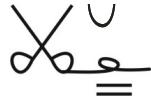
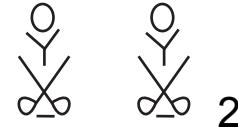
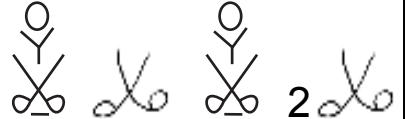
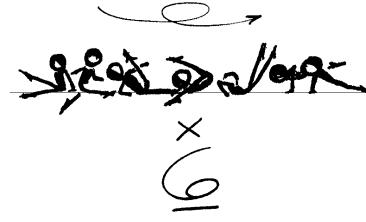
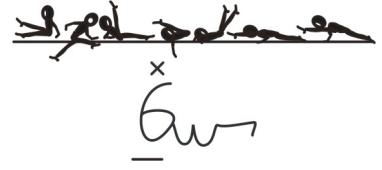
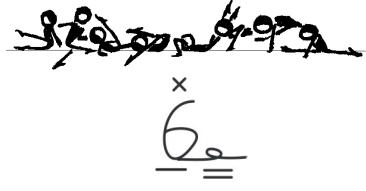
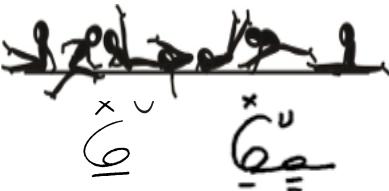
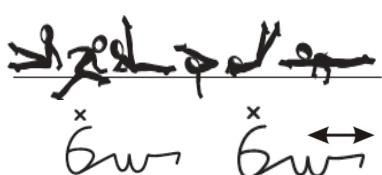
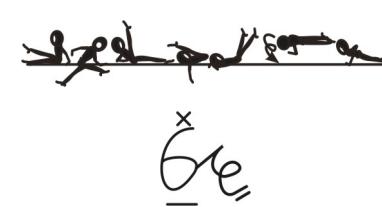


0.6	0.7	0.8	0.9	1.0
			A 309 FLAIR 1/1 TWIST AIRBORNE TO PUSH UP  	A 310 FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PUSH UP (PIMPA) OR TO WENSON  
A 316 FLAIR 1/2TURN TO SPLIT 	A 317 FLAIR 1/1 TURN TO SPLIT  		A 319 FLAIR + AIR FLAIR (1 OR 2)  	A 320 FLAIR + AIR FLAIR (1 OR 2) + FLAIR  
A 326 FLAIR TO WENSON  	A 327 FLAIR ½ TURN TO WENSON  	A 328 FLAIR 1/1 TURN TO WENSON  	A 329 FLAIR 1/1 SPINDLE TO WENSON  	A 330 FLAIR BOTH SIDES  
.	A 337 FLAIR TO LIFTED WENSON  	A 338 FLAIR ½ TURN TO LIFTED WENSON  	A 339 FLAIR 1/1 TURN TO LIFTED WENSON  	

$\frac{1}{2}$ 回転

0.1	0.2	0.3	0.4	0.5
A グループ - ダイナミック・ストレンジス(動的筋力) : ヘリコプター・ファミリー (ヘリコプター)				
			A 364 HELICOPTER  X 6	A 365 HELICOPTER TO WENSON  X 6w
			A 374 HELICOPTER TO SPLIT  X 6	A 375 HELICOPTER $\frac{1}{2}$ TURN OR $\frac{1}{2}$ TURN TO SPLIT  X 6 X 6

0.6	0.7	0.8	0.9	1.0
A 366 HELICOPTER TO LIFTED WENSON OR TO LIFTED WENSON BOTH SIDE  	A 367 HELICOPTER ½ TURN TO LIFTED WENSON  	A 368 HELICOPTER 1/1 TWIST AIRBORNE TO PUSH UP  		
A 376 HELICOPTER ½ TURN TO WENSON  				

0.6	0.7	0.8	0.9	1.0
C 386 1/1 TURN SPLIT JUMP 		C 388 2/1 TURNS SPLIT JUMP 		
C 396 ½ TURN SPLIT JUMP TO SPLIT 	C 397 1/1 TURN SPLIT JUMP TO SPLIT 	C 398 1 ½ TURN SPLIT JUMP TO SPLIT 		
C 406 SPLIT JUMP SWITCH TO SPLIT 	C 407 ½ TURN SPLIT JUMP SWITCH TO SPLIT 	C 408 1/1 TURN SPLIT JUMP SWITCH TO SPLIT 	C 409 1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL) 	
C 416 SPLIT JUMP TO PUSH UP 	C 417 ½ TURN SPLIT JUMP TO PUSH UP 	C 418 1/1 TURN SPLIT JUMP TO PUSH UP 	C 419 1 ½ TURN SPLIT JUMP TO PUSH UP 	

**0.6**

**0.7**

**0.8**

**0.9**

**1.0**

C 587 BUTTERFLY 1/1 TWIST



E  
B

C 588 BUTTERFLY 1/1 TWIST TO PUSH UP

P  
E

C 590 BUTTERFLY 2/1 TWISTS



6  
E  
B