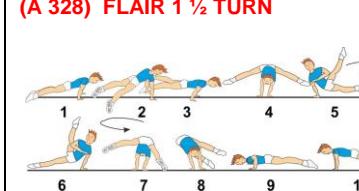
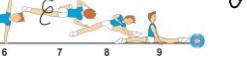
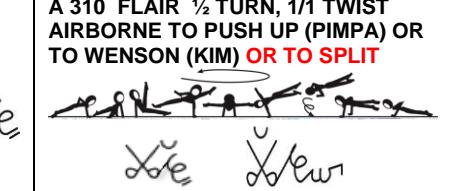
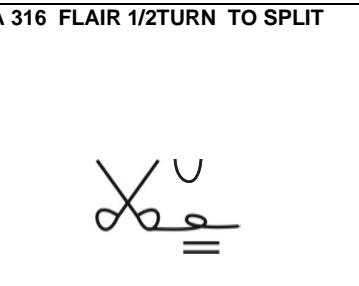
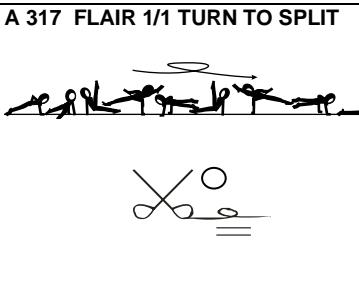
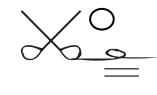
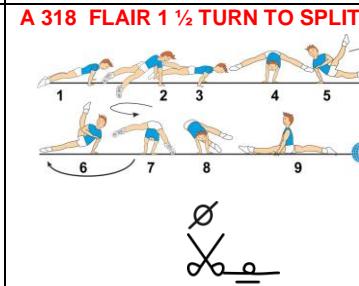
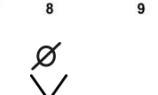
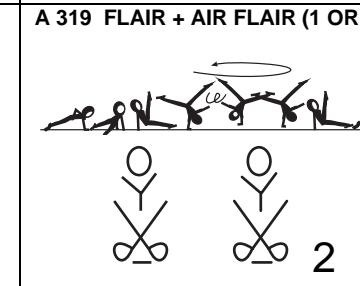
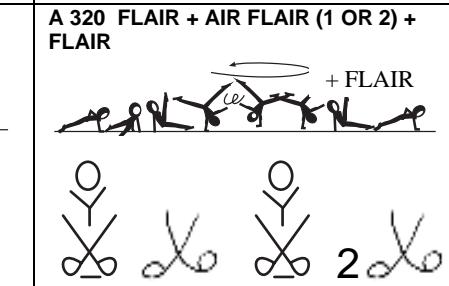
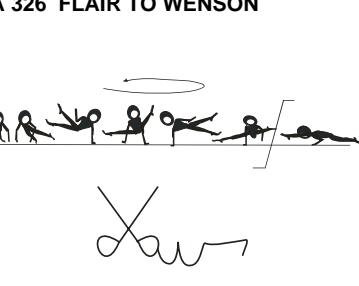
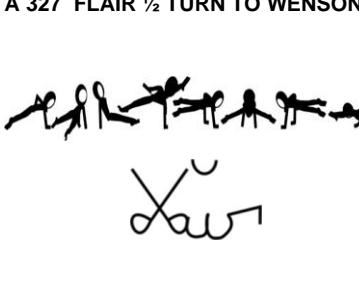
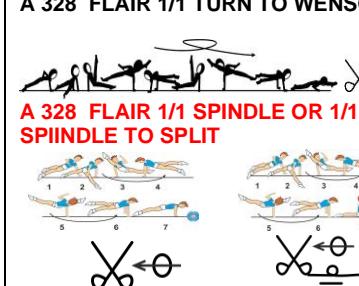
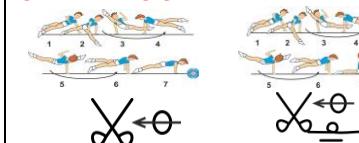
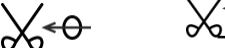
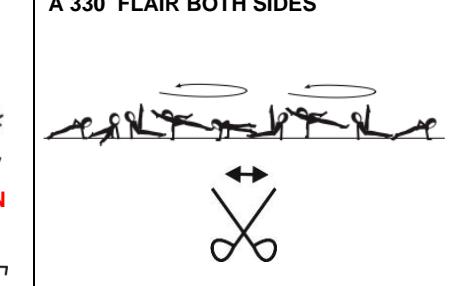
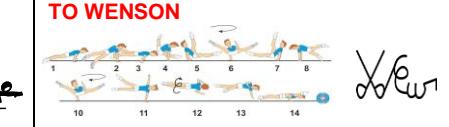
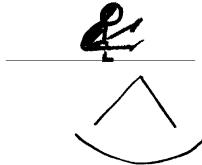
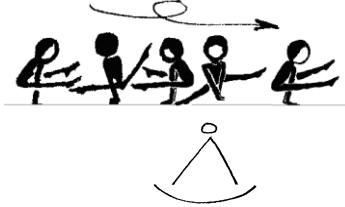
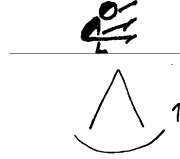
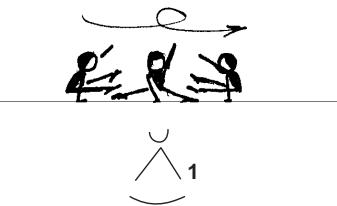
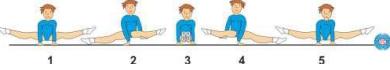
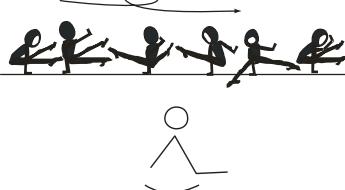
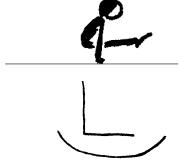
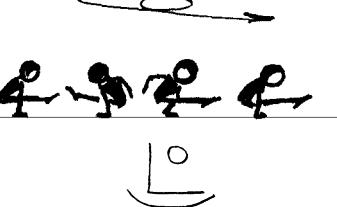
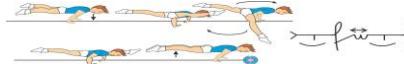
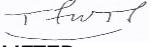
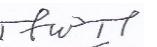
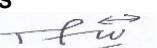
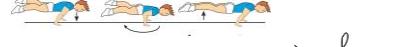
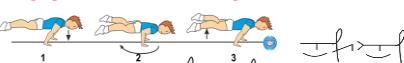
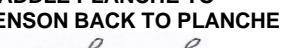
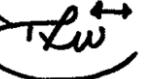
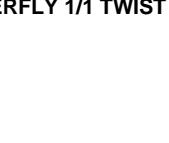
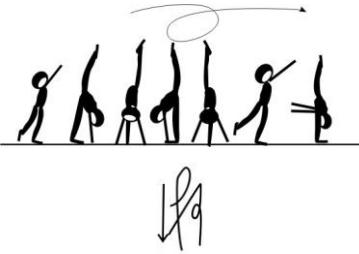
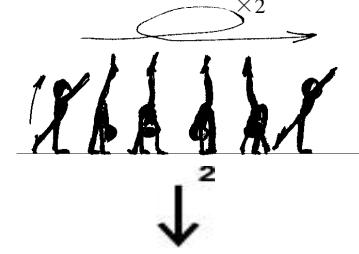
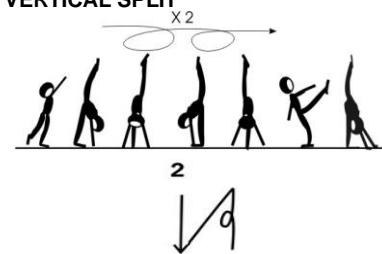
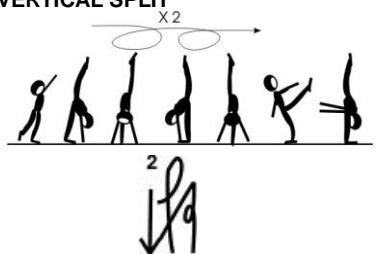
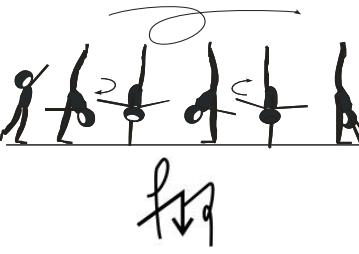
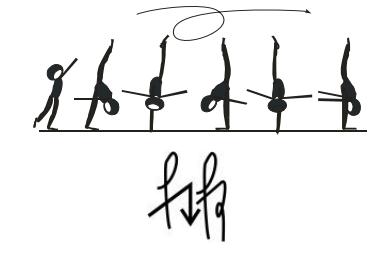
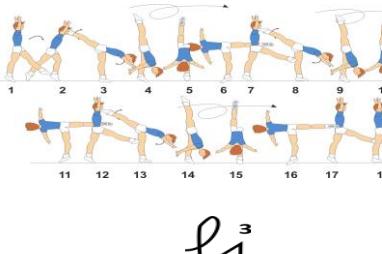
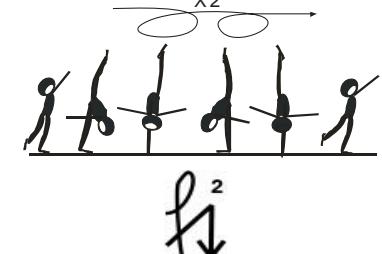
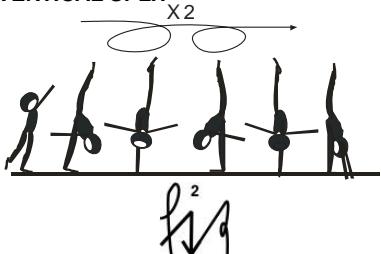


0.6	0.7	0.8	0.9	1.0
<b>A 306 FLAIR ½ TURN</b>  	<b>A 307 FLAIR 1/1 TURN</b>  	<b>(A 328) FLAIR 1 ½ TURN</b>  	<b>A 309 FLAIR 1/1 TWIST AIRBORNE TO PUSH UP OR TO SPLIT</b>  	<b>A 310 FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PUSH UP (PIMPA) OR TO WENSON (KIM) OR TO SPLIT</b>  
<b>A 316 FLAIR 1/2 TURN TO SPLIT</b>  	<b>A 317 FLAIR 1/1 TURN TO SPLIT</b>  	<b>A 318 FLAIR 1 ½ TURN TO SPLIT</b>  	<b>A 319 FLAIR + AIR FLAIR (1 OR 2)</b>  	<b>A 320 FLAIR + AIR FLAIR (1 OR 2) + FLAIR</b>  
<b>A 326 FLAIR TO WENSON</b>  	<b>A 327 FLAIR ½ TURN TO WENSON</b>  	<b>A 328 FLAIR 1/1 TURN TO WENSON</b>  <b>A 328 FLAIR 1/1 SPINDLE OR 1/1 SPIINDLE TO SPLIT</b>  	<b>A 329 FLAIR 1/1 SPINDLE TO WENSON</b> 開脚旋回ひねり  <b>A 329 FLAIR 1 ½ TURN TO WENSON</b>  	<b>A 330 FLAIR BOTH SIDES</b>  
.	<b>A 337 FLAIR TO LIFTED WENSON</b>  	<b>A 338 FLAIR ½ TURN TO LIFTED WENSON</b>  	<b>A 339 FLAIR 1/1 TURN TO LIFTED WENSON</b>  	<b>(A 310) FLAIR 1/1 TWIST AIRBORNE TO WENSON</b>  <b>(A 310) FLAIR + AIR FLAIR ½ TURN TO SPLIT</b>  

0.1	0.2	0.3	0.4	0.5
<b>B グループ - スタティック・ストレングス(静的筋力) : サポート・ファミリー (ストラドル・サポート &amp; L-サポート)</b>				
	B 102 STRADDLE SUPPORT 		B 104 STRADDLE SUPPORT 1/1 TURN 	
			B 114 1 ARM STRADDLE SUPPORT 	B 115 1 ARM 1/2 TURN STRADDLE SUPPORT 
	B 122 STRADDLE / L TO STRADDLE SUPPORT  		B 124 STRADDLE / L SUPPORT 1/1 TURN 	
	B 132 L-SUPPORT 		B 134 L-SUPPORT 1/1 TURN 	

0.6	0.7	0.8	0.9 【1.0】	1.0
B 186 STRADDLE PLANCHE  	B 187 STRADDLE PLANCHE TO PUSH UP  		<p>【評価点「1.0」】 (B210) STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO PLANCHE</p>  <p>【評価点「1.0」】 (B210) PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO PLANCHE</p> 	(B 200) PLANCHE TO LIFTED WENSON BACK TO PLANCHE  (B 200) PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE  (B 210) PLANCHE TO LIFTED WENSON BOTH SIDES 
		B 198 STRADDLE PLANCHE TO LIFTED WENSON  	<p>【評価点「1.0」】 (B200) STRADDLE PLANCHE TO PUSH UP BACK TO PLANCHE</p>  <p>【評価点「1.0」】 (B200) PLANCHE TO PUSH UP BACK TO STRADDLE PLANCHE</p> 	B 200 STRADDLE PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE  B 200 STRADDLE PLANCHE TO LIFTED WENSON BACK TO PLANCHE 
		B 208 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES  	<p>【評価点「1.0」】 (B210) PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO STRADDLE PLANCHE</p> 	B 210 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE  
		B 218 PLANCHE  	<p>評価点「0.9」 B 219 PLANCHE TO PUSH UP</p> 	B 220 PLANCHE TO LIFTED WENSON  

0.6	0.7	0.8	0.9	1.0
	<p>C 587 BUTTERFLY 1/1 TWIST</p>  <p>E P</p>	<p>C 588 BUTTERFLY 1/1 TWIST TO PUSH UP</p>  <p>P E</p>		<p>C 590 BUTTERFLY 2/1 TWISTS</p>  <p>0. E B</p>
	<p>C597 BUTTERFLY 1/1 TWIST TO SPLIT</p>  <p>B S</p>			

0.6	0.7	0.8	0.9	1.0
D 266 ILLUSION TO FREE VERTICAL SPLIT 				
D 276 DOUBLE ILLUSION 	D 277 DOUBLE ILLUSION TO VERTICAL SPLIT 	D 278 DOUBLE ILLUSION TO FREE VERTICAL SPLIT 		
D 286 FREE ILLUSION TO VERTICAL SPLIT 	D 287 FREE ILLUSION TO FREE VERTICAL SPLIT 		(D299) 3/1 FREE SUPPORT ILLUSION 	
	D 297 FREE DOUBLE ILLUSION 	D 298 FREE DOUBLE ILLUSION TO VERTICAL SPLIT 	D 299 FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT 