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| Y | L | **F** | **U** | **L** | **L** | **T** | **U** | **R** | **N** | **I** | **L** | **L** | **U** | **S** | **I** | **O** | **N** | **T** | **U** | **R** | **N** | F | F |
| 1 | E | **L** | **L** | **O** | **R** | **D** | **R** | **A** | **W** | **R** | **O** | **F** | T | T | F | É | C | Y | Y | Y | M | **H** | F |
| D | **T** | **O** | **O** | **F** | **E** | **N** | **O** | **N** | **O** | **N** | **R** | **U** | **T** | **L** | **L** | **U** | **F** | M | R | O | É | **A** | C |
| **K** | **C** | **A** | **B** | **P** | **I** | **H** | **W** | E | Y | J | **F** | **R** | **O** | **N** | **T** | **T** | **U** | **C** | **K** | R | T | **N** | K |
| U | W | O | **P** | **T** | P | **B** | 1 | C | J | P | **É** | **T** | **E** | **J** | **R** | **U** | **O** | **T** | C | É | W | **D** | G |
| O | **N** | G | **M** | **O** | M | **A** | A | **R** | **O** | **U** | **N** | **D** | **O** | **F** | **F** | A | F | N | B | 1 | Y | **S** | U |
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| **L** | **U** | **R** | **J** | **F** | **G** | **K** | H | S | **E** | **G** | **N** | **I** | **R** | **P** | **S** | **D** | **N** | **A** | **H** | **K** | **C** | **A** | **B** |
| **L** | **T** | **U** | **T** | **E** | **N** | **W** | **F** | B | **E** | Y | J | A | **E** | **W** | I | N | **A** | B | / | B | I | **N** | 2 |
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| **N** | **1** | **L** | **I** | **N** | **P** | **D** | **N** | **P** | **T** | / | **T** | M | **P** | **F** | **1** | **W** | **D** | **K** | **T** | **A** | A | **O** | X |
| **O** | **P** | **B** | **A** | **O** | **S** | **R** | **T** | **M** | **R** | **F** | **U** | X | **K** | **J** | **T** | **I** | **N** | **C** | **U** | **C** | M | **R** | É |
| **I** | **M** | **U** | **R** | **N** | **D** | **O** | **W** | **U** | **A** | **R** | **O** | K | **C** | **U** | **U** | **T** | **A** | **U** | **O** | **K** | **K** | **W** | **P** |
| **S** | **U** | **O** | **T** | **R** | **N** | **L** | **A** | **J** | **C** | **O** | **Y** | **C** | **A** | **M** | **O** | **C** | **H** | **T** | **Y** | **W** | **I** | **A** | **M** |
| **N** | **J** | **D** | **S** | **U** | **A** | **L** | **L** | **E** | **L** | **N** | **A** | **A** | **B** | **P** | **Y** | **H** | R | **K** | **A** | **A** | **P** | **R** | **U** |
| **E** | **T** | **T** | X | **T** | **H** | 2 | **K** | **L** | **A** | **T** | **L** | **R** | G | **1** | **A** | **L** | **W** | **C** | **L** | **L** | 2 | **D** | **J** |
| **T** | **H** | **U** | T | **F** | **T** | R | **O** | **D** | **I** | **P** | **T** | **T** | J | **/** | **L** | **E** | **O** | **A** | **K** | **K** | F | **R** | **T** |
| **X** | **G** | **C** | R | **L** | **N** | V | **V** | **D** | **R** | **I** | **N** | **W** | X | **2** | **K** | **G** | **L** | **B** | **C** | **O** | L | **O** | **I** |
| **E** | **I** | **K** | J | **A** | **O** | L | **E** | **A** | **E** | **K** | **O** | **H** | R | **T** | **C** | **L** | **F** | M | **A** | **V** | K | **L** | **L** |
| **K** | **A** | **J** | A | **H** | **R** | O | **R** | **R** | **A** | **E** | **R** | **E** | F | **U** | **A** | **E** | **J** | A | **B** | **E** | P | **L** | **P** |
| **C** | **R** | **U** | A | G | **F** | É | A | **T** | K | B | **F** | **E** | F | **R** | **B** | **A** | **U** | 1 | X | **R** | C | J | **S** |
| **A** | **T** | **M** | M | I | W | S | X | **S** | U | B | V | **L** | T | **N** | U | **P** | **M** | D | X | W | É | H | J |
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   Aerial Cartwheel       Back Extension Roll       Back Handspring       Back Layout       Back Layout 1/1       Back Layout 1/2       Back Pike       Back Tuck       Back Walkover       Backward Roll       Cartwheel       Double turn       Forward Roll       Front Handspring       Front Layout       Front Pike       Front Tuck       Front Walkover       Full turn illusion turn       Full turn on one foot       Half turn on one foot       Handstand       Handstand Forward Roll       Kip       Round-Off       Split Jump       Straddle Jump       Straight Jump       Straight Jump 1/1 turn       Switch Leg Leap       Tour jeté       Tuck Jump       Whip Back       Wolf Jump       Wolf Jump 1/2 turn