






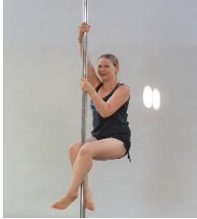









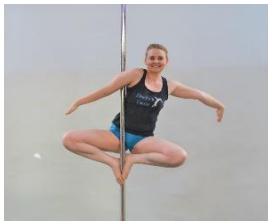




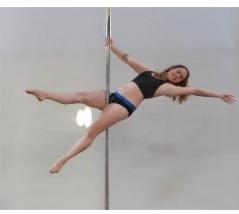

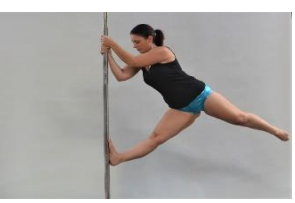








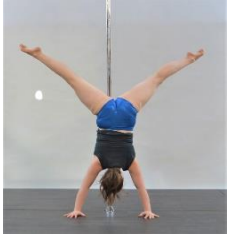

Move	Other Names	Image	Difficulty Level
Angela	Jasmine Variation		Beginner
Attitude Spin			Beginner
Back Hook			Beginner
Boomerang	Straddle		Beginner
Carousel Spin	Split Grip Fang		Beginner

Chair Spin			Beginner
Chopper	Inverted V		Beginner
Climb – Standard			Beginner
Cradle Spin	Tuck Spin, Hip Spin		Beginner
Cross Ankle Release	Layback, Back Crucafix		Beginner
Cross Knee Release	Layback		Beginner
Crucifix	Standing Swan		Beginner




Moves List 2023








Crucifix – Inverted			Beginner
Cupid			Beginner
Elbow Stand			Beginner
Embrace			Beginner
Fireman			Beginner
Frog Sit			Beginner
Front Hook			Beginner








Handstand			Beginner
Hood Ornament			Beginner
Invert			Beginner
Layout			Beginner
Outside Leg Hang	Scorpio		Beginner
Reiko Split			Beginner
Remi Sit			Beginner

Reverse Grab Variations			Beginner
Reverse Superman	Reverse Layout		Beginner
Sit	Swan		Beginner
Skater			Beginner
Star – Back	Back Handstand Straddle		Beginner
Star – Front	Front Handstand Straddle		Beginner
Swan	Standing Swan		Beginner








Moves List 2023







Tail Sit	Vsit, Hello Boys		Beginner
Tinkerbelle			Beginner
Vortex	Vomatron		Beginner







Allegra			Intermediate
Ayesha			Intermediate
Banana Split	Side Split		Intermediate
Bottle Rocket			Intermediate
Brass Monkey			Intermediate
Bud	Tailpipe		Intermediate
Butterfly			Intermediate

Climb – Chinese			Intermediate
Climb – Side			Intermediate
Crescent Moon	Bridge		Intermediate
Dove			Intermediate
Eros			Intermediate
Flatline Scorpio	Paddy		Intermediate
Genie			Intermediate






Moves List 2023






Handglider			Intermediate
Hip Hold			Intermediate
Inside Leg Hang	Gemini		Intermediate
Inverted Pike			Intermediate
Jacknife			Intermediate
Jade Split			Intermediate
Jamilla	Apprentice		Intermediate







Martini			Intermediate
Plus Sign			Intermediate
Poisson			Intermediate
Remi Layback			Intermediate
Shoulder Mount			Intermediate
Star – Twisted	Scorpio handstand		Intermediate
Stargazer			Intermediate







Suicide Spin			Intermediate
Superman			Intermediate
Teddy			Intermediate
Thighhold			Intermediate
Toothbrush			Intermediate
Vertical Split			Intermediate

Moves List 2023





Allegra – Closed			Advanced
Ballerina			Advanced
Brass Bridge			Advanced
Broken Doll			Advanced
Butterfly Flip			Advanced
Chopsticks			Advanced
Climb – Caterpillar			Advanced

Climb – Rope	Scorpio/Gemini Climb		Advanced
Cocoon			Advanced
Dangerous Bird			Advanced
Daphne			Advanced
Down Split			Advanced
Dragontail			Advanced
Flag – Forearm Grip			Advanced



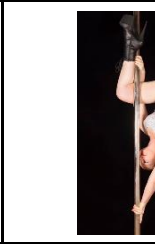
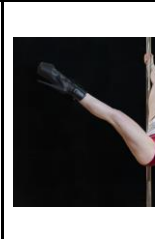
Hangman			Advanced
Iguana	Baseball Grip		Advanced
Jallegra			Advanced
Janeiro			Advanced
Knee Hold			Advanced
Marley			Advanced
Meathook			Advanced

Orion			Advanced
Pegasus			Advanced
Remi Extreme	Remi Bridge		Advanced
Running Man			Advanced
Russian Layback			Advanced
Seahorse			Advanced
Sneaky V			Advanced


Moves List 2023

Step Up	Flying K		Advanced
Suctoid			Advanced
Table Top	Back Support		Advanced
Titanic	Figurehead		Advanced
Yogini			Advanced

Moves List 2023

Bird of Paradise			(upright)	Professional
Dangerous Bridge				Professional
Fonji				Professional
Iron X			(assisted)	Professional
Iron X – Pencil				Professional
Marion Amber				Professional
Phoenix				Professional

Moves List 2023

Rainbow Marchenko			Professional
Russian Split			Professional
Spatchcock			Professional
Starfish			Professional