

Silové prvky

1	2	3	4	5	6	7	8	9	10
Basic inverted candle/straddle	Elbow hang legs down	Angel leg passe	Meathook - obě ruce	Mexican stand with one hand and one shoulder in contact with hoop	Feethang pike	Feet hang candle	Heel hang tuck, hands under knees	Front plank/back plank passe, parallel to the floor	Foothang only one foot on the hoop
One knee hang with one hand holding hoop	One knee hang with one hand holding the bent leg	One knee hang, hands without contact	Ankle hang/Walking man	One arm pike/straddle		Meathook one hand, no contact with hoop	Elbow hang Amazon, lower arm not contact with hoop	Heel hang	Front plank/back plank legs straight closed, parallel to the floor
Candlestick with both hands holding the hoop	Elbow hold martini		Amazon na jedné (spodní) ruce			Icarus straddle horizontal	Icarus pike legs parallel to the floor		Neck hang
Hang on both knees	Eagle (hanging on the hoop: contact in armpits)		Mexican stand, shoulder and both hands in contact, straight legs			Meathook straddle, one hand in contact with hoop			Reverse meathook
	Candlestick one hand		Candlestick no hands			Reverse meathook both hands in contact			One heel hang

Flexibilní prvky

1	2	3	4	5	6	7	8	9	10
Delilah	Yogini, hands on ankles, bent legs, no ring position	Martini half split 160	Star on the bar 160	Cocoon bent arms/leg	Angel 160	Hanging elbow halfsplit 160	Angel 180	Russian split parallel 180	Any type of Marchenko, 180, straight legs, straight arms
Back bend one knee on upper bar, other top of foot on the low bar, holding hoop with both hands on top bar, back arch		Underarm hold split 160	Mexican straddle straight legs, ankles lower than hips	Gazelle 160	Choke split 160	Diagonal split on one hand 160	Front Amazon oversplit	Diagonal split on one hand 180	Yogini straight closed legs, ring position
		Mexican straddle bent legs		Mexican Legs closed, ankles below hips	Extreme gazelle 180	Jigsaw/alien split 160	Hanging elbow halfsplit 180	Jigsaw/alien split 180	
		Scarab backwards, straight arms			Front birds nest	Russian split 160	Horizontal split 180	Armpit hang oversplit	
		Delilah 160			Back balance split 160	Twisted Gazelle 180	Bird of Paradise 180	Scorpio half split 180, foot touching head	
						Cocoon straight arms, bent legs	Cocoon straight arm, straight leg	Foothang split 180	
							Gazelle oversplit, straight legs		
							Vertical split 180		
							French gazelle with bent arms 180		
							Mexican legs closed one hand		
							Swallow straight arms, straight legs		

Dynamické prvky

1	2	3	4	5	6	7	8	9	10
Simple jump on or jump out	Simple single roll, by the knee	Double roll by the knee	Drop from star on the bar to knees hang	Superman drop do sedu	Drop from high bar to low bar, legs in straddle	Drop from high bar to inverted V on low bar	Drop from high bar thru roll to inverted V on low bar	Drop from high bar thru roll to inverted V on low bar to flip out	Flip outs 360 from the hoop on the floor
		Jump from one knee hang on the floor	Drop from high bar to low bar	Jump out from hanging on the knees		Contact flip out 360	Drop from feet hang on high bar to hang on the knees on low bar	Armpit drop from high bar to low bar	Back flip from hanging on the knees to hands hang
						Double elbow roll/lion roll			

Pokud -1
Pokud dva Hodnota

Pokud dva
stejně
hodnoty 1

Balanční prvky

1	2	3	4	5	6	7	8	9	10
Man in the moon	Man in the moon pike, one hand in contact	Shoulder stand tuck hands in contact with hoop	Shoulder stand pike hands in contact with hoop	Shoulder stand stag hands in contact with hoop	Shoulder press pike (paralelne)	Shoulder press tuck	Shoulder stand, legs and hands have no contact with hoop	Crocodile one leg in contact with hoop	Crocodile, legs are not in contact with hoop
	Hip balance tuck	Man in the moon pike, no hands in contact	Hip balance twisted, hands holding ankles	Shoulder stand candle, no hands contact with hoop	Back balance hands holding shins (no ring position)			Aeroplane no hands, legs parallel to the floor or higher	
		Seated balance, no hands in contact	Back balance hips lower than body		Back balance hips higher than body			Back balance hands holding ankles (ring position)	Hip split balance, hands not in contact with hoop, legs parallel to the floor
		Hip straddle balance	Upright Balance no hands						