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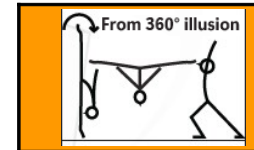
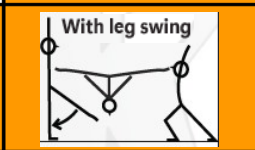
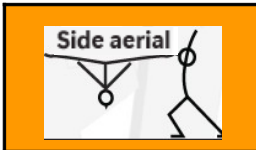
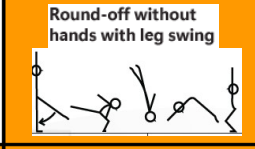
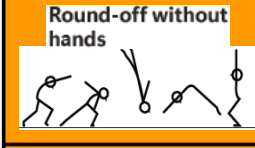
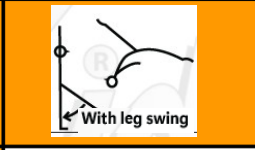
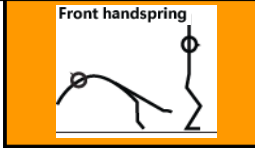
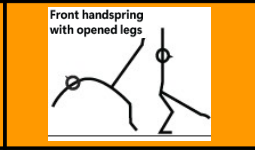
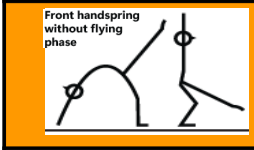
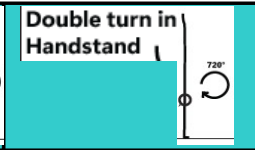
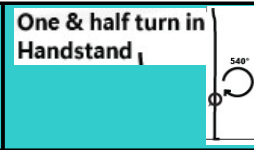
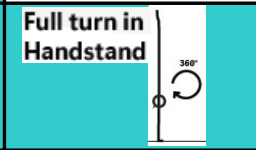
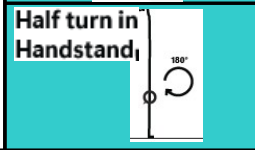
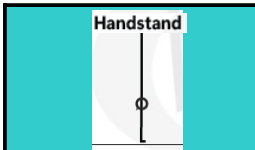
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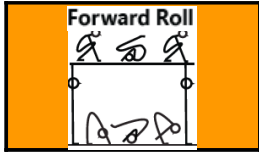
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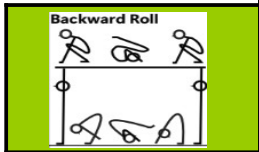
# 2026



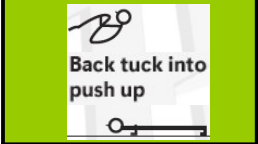
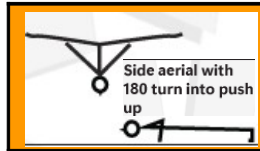
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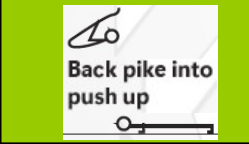
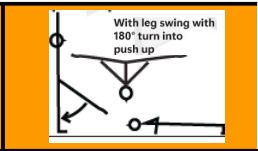
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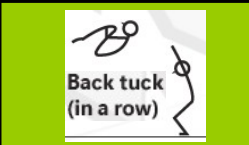
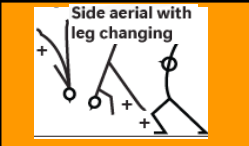
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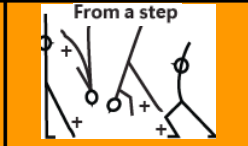
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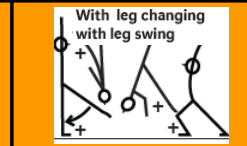
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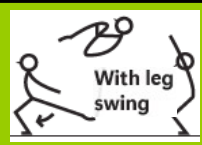
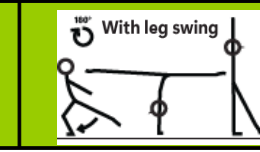
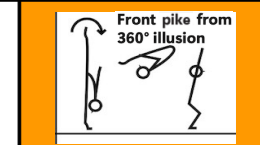
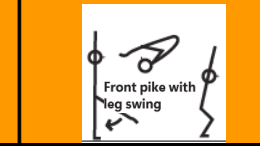
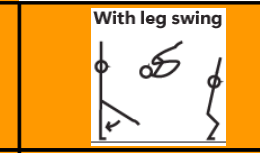
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A

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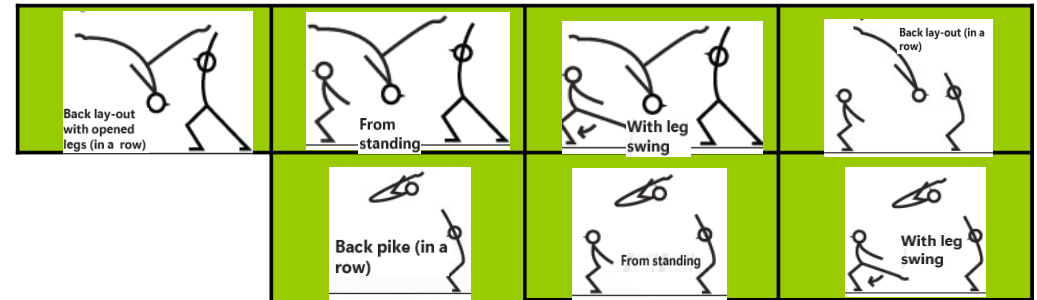
D

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PROGRAMMI PROTETTI DA COPYRIGHT

I. CLASS	I-II cat + boy A:	max D	GROUPS	I cat	max C	BIG FREE	max E
	III-IV cat + boy B:	max E		I. CLASS	II cat		
	V-SENIOR:	max H		III cat	max H		
II. CLASS A	I-II cat + boy A:	max 2C 2D	GROUPS	I cat	max B		
	dalla III:	max 2D 2E		II. CLASS	II cat		
II. CLASS B	I-II cat + boy A:	max 2C		III cat	max 1C 1D		
	dalla III:	max 2D					

A

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# POWER

# 2026

Push up

One arm push up

One arm one leg push up

Handstand, legs are in stag leap position, push up

Hinge push up

One arm hinge push up

One arm one leg hinge push up

From sagittal scale leaning into push up

Leaning into Wenson

From standing leaning into push up

Full twist from standing into push up 360°

Wenson

Wenson hinge push up

From standing leaning forward to Wenson

Full twist from standing to Wenson 360°

Back leg in the air

Lifted Wenson push up (Static)

Lifted Wenson push up

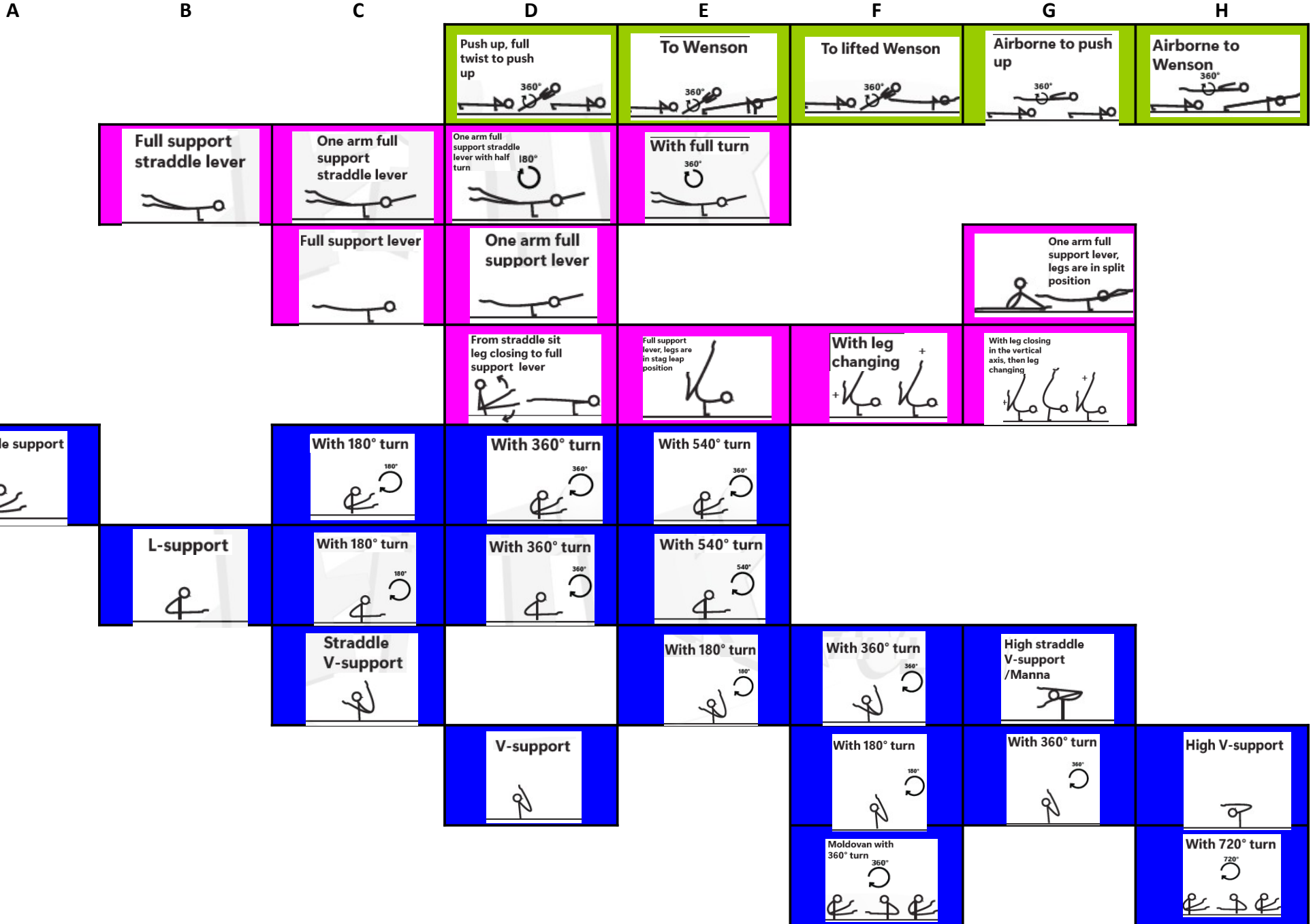
Free support, lifted Wenson hinge push up

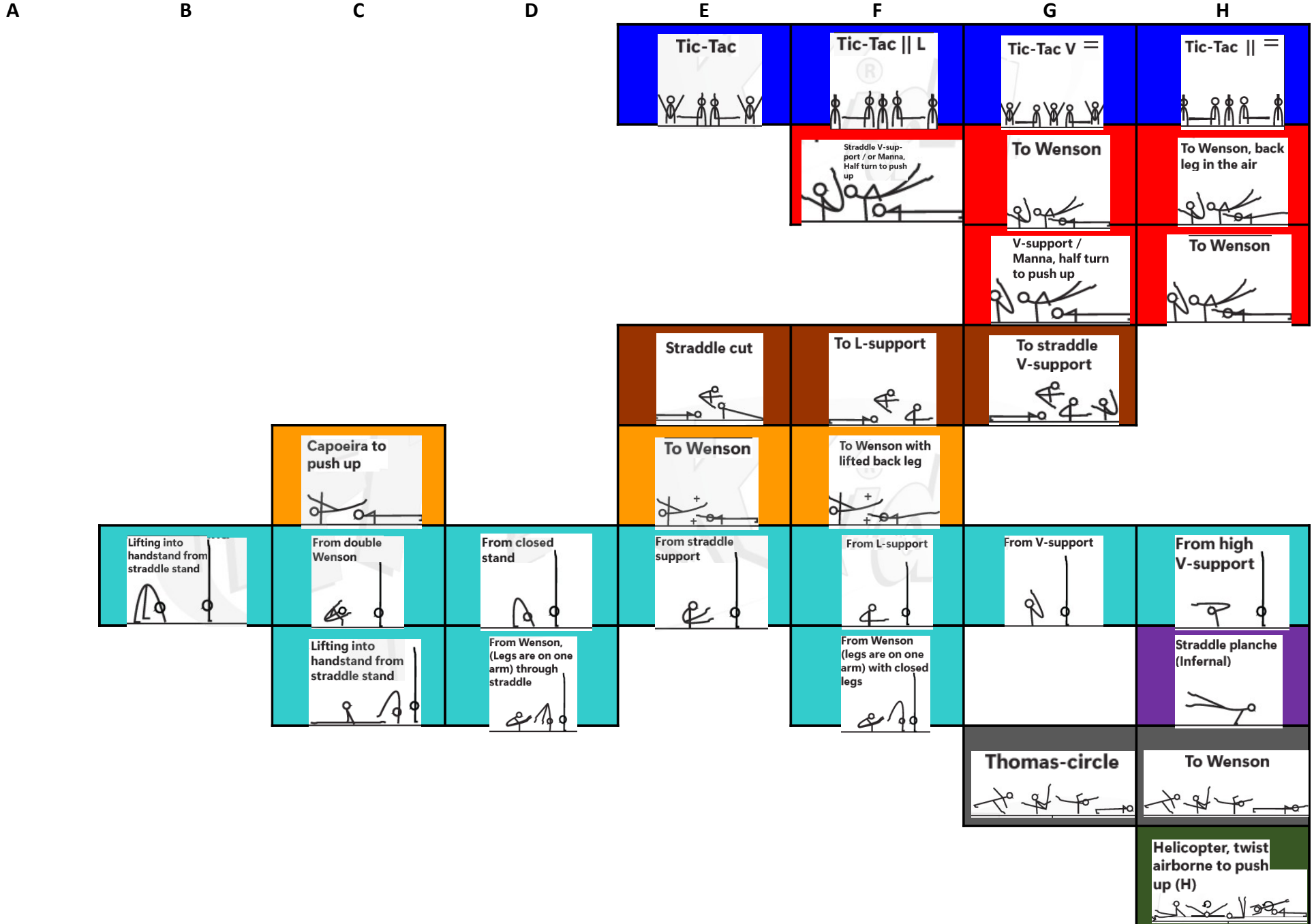
Double Wenson

Lifted Wenson hinge push up (back leg to side)

Wenson with leg changing to other side Wenson

Wenson with leg changing to other side Wenson and back





A

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C

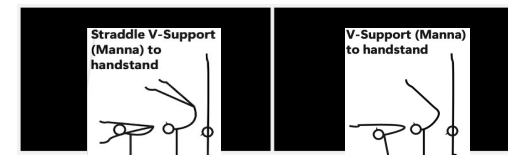
D

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H



PROGRAMMI PROTETTI DA COPYRIGHT

I. CLASS	I-II cat + boy A:	max D	GROUPS	I cat	max C	BIG FREE	max E
	III-IV cat + boy B:	max E		I. CLASS	II cat		
	V-SENIOR:	max H		III cat	max H		
II. CLASS A	I-II cat + boy A:	max 2C 2D	GROUPS	I cat	max B		
	dalla III:	max 2D 2E		II. CLASS	II cat	max 1C	
II. CLASS B	I-II cat + boy A:	max 2C		III cat	max 1C 1D		
	dalla III:	max 2D					

A

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# FLEXIBILITY



# 2026

**Split**

With deep trunk bending backward, ankle catch

Front split, with help

With help, on toe

Without help

Without help, on toe

With body wave backward, on sole

With body wave backward, on toe

**Side split**

Side split, with help

With help, on toe

Without help

Without help, on toe

**Sagittal scale**

**On toe**

Split back with support, on sole

**On toe**

Split back, trunk is in 45° on sole

Split back, trunk is horizontal, on sole

Split back, trunk is horizontal, on toe

Split back with help, on sole

Split back, with help, on toe

Ring, on sole with help

With help, on toe

Ring (heel at the head) with help, on sole

With help, on toe

A

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C

D

E

F

G

H

On the knees  
back bend of the  
trunk

Trunk lifting  
with help

From squat full  
body wave into  
standing

Full body wave  
backward

Full body wave  
forward

Illusion with  
palm support

Split side with  
180° slow turn

Chest support

With leg lifting  
from prone  
position

Trunk lifting

Front split, trunk  
backward below  
horizontal, on  
sole

Without palm  
support

Without help,  
with 180° slow  
turn

Side split with  
help, trunk  
sideways  
horizontally  
on sole

With help, on  
toe

With clasped  
hands (E)

On toe

Front split  
starting from  
the seated  
position

Without help,  
with 180° slow  
turn

Split back with  
help, on sole

Without help

From body wave  
forward, on sole

On toe

With help, on toe

With help, on toe

From body wave  
forward, on toe

A

B

C

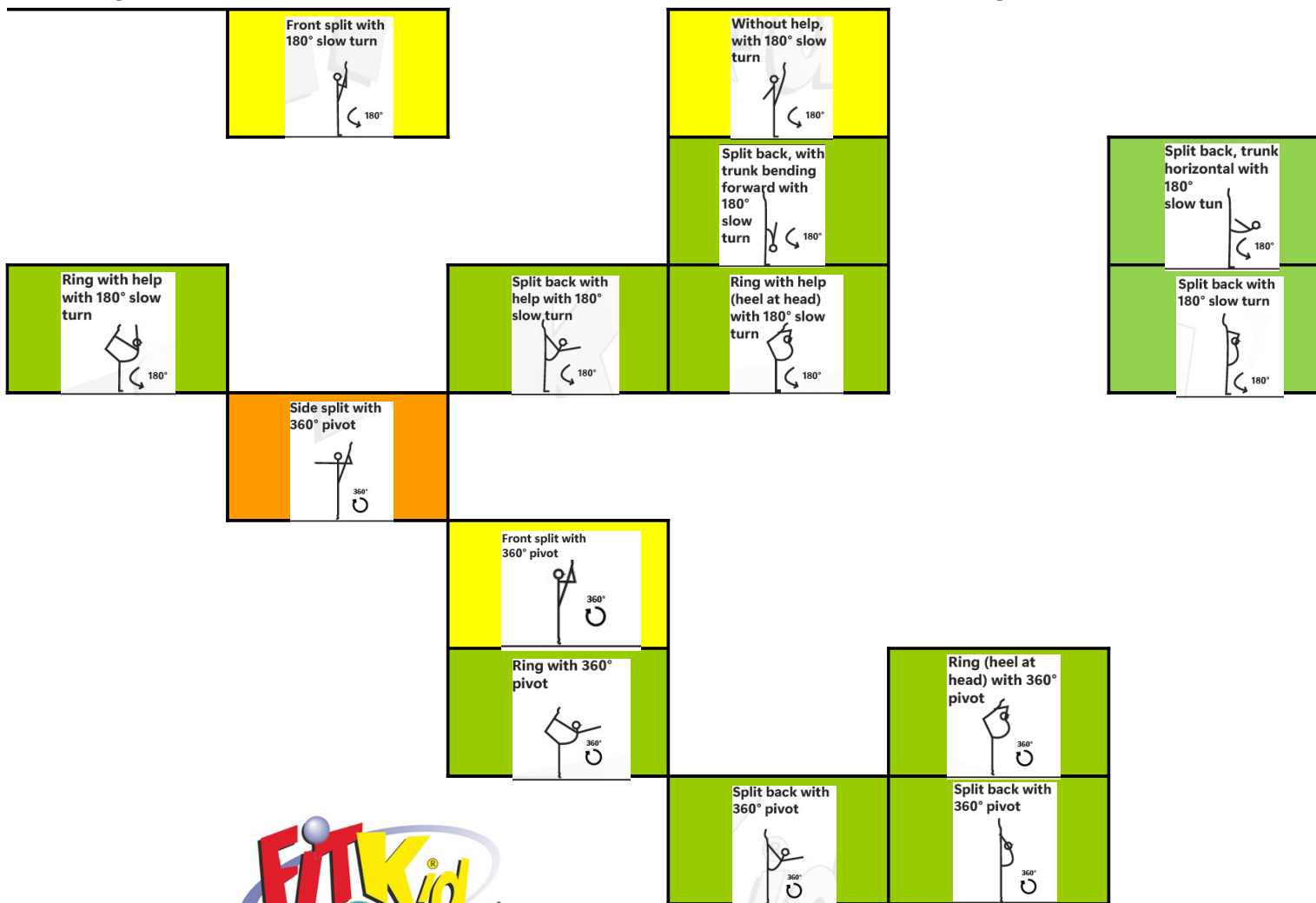
D

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H



PROGRAMMI PROTETTI DA COPYRIGHT

I. CLASS	I-II cat + boy A:	max D
	III-IV cat + boy B:	max E
	V-SENIOR:	max H

II. CLASS A	I-II cat + boy A:	max 2C 2D
	dalla III:	max 2D 2E

II. CLASS B	I-II cat + boy A:	max 2C
	dalla III:	max 2D

A

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E

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G

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# JUMP

# 2026

<p>Stag leap / jump</p>	<p>Leap with leg switch</p>	<p>Leap with a turn</p>	<p>Leap with a turn, with leg switch</p>	<p>Leap with leg switch, 180° turn</p>		
	<p>Stag leap / jump with back bend of the trunk</p>	<p>Leap with leg switch</p>	<p>Leap with a turn</p>	<p>Leap with a turn, with leg switch</p>		
	<p>Stag leap / jump with ring</p>	<p>Leap with leg switch</p>	<p>Leap with a turn</p>	<p>Leap with a turn, with leg switch</p>	<p>Leap with leg switch, 180° turn</p>	
<p>Split leap</p>	<p>Leap with leg switch</p>	<p>Leap with a turn</p>	<p>Leap with a turn, with leg switch</p>	<p>Leap with leg switch, 180° turn</p>	<p>Switch split leap with full turn</p>	
	<p>Split jump (from two feet)</p>		<p>180° turn, split jump</p>		<p>180° turn, split jump, 180° turn</p>	
			<p>Split leap with deep trunk bending</p>	<p>With leg switch</p>	<p>With a turn</p>	
	<p>Split leap with ring, deep trunk bending</p>		<p>With leg switch</p>	<p>With a turn</p>		
	<p>Side split leap</p>	<p>With leg switch</p>				<p>With leg switch, 180° turn</p>

A

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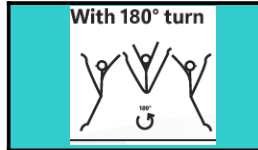
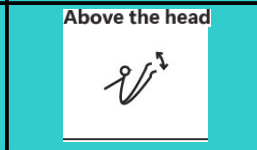
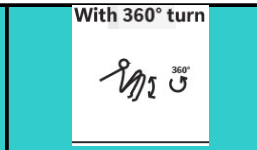
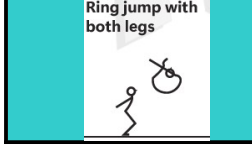
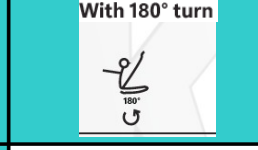
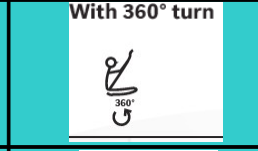
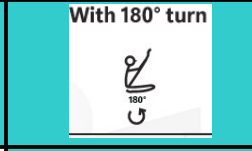
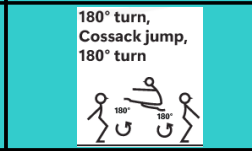
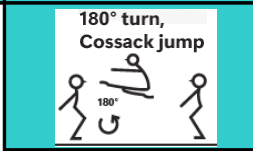
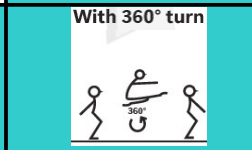
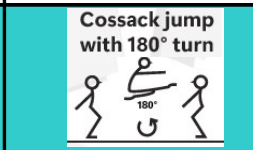
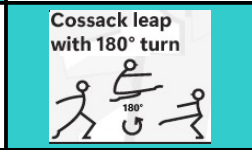
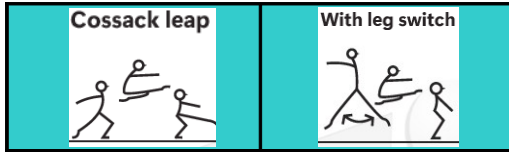
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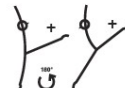
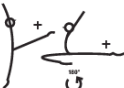
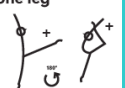
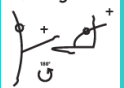

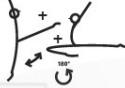

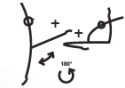
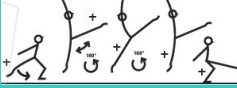












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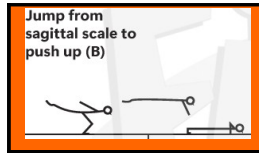
H



A	B	C	D	E	F	G	H
<b>Tuck jump</b> 	<b>With 180° turn</b> 	<b>With 360° turn</b> 					
	<b>Vertical jump with 360° turn</b> 	<b>With 540° turn</b> 	<b>With 720° turn</b> 				
	<b>Fouette</b> 		<b>With stag leap</b> 	<b>With ring, with one leg</b> 	<b>With stag leap, with ring</b> 		
		<b>Entrelace</b> 		<b>With stag leap</b> 	<b>With ring, with one leg</b> 	<b>With stag leap, with ring</b> 	<b>With 360°</b> 
				<b>Butterfly</b> 			<b>Full turn butterfly leap "Thong Fei"</b> 
	<b>Straddle pike jump</b> 		<b>180° turn, straddle pike</b> 	<b>180° turn, straddle pike jump, 180° turn</b> 	<b>Straddle pike jump, 360° turn</b> 	<b>360° turn, straddle pike jump</b> 	
			<b>Straddle pike jump, 180° turn</b> 				
			<b>Pike jump</b> 	<b>180° turn, pike jump</b> 	<b>180° turn, pike jump, 180° turn</b> 		
				<b>Pike jump, 180° turn</b> 			



A



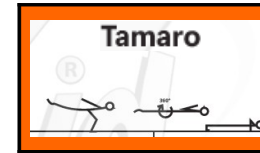
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PROGRAMMI PROTETTI DA COPYRIGHT

I. CLASS	I-II cat + boy A:	max D	GROUPS	I cat	max C	BIG FREE	max E
	III-IV cat + boy B:	max E		I. CLASS	II cat		
	V-SENIOR:	max H		III cat	max H		
II. CLASS A	I-II cat + boy A:	max 2C 2D	GROUPS	I cat	max B		
	dalla III:	max 2D 2E		II. CLASS	II cat		
II. CLASS B	I-II cat + boy A:	max 2C		III cat	max 1C 1D		
	dalla III:	max 2D					









