

GROUP A

	A 1	B 2	C 3	D 4	E 5	F 6	G 7	H 8	I 9	J 10
Family 1	DYNAMIC STRENGTH (A-Frame, Straddle Cut, Explosive High-V)									
100	A101	A102	A103	A104	A105	A106	A107	A108	A109	A110
110	A111	A112	A113	A114	A115	A116	A117	A118	A119	A120
120	A121	A122	A123	A124	A125	A126	A127	A128	A129	A130
130	A131	A132	A133	A134	A135	A136	A137	A138	A139	A140
140	A141	A142	A143	A144	A145	A146	A147	A148	A149	A150
150	A151	A152	A153	A154	A155	A156	A157	A158	A159	A160
Family 2	STATIC STRENGTH (Support, V-support, Planche/Straddle Planche)									
200	A201	A202	A203	A204	A205	A206	A207	A208	A209	A210
210	A211	A212	A213	A214	A215	A216	A217	A218	A219	A220
220	A221	A222	A223	A224	A225	A226	A227	A228	A229	A230
230	A231	A232	A233	A234	A235	A236	A237	A238	A239	A240
240	A241	A242	A243	A244	A245	A246	A247	A248	A249	A250
250	A251	A252	A253	A254	A255	A256	A257	A258	A259	A260
260	A261	A262	A263	A264	A265	A266	A267	A268	A269	A270
270	A271	A272	A273	A274	A275	A276	A277	A278	A279	A280
Family 3	LEG CIRCLE (Flair, Helicopter)									
300	A301	A302	A303	A304	A305	A306	A307	A308	A309	A310
310	A311	A312	A313	A314	A315	A316	A317	A318	A319	A320
320	A321	A322	A323	A324	A325	A326	A327	A328	A329	A330
330	A331	A332	A333	A334	A335	A336	A337	A338	A339	A340
340	A341	A342	A343	A344	A345	A346	A347	A348	A349	A350
350	A351	A352	A353	A354	A355	A356	A357	A358	A359	A360

GROUP C

	A 1	B 2	C 3	D 4	E 5	F 6	G 7	H 8	I 9	J 10
Family 7	TURN (Turn, Horizontal Turn)									
700	C701	C702	C703	C704	C705	C706	C707	C708	C709	C710
710	C711	C712	C713	C714	C715	C716	C717	C718	C719	C720
Family 8	FLEXIBILITY (Split, Balance, Illusion)									
800	C801	C802	C803	C804	C805	C806	C807	C808	C809	C810
810	C811	C812	C813	C814	C815	C816	C817	C818	C819	C820
820	C821	C822	C823	C824	C825	C826	C827	C828	C829	C830
830	C831	C832	C833	C834	C835	C836	C837	C838	C839	C840

GROUP B

		A	B	C	D	E	F	G	H	I	J
		1	2	3	4	5	6	7	8	9	10
Family 4		DYNAMIC JUMP (Air Turn, Free Fall, Gainer, Butterfly, Off Axis)									
400	B401	B402	B403	B404	B405	B406	B407	B408	B409	B410	
410	B411	B412	B413	B414	B415	B416	B417	B418	B419	B420	
420	B421	B422	B423	B424	B425	B426	B427	B428	B429	B430	
430	B431	B432	B433	B434	B435	B436	B437	B438	B439	B440	
440	B441	B442	B443	B444	B445	B446	B447	B448	B449	B450	
Family 5		FORM JUMP (Tuck, Cossack, Pike, Straddle/Frontal Split)									
500	B501	B502	B503	B504	B505	B506	B507	B508	B509	B510	
510	B511	B512	B513	B514	B515	B516	B517	B518	B519	B520	
520	B521	B522	B523	B524	B525	B526	B527	B528	B529	B530	
530	B531	B532	B533	B534	B535	B536	B537	B538	B539	B540	
540	B541	B542	B543	B544	B545	B546	B547	B548	B549	B550	
550	B551	B552	B553	B554	B555	B556	B557	B558	B559	B560	
560	B561	B562	B563	B564	B565	B566	B567	B568	B569	B570	
570	B571	B572	B573	B574	B575	B576	B577	B578	B579	B580	
580	B581	B582	B583	B584	B585	B586	B587	B588	B589	B590	
590	B591	B592	B593	B594	B595	B596	B597	B598	B599	B600	
5100	B5101	B5102	B5103	B5104	B5105	B5106	B5107	B5108	B5109	B5110	
5110	B5111	B5112	B5113	B5114	B5115	B5116	B5117	B5118	B5119	B5120	
5120	B5121	B5122	B5123	B5124	B5125	B5126	B5127	B5128	B5129	B5130	
Family 6		SPLIT LEAP / JUMP (Switch Split, Scissors Leap, Sagittal Split)									
600	B601	B602	B603	B604	B605	B606	B607	B608	B609	B610	
610	B611	B612	B613	B614	B615	B616	B617	B618	B619	B620	
620	B621	B622	B623	B624	B625	B626	B627	B628	B629	B630	
630	B631	B632	B633	B634	B635	B636	B637	B638	B639	B640	
640	B641	B642	B643	B644	B645	B646	B647	B648	B649	B650	
650	B651	B652	B653	B654	B655	B656	B657	B658	B659	B660	
660	B661	B662	B663	B664	B665	B666	B667	B668	B669	B670	
670	B671	B672	B673	B674	B675	B676	B677	B678	B679	B680	
680	B681	B682	B683	B684	B685	B686	B687	B688	B689	B690	
690	B691	B692	B693	B694	B695	B696	B697	B698	B699	B700	