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

   aeril       roundoff       cartwheel       strength       practice       wipe out       handspring       flexibility       balance       beam       mats       braids       buns       vault       bars       landing       flop       flip       floor       double mini       tumble track       Jump       stick it       spin       pike       Tuck       Leotard       Twist       KMG       Tumbling