS LEAP 1/2 TURN 1/1 TWIST TO PUSH UP (NEZEZON)</p>  



0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : KICK JUMP FAMILY (SCISSORS KICK)</b>				
				<p data-bbox="1758 220 2145 268">C 505 SCISSORS KICK 1/2 TWIST TO PUSH UP</p> 

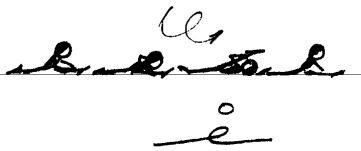
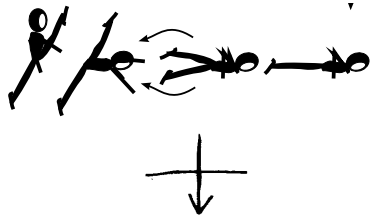


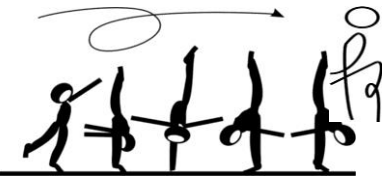
0.6	0.7	0.8	0.9	1.0
<p>C 506 1/2 TURN SCISSORS KICK 1/2 TWIST TO PUSH UP</p> 				

0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : OFF AXIS JUMP</b>				
				<p data-bbox="1765 193 2092 213">C 545 ½ TWIST OFF AXIS JUMP</p> 

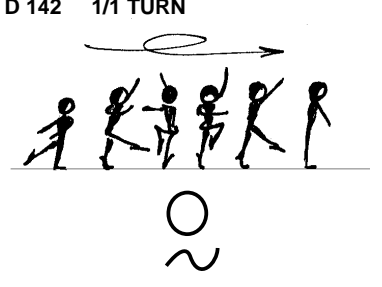
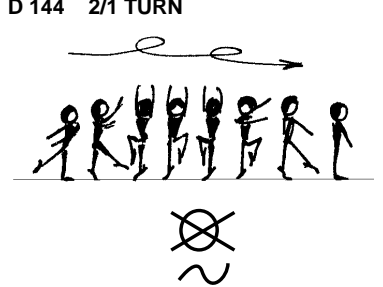
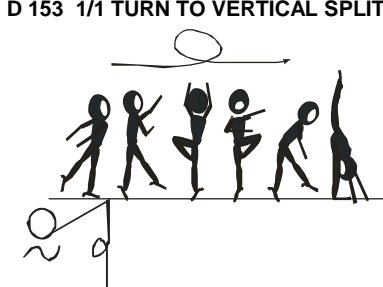
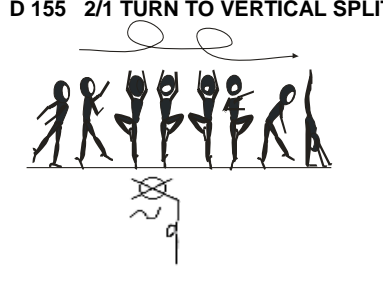

0.6	0.7	0.8	0.9	1.0
<p>C 546. 1/1 TWIST OFF AXIS JUMP</p> 		<p>548 1 1/2 TWIST OFF AXIS JUMP</p> 	<p>C 549 2/1 TWISTS OFF AXIS JUMP</p> 	
<p>C 556 1/2 TWIST OFF AXIS JUMP TO FRONTAL SPLIT</p> 	<p>C 557. 1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT</p> 		<p>C 559. 1 1/2 TWIST OFF AXIS JUMP TO FRONTAL SPLIT</p> 	<p>C 560. 2/1 TWISTS OFF AXIS JUMP TO FRONTAL SPLIT (MAXIM<sup>2</sup>)</p> 
<p>C 566 1/2 TWIST OFF AXIS JUMP TO PUSH UP</p> 	<p>C 567. 1/1 TWIST OFF AXIS JUMP TO PUSH UP</p> 		<p>C 569. 1 1/2 TWIST OFF AXIS JUMP TO PUSH UP</p> 	<p>C 570 2/1 TWISTS OFF AXIS JUMP TO PUSH UP (BENJAMIN)</p> 


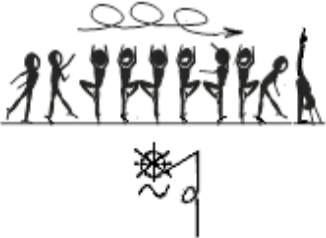
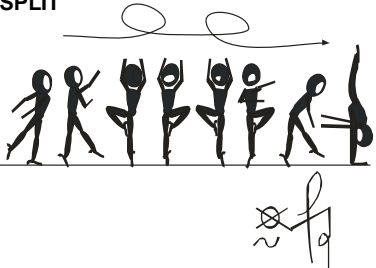
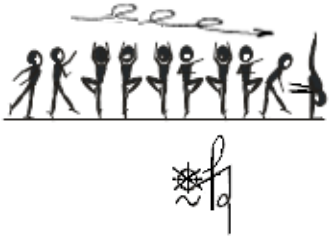
0.1	0.2	0.3	0.4	0.5
<b>GROUP C - JUMPS &amp; LEAPS : BUTTERFLY JUMP</b>				
			<p data-bbox="1339 193 1541 213">C 584 BUTTERFLY</p>  <p>The diagram shows a sequence of five stick figures illustrating the stages of a butterfly jump. From left to right: 1. A stick figure in a starting crouch. 2. A stick figure with arms and legs extended forward. 3. A stick figure in mid-air with arms and legs spread wide. 4. A stick figure with arms and legs tucked back, preparing to land. 5. A stick figure standing upright with arms raised in a landing pose. A curved arrow above the figures indicates the path of the jump. Below the figures is a horizontal line representing the ground, with a stylized letter 'B' centered underneath it.</p>	

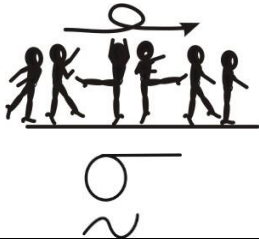
0.6	0.7	0.8	0.9	1.0
	<p data-bbox="504 193 808 217">C 587 BUTTERFLY 1/1 TWIST</p>  <p data-bbox="712 384 748 472">1 B</p>			<p data-bbox="1753 193 2063 217">C 790 BUTTERFLY 2/1 TWIST</p>  <p data-bbox="1944 360 1980 464">1 B</p>

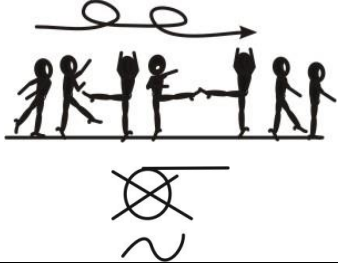
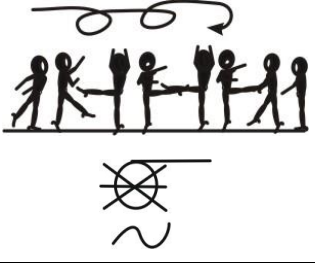
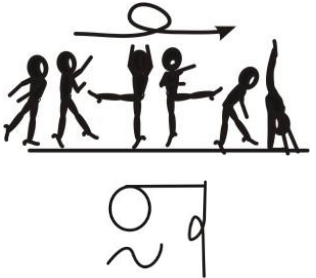
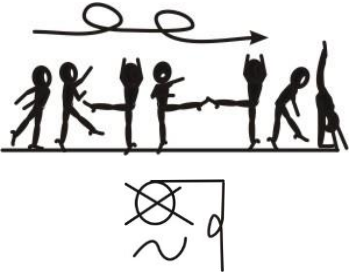
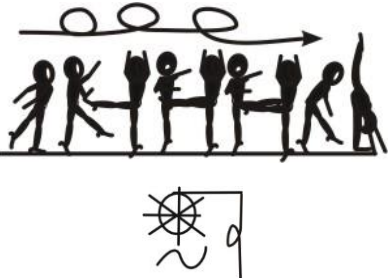
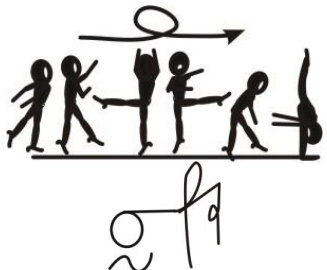
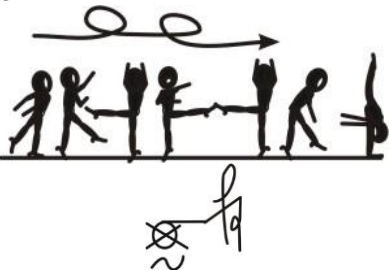
0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : SPLIT FAMILY (SPLIT, VERTICAL SPLIT WITH TURN)</b>				
		<p data-bbox="922 196 1312 217">D 103 SPLIT ROLL</p> 		
	<p data-bbox="504 499 884 520">D 112 SPLIT THROUGH (PANCAKE)</p> 			
<p data-bbox="91 802 347 823">D 121 VERTICAL SPLIT</p> 	<p data-bbox="504 802 817 823">D 123 FREE VERTICAL SPLIT</p> 		<p data-bbox="1339 802 1713 850">D 124 FREE VERTICAL SPLIT WITH 1/1 TURN</p> 	

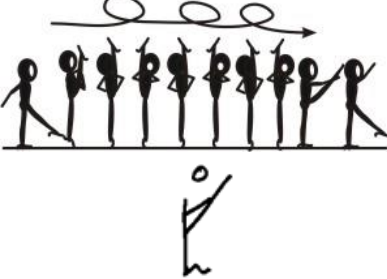
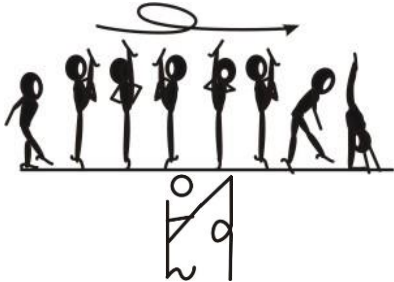
0.6	0.7	0.8	0.9	1.0

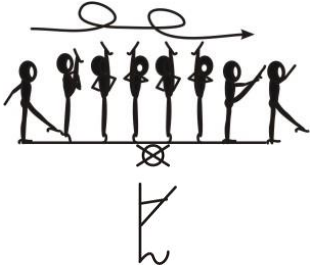
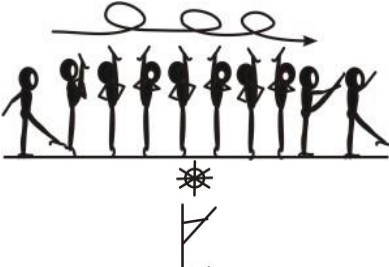
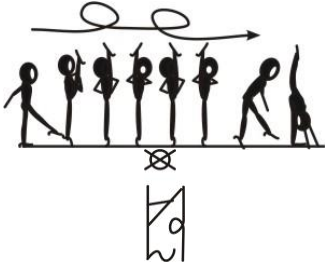
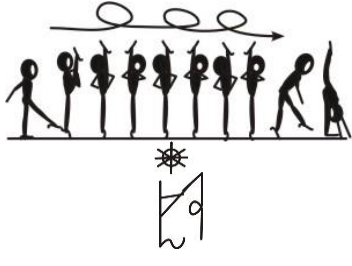
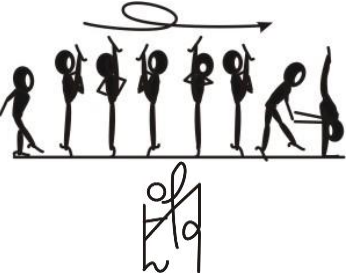
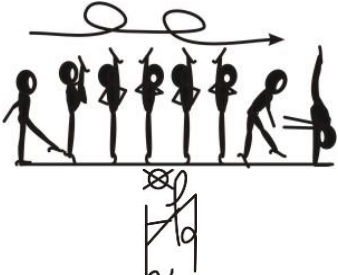
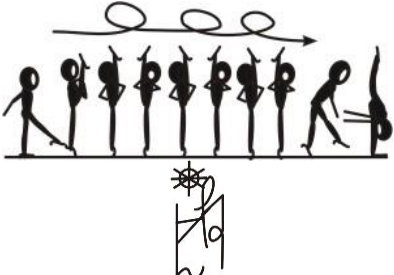
0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : TURN FAMILY</b>				
	<p>D 142 1/1 TURN</p> 		<p>D 144 2/1 TURN</p> 	
		<p>D 153 1/1 TURN TO VERTICAL SPLIT</p> 		<p>D 155 2/1 TURN TO VERTICAL SPLIT</p> 
			<p>D 164 1/1 TURN TO FREE VERTICAL SPLIT</p> 	

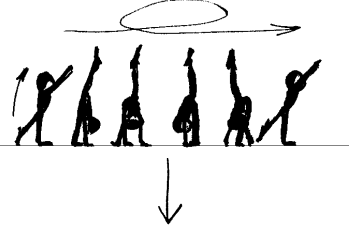
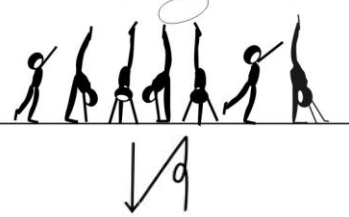
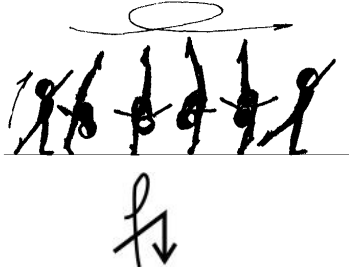
0.6	0.7	0.8	0.9	1.0
<p>D 146 3/1 TURN</p> 				
	<p>D 157 3/1 TURN TO VERTICAL SPLIT</p> 			
<p>D 166 2/1 TURN TO FREE VERTICAL SPLIT</p> 		<p>D 168 3/1 TURN TO FREE VERTICAL SPLIT</p> 		

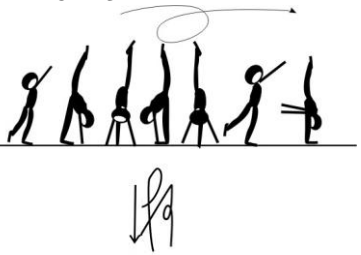
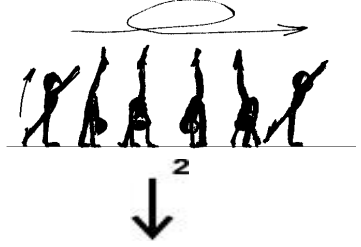
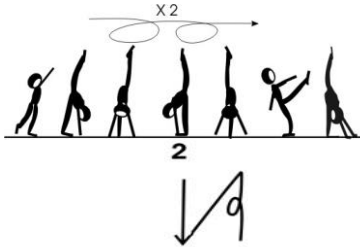
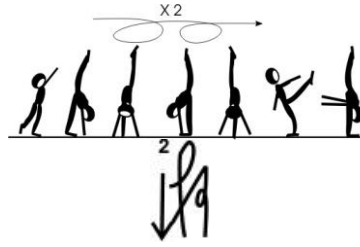
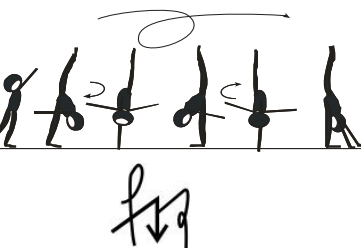
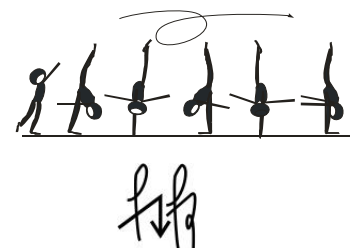
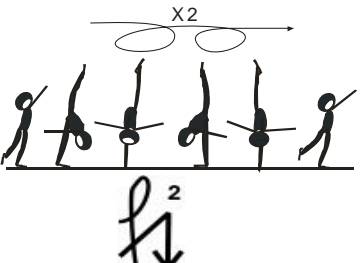
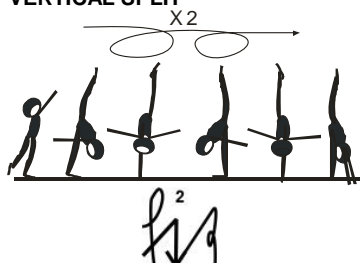
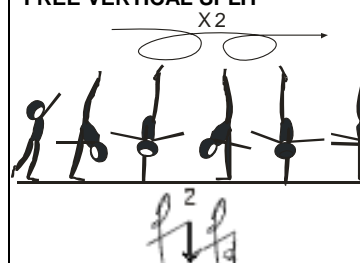
0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : TURN FAMILY (LEG AT HORIZONTAL)</b>				
				<p data-bbox="1758 193 2083 239">D 185 1/1 TURN WITH LEG AT HORIZONTAL</p> 

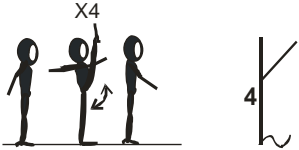
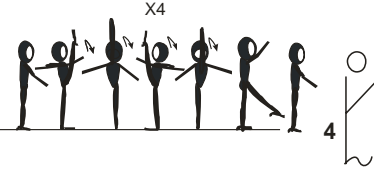
0.6	0.7	0.8	0.9	1.0
	<p>D 187 2/1 TURN WITH LEG AT HORIZONTAL</p> 		<p>D 189 2/1 TURN WITH LEG AT HORIZONTAL</p> 	
<p>D 196 1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT</p> 		<p>D 198 2/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT</p> 		<p>D 200 3/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT</p> 
	<p>D 207 1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT</p> 		<p>D 209 2/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT</p> 	

0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : <i>BALANCE TURN FAMILY</i></b>				
			<p data-bbox="1339 226 1624 247">D 224 BALANCE 1/1 TURN</p> 	
				<p data-bbox="1758 542 2083 587">D 235 BALANCE 1/1 TURN TO VERTICAL SPLIT</p> 

0.6	0.7	0.8	0.9	1.0
<p>D 226 BALANCE 2/1 TURN</p> 		<p>D 228 BALANCE 3/1 TURN</p> 		
	<p>D 237 BALANCE 2/1 TURN TO VERTICAL SPLIT</p> 		<p>D 239 BALANCE 3/1 TURN TO VERTICAL SPLIT</p> 	
<p>D 246 BALANCE 1/1 TURN TO FREE VERTICAL SPLIT</p> 		<p>D 248 BALANCE 2/1 TURN TO FREE VERTICAL SPLIT</p> 		<p>D 250 BALANCE 3/1 TURN TO FREE VERTICAL SPLIT</p> 

0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : ILLUSION FAMILY</b>				
			<p data-bbox="1339 196 1525 215">D 264 ILLUSION</p> 	<p data-bbox="1756 196 2141 215">D 265 ILLUSION TO VERTICAL SPLIT</p> 
				<p data-bbox="1756 802 1995 821">D 285 FREE ILLUSION</p> 

0.6	0.7	0.8	0.9	1.0
<p>D 266 ILLUSION TO FREE VERTICAL SPLIT</p> 				
<p>D 276 DOUBLE ILLUSION</p> 	<p>D 277 DOUBLE ILLUSION TO VERTICAL SPLIT</p> 	<p>D 278 DOUBLE ILLUSION TO FREE VERTICAL SPLIT</p> 		
<p>D 287 FREE ILLUSION TO VERTICAL SPLIT</p> 	<p>D 288 FREE ILLUSION TO FREE VERTICAL SPLIT</p> 			
	<p>D 297 FREE DOUBLE ILLUSION</p> 	<p>D 298 FREE DOUBLE ILLUSION TO VERTICAL SPLIT</p> 	<p>D 299 FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT</p> 	

0.1	0.2	0.3	0.4	0.5
<b>GROUP D - BALANCE &amp; FLEXIBILITY : HIGH LEG KICK FAMILY</b>				
	<p data-bbox="504 225 900 272">D 302 FOUR (4) CONSECUTIVE SAGITAL HIGH LEG KICKS VERTICAL</p> 	<p data-bbox="922 225 1319 296">D 303 FOUR (4) CONSECUTIVE SAGITAL HIGH LEG KICKS VERTICAL 1/1 TURN</p> 		

0.6	0.7	0.8	0.9	1.0