

0.1	Tuck Jump	0.1
	Jump while bringing knees to chest	
0.1		0.1

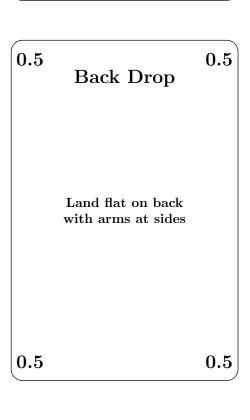
O.2 Straddle Jump

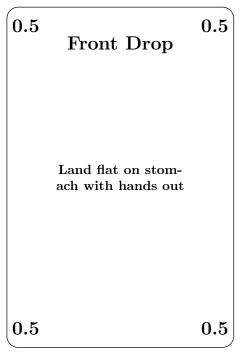
Jump with legs spread apart sideways

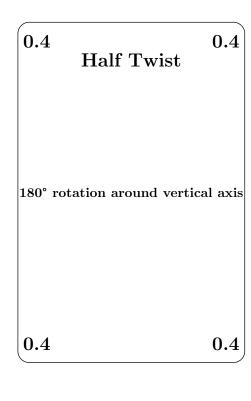
0.2 0.2

1

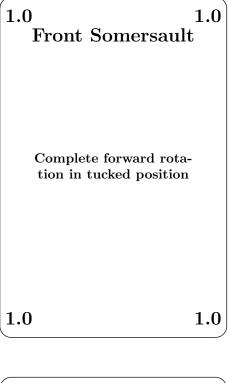
0.3	Seat	Drop	0.3
		eated pos	
0.3			0.3

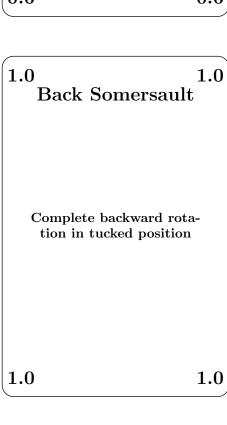






0.6 Full Twist	0.6
360° rotation around verti	cal axis
0.6	0.6
1.0 Back Somersau	1.0

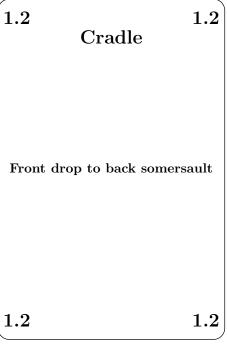




1.1	Barani	1.1
Front	somersault with half	twist
1.1		1.1

1.2	Cody	1.2
Back o	drop to front som	ersault
1.2		1.2

2.0 2.0 Double Front Two forward rotations 2.0 2.0



2.0

2.0

1.2 2.0 Double Back Two backward rotations 2.0

1.8	Rudi	1.8
	Front somersault with one and a half twists	
	one and a nan twists	
1.8		1.8

