Gymnastics Skills

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| C | V | F | Y | J | I | A | X | S | J | Y | U | R | L | L | B | O | V | U | P | O | R | Q | E |
| L | J | A | C | Z | Y | X | Q | D | K | F | Y | K | N | L | A | W | L | J | W | S | Q | W | Z |
| B | O | A | P | Z | M | C | E | O | Y | H | L | C | F | M | D | J | K | X | X | J | K | R | C |
| J | S | S | R | F | W | K | I | P | L | Z | Z | D | Y | D | J | I | L | U | O | S | L | G | C |
| T | C | E | O | U | T | T | M | A | Y | V | P | X | T | A | Y | X | O | Q | G | C | D | A | Z |
| Y | Y | R | F | L | Y | R | I | D | P | B | B | A | C | K | B | E | N | D | N | P | N | H | R |
| F | T | Y | W | J | E | R | A | O | L | R | B | Y | M | T | D | C | O | U | I | M | I | N | I |
| K | T | C | R | M | E | C | M | C | D | L | E | F | X | L | P | P | I | N | R | I | Q | K | M |
| T | N | K | E | A | E | O | I | K | N | F | O | V | H | E | M | Z | E | Z | P | X | M | O | G |
| O | P | L | V | N | L | G | J | R | L | A | S | R | O | O | C | Q | V | I | S | A | Q | P | N |
| H | V | W | O | P | C | D | L | W | C | L | Q | N | D | K | U | G | U | P | D | D | I | Z | I |
| A | M | L | L | Z | R | O | Y | B | L | L | O | E | N | R | L | T | M | P | N | Z | X | L | R |
| N | T | F | L | P | I | V | M | A | T | K | E | R | Z | W | A | A | A | P | A | A | B | S | P |
| D | A | F | U | D | C | H | Y | E | K | J | R | K | D | K | C | W | W | O | H | V | W | L | S |
| S | M | F | P | T | P | O | S | V | F | N | E | C | S | R | L | N | K | K | K | K | L | K | D |
| T | Q | O | G | N | I | L | T | S | D | D | B | N | Q | F | A | D | M | C | C | F | X | J | N |
| A | B | D | V | O | H | K | Q | C | L | X | M | W | U | B | N | W | U | D | A | A | M | J | A |
| N | B | N | B | E | K | H | J | T | G | S | I | E | A | V | X | A | R | H | B | B | B | Q | H |
| D | B | U | B | O | C | D | B | E | D | O | L | V | T | V | G | T | N | O | O | I | V | D | T |
| P | X | O | S | P | A | P | P | G | F | R | M | H | O | T | J | E | J | A | F | Q | H | X | N |
| Q | U | R | H | Z | B | A | R | N | B | V | Q | G | N | P | V | W | B | J | Z | M | O | M | O |
| B | U | C | J | M | N | E | H | W | R | W | J | T | R | L | B | L | D | M | H | H | Q | F | R |
| I | L | E | E | H | W | T | R | A | C | J | S | H | H | H | W | C | U | O | Z | H | Q | U | F |
| B | R | Q | F | K | Y | W | P | J | H | Q | A | C | M | E | M | P | N | U | E | D | I | L | G |

   Limber       Aerial       Back hipcircle       Kip       Glide       Sole circle       Back handspring       Front handspring       Back walkover       Squat on       Backbend       Cast       Pull over       Roundoff       Cartwheel       Backward Roll       Forward roll       Handstand