1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	В	C		D	E		F/G
1.110	1.210	1.310	1.410	D	1.510	1.610	1/0
Stretched hop or jump with 1/1 turn (360°), also with free leg in		Stretched hop or jump with 2/1	-				
turn (360°), also with free leg in		turn (720°)					
optional position							
		so the shift					
		81 (b) (k)					
J (4)		5 DAT Hana					
0 11 0							
		S V V V H					
		720 1					
		\sim					
		X					
		1 0 1 1					
1.111 (*)	1.211	1.311	1.411		1.511	1.611	
Leap with alternate leg change	Cat leap with 1/1 turn (360°)	Cat leap with 2/1 turn (720°)					
(knees above horizontal) (Cat leap)							
icap)	ti di						
off by	DARKD						
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THE THE		2 th m WAIT had					
	-1 360 1 11	7200					
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	0)ar		(*) Elements in the	e same box with		
M	m			an asterisk (*) rec	eive credit only		
/	/-	M		once in chronolog	ical order		
		/					
				<u> </u>	J		
Scissors leap forward (legs above horizontal)							
above norizontal)							
А							
a al tip a							
ALKI							
CIL II IL							
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<u>~</u>							