skill

#	balance	pts.	sagittal body plane	pts.	frontal body plane	pts.	horizontal body plane	pts	motion without release	pts.	dismount	pts.
01	one arm handstand	0.8	swing forwards to frontflip and regrab	1.1	gienger over the bar	1	swing 1260	1.1	giant swing in german hang	0.5	triple backflip flyaway dismount	0.8
02	straddle one arm	0.7	swing backwards to backflip and regrab	1.1	gienger 540	0.9	swing 900, one arm	1.1	giant swing el-grip	0.5	flyaway double twist	0.7
03	handstand pirouettes	0.6	jaeger 360	0.9	frisbee	0.5	swing 1080	1	giant swing backward	0.4	front flip with twist	0.6
04	handstand on one bar	0.6	tkatchev	0.9	gienger	0.3	king 900	1	giant swing 180	0.3	flyaway with twist	0.6
05	x handstand	0.6	frontflip regrab	0.8			supra 900	1	giant swing forward	0.2	double front flip	0.6
06	narrow handstand	0.3	shrimp flip 360	0.5			swing 900	0.9	explosive pullover	0.1	double flyaway	0.6
07	hollow back	0.2	shrimp flip mixed grip	0.4			el-grip=dislocated grip 720	0.9	half shrimp flip	0.1	flyaway backflip from knee pit	0.6
08	wide handstand	0.2	shrimp flip	0.4			dragon 1080	0.9	elbow support circle forwards	0.1	counter-tempo frontflip	0.5
09	handstand	0.1	backflip between the parallel bars	0.4			swing x 720	0.8	elbow support circle backwards	0.1	counter-tempo frontflip from	0.4
10			front flip between the parallel bars	0.3			swing 720	0.8	sitting circle forwards	0.1	swing cast	0.3
11			knee pit swing and front release to hand	0.2			king 540	0.8	sitting circle backwards	0.1	cast away	0.3
12							swing 540 to support	0.7	support circle forwards	0.1	front flip straight	0.3
13							muscle up 540	0.7	support circle backwards	0.1	front flip	0.2
14							supra 540	0.7	hand, or elbow support hip circles	0.1	swing dismount from knee pit	0.2
15							swing 540 to elbow pit	0.7			front flip on parallel bar to floor	0.2
16							540 from sitting position	0.7			backflip on parallel bar to floor	0.2
17							dragon 720	0.7			flyaway straight	0.1
18							giant swing 360	0.7			flyaway=gainer	0.1
19							dragon 720 mixed grip	0.7			backflip from sitting on the bar	0.1
20							dislocated 540	0.6				
21							one arm 540	0.6				
22							no touch 540	0.5				
23							swing 540	0.5				
24							one arm swing 360	0.5				
25							swing 360 to support	0.5				
26							alley oop	0.4				
27							alley oop to knee bend	0.3				
28							palm spin	0.3				
29							elbow 360	0.2				
30							swing 360 x grip	0.2				
31							undertopsy	0.2				
32							swing 360	0.2				
33							dragon 360	0.1				
34							dragon 360 mixed grip	0.1				
35							muscle up 360	0.1				
36							parallel bar support swing backwards to palm spin under the	0.1				
37							parallel support swing back to 3/4 twist under the bar	0.1				
38							parallel drop from support backwards over the other bar	0.1				
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strength

#	isometric push	pts.	isometric pull	pts.	push move	pts.	pull move	pts.	isometric frontal body plane	pts.	frontal body plane move	pts.
01	one arm planche	1.1	reverse planche	1.1	one arm planche press to handstand	1.1	victorian to reverse planche	1.1	narrow grip human flag	0.2	human flag side to side pull up	0.3
02	maltese	0.8	victorian	0.8	one arm planche push up	1.1	straigth arm pull from front lever to	1.1	human flag	0.1	human flag explosive pull up	0.3
03	straight arm touch back	0.7	straight arm touch front	0.7	press to maltese from lying position	1.0	manna to handstand	1.1			human flag pull up	0.2
04	iguana planche	0.6	one arm front lever	0.6	press to japanese handstand from maltese	1.0	one arm front lever pull up	0.8			human flag raise	0.1
05	one arm side flag	0.5	wide grip front lever	0.4	maltese push up	1.0	entrada	0.4				
06	planche	0.5	x front lever	0.3	pelican planche push up	1.0	back lever hefesto	0.4				
07	manna	0.5	front lever	0.2	explosive planche push up to maltese	0.9	one arm muscle up	0.4				
08	iguana straddle planche	0.4	dragonfly front	0.1	explosive planche push up	0.7	wide front lever pull up	0.4				
09	straddle maltese	0.4			planche press to handstand	0.7	hefesto	0.3				
10	prayer planche	0.4			straight arm hefesto	0.9	side to side front lever pull up	0.3				
11	straddle planche	0.3			planche push up	0.5	front lever pullup	0.2				
12	v sit	0.2			one arm handstand press	0.7	one arm pull up	0.2				
13	one arm back lever	0.2			planche press with bent arm to handstad	0.2	muscle up	0.1				
14	back lever	0.1			impossible dip	0.3	side to side hefesto	0.5				
15	dragonfly back	0.1			press to handstand	0.2						
16	elbow lever	0.1			explosive handstand push up	0.3						
17	straddle elbow lever	0.1			side to side handstad push up	0.3						
18	L sit	0.1			handstand push up	0.2						
19					side to side planch push up	0.6						
20					side to side straddle planch push up	0.5						
21					straddle planch push up	0.3						
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