

Exercise Recording Sheets – UB, BB, FX

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D + D (or more)	D (flight → or ↗) + C (or more) on HB <i>(must be performed in this order)</i> E + E <i>(one must be flight)</i> F + D <i>(both flight)</i> DMT D (or more)	HB ↘ LB Flight → 2 different grips <i>(Not cast, MT, DMT)</i> Non-flight with 360° turn <i>(Not MT)</i>	Acro Flight (inc MT, not DMT) <i>(must be rebounding)</i> Dance & Mixed SB - Dance/Mixed & Acro	C + C B + D <i>(bwd/this order)</i> B + E C + C <i>(dance)</i> A + C <i>(turns)</i> B + D <i>(mixed)</i> B + B + C <i>(DMT min. C)</i>	C / D + D (or more) B + D <i>(fwd dir)</i> B + F D + D (or more) DMT D (or more)	2 different dance (1 leap or jump with 180° split / straddle) Turn (Gr. 3) or Roll / Flairs Acro series <i>(2 ele. 1 salto)</i> Acro direction <i>(fwd/swd & bwd)</i>	Acro Indirect Acro Direct Mixed <i>(this order only)</i> Turns	B + D A + A + D A + D C + C D <i>(salto)</i> + B <i>(dance)</i> E <i>(salto)</i> + A <i>(dance)</i> D + B	C + D / E A + A + E A + E B / C + D DMT D (or more)	2 different dance (leaps or hops) 1 with 180° split / straddle Salto with LA turn (min. 360°) Salto with double BA Salto bwd & fwd within same or different acro line <i>Lack of sync. between movement and musical beat at the end of exercise</i> <i>Poor editing of the music</i> <i>Poor choreography in the corner</i> <i>Missing movem. touching floor</i>																																																																																						
Jump from LB to HB	0.5					MT without DV																																																																																										
Hang on HB, feet on LB, grasp LB	0.5																																																																																															
More than 2 of same element into DMT	0.1																																																																																															
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