

BARS

X	A	B	C	D	E
Jump to Front Support	Float	Jump 1/1 turn into Float	Cast to HS with 1/2 turn	Cast to HS with 1/1 turn	Clear to HS with 1/1 turn
Chin Up Backward Circle	Long Float	Hecht Mout	Cast to Handstand Hop to Reverse	Stalder to HS	Stalder with 1/1 turn
Glide Swing	Cast above Horizontal	Cast to Handstand	Clear to Handstand	Stalder to HS with 1/2 turn	Clear Tkatchev Pike
Tap Swing	Squat on to High Bar	Clear Not to Handstand	Clear to HS with 1/2 turn	Stoop to HS	Clear Tkatchev Straddle
Cast Below 45 Degrees	Cast Backward Circle	Toe On Not to Handstand	Toe on to Handstand	Endo	Clear Shap with 1/2 turn
Cast to Push Away and Land	Sole Circle	Backward Giant	Straddle Back (not to handstand)	Giant Full	Pike Tkatchev
Swing to Wrap Around	Pike/Straddle Shoot	Shoot Half From Cast to Land in Cast	Swing Half	Straddle Back to HS	Piked Jaeger
Baby Giant	Backaway	Toe Shoot Front DMT	Forward Giant	Pak	Toe Full
Squat on Jump Down	Frontaway	Backaway with 1/2 & 1/1 Twist	Forward Giant with Half Turn	Shoot Half From Handstand to Handstand	Toe Shap Half
			Blind Turn	Clear Shap	Double Front DMT
			Mo	Toe Shap	
			Stalder Mo	Tkatchev	
			Shoot Half from Handstand to land in Horizontal	Gienger	
			Stalder Shoot Front DMT	Jaeger	
			Backaway with 1 & 1/2 Twist	Ezhova	
			Double Tuck DMT	Backaway with Double Twist	
			Double Pike DMT	Shoot Front with Half Turn	

BEAM

X	A	B	C	D	E
Split Leap 45 degrees	Jump to 2 feet Mount	Straddle Lever to Handstand Mount	Jump to Forward Walkover Mount	Change Leg Mount	Front Somi Mount
Split Jump 45 degrees	Jump to Straddle Stand Mount	Cartwheel to Chest Mount	Change Leg	Flic to Chest Mount	Round Off Tuck Mount
Straddle Jump 45 degrees	Jump to Japana Mount	Straddle Back Mount	Split Jump 1/2	Round Off Flic Mount	Tourjete with 1/2 turn
Pivot Turn on Toes	Jump to Tuck Stand Mount	From Springboard Jump to Straddle Lever to Handstand Mount	Split Jump on the Side	Split Leap Ring	Double Spin
Half Spin	Backward Pull Over Mount	Russian Lever Hold	Straddle Jump on the Side	Change Leg Side	Double Wolf Spin
Squat Turn	Chest Stand Straddle to Handstand Mount	Split Leap 180 Degrees with Straight Leg Entry	Straight Jump Full Turn	Split Jump Ring	Onodi
Split Handstand	Jump to Forward Roll Mount	Split Jump 180	1 & 1/2 Wolf Spin	Straddle Jump 1/2	Front Somi
Straight/Tuck Jump DMT	Arabesque	Straddle Jump	Backward Walkover to Splits	Tourjete	Pike Front
	Changement	Pike Jump	Tuck Back	W Jump 1/1 Turn	Piked Chicken Flip
	Straight Jump	Tuck Jump 1/2 Turn	Pike Back	Free Walkover	Arabian
	Tuck Jump	W Jump 1/2 Turn	1 & 1/2 twist DMT	Free Cartwheel	Double Tuck DMT
	W Jump	1 & 1/2 Spin	Forwards 1/1 Twist from 2 Feet	Chicken Flip	Double Pike DMT
	Split Jump Below 180 Degrees	1/1 Wolf Spin	Gainer Pike Back DMT	Side Somi	
	Sissone	Handstand Fwd Roll (optional exit)		Layout	
	Cat Leap	Forward Walkover		Gainer Layout	
	Split Leap 180 Degrees	Round Off		Gainer Straight Back DMT	
	Full Spin	Valdez			
	Forward Roll	Flic			
	Backward Roll	Flic to 2			
	Tic Toc	Gainer Flic			
	Cartwheel	Straight Front with 1/1 Twist off 1 Foot			
	Backward Walkover	1/1 twist DMT			
	Round Off off End	Straight Front off 2 Feet			
	Front Somi DMT	Gainer Tuck Back DMT			
	Tuck/Straight Back DMT				
	Straight Front DMT from 1 Foot				

FLOOR

X	A	B	C	D	E
Assemble Jump	Split Leap 180	Side Leap	Tourjete Half (Split Leap Full)	Johnson Half	Straight Front with Double Twist
Split Leap (min 60 degrees)	Split Jump	Split Leap Ring	Change Leg Side	Change Leg Full	Double Front Tuck/Pike
Split Jump (min 60 degrees)	Straight Jump Full Turn	Change Leg	Change Leg Half	Tourjete Full	Double Arabian
L Hop	Sissone	Split Jump Half	Change Leg Ring	Triple Spin	Triple Twist
Chasse	Scissor Leap	Split Jump Ring	Split Jump Full	Double Spin with Leg Up	Full In
Star Jump	Cat Leap	Straddle Jump with/without 1/2 turn	Straight Jump Double Turn	2 & 1/2 Twist	Double Straight
Half Spin	Tuck Jump with/without 1/2 turn	Sheep Jump	Fouette Hop Full Turn (leg at horizontal)	Double Tuck	
Cartwheel	W Jump	Tour Jete	W Jump Full	Double Pike	
1 Handed Cartwheel	Full Spin	Cat Leap Full	Double Spin		
	Forward/Backward Roll	Pike Jump with/without 1/2 turn	1 & 1/2 Spin with Leg at Horizontal		
	Handstand Forward Roll	Tuck Jump Full	Straight Front with 1/1 twist		
	Illusion Full Turn Hand Down on Floor	W Jump Half	1 & 1/2 Twist		
	Cartwheel	Straight Jump 1 & 1/2	Double Twist		
	Forward Walkover	Shushunova			
	Valdez	1 & 1/2 Spin			
	Round Off	Full Spin with leg at Horizontal			
	Flic	Full Spin with leg at 180			
	Handspring	Illusion Full No Hands on Floor			
	Free Walkover	Pike Front			
	Free Cartwheel	Straight Front			
	Front Somi	Straight Half			
	Tuck Back	Full Twist			
	Straight Back				