

Advanced Syllabus Repertoire



Katerina Spin (1)



Katerina Spin (2)



Helicopter Spin

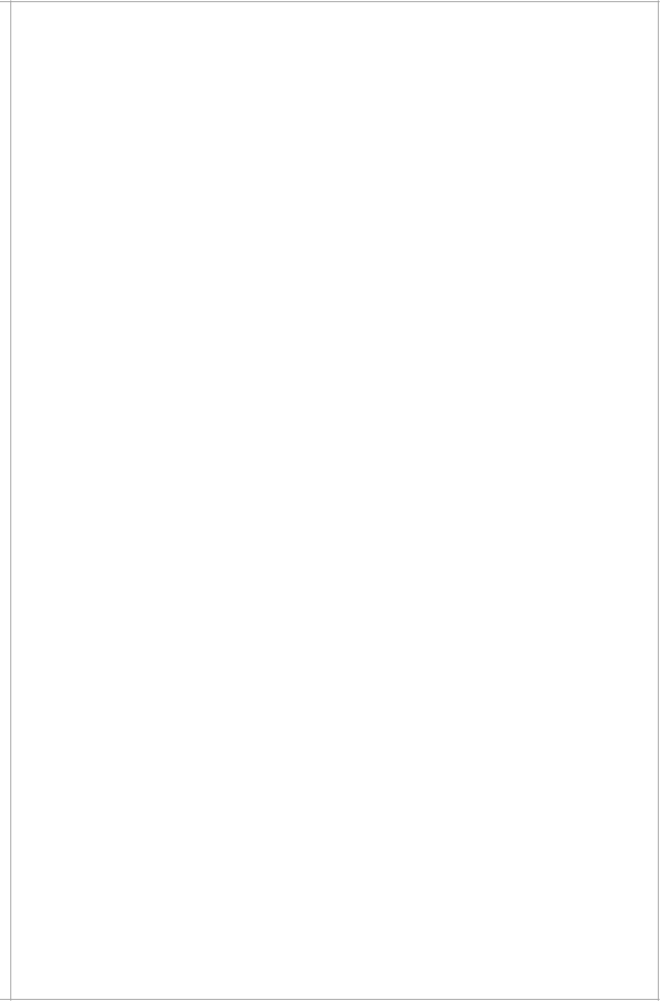
Advanced Syllabus Repertoire



Scottish Spin Easy Variation



Scottish Spin Hard Variation



Advanced Syllabus Repertoire



Double Cup Grip to Reverse Grab Spin (1)



Double Cup Grip to Reverse Grab Spin (2)

Advanced Syllabus Repertoire



Switch Up



Thigh Hold Switch Up (1)



Thigh Hold Switch Up (2)

Advanced Syllabus Repertoire



Mid Air Invert to Crucifix (1)



Mid Air Invert to Crucifix (2)



Hip Hold

Advanced Syllabus Repertoire



Gemini to Scorpio (1)



Gemini to Scorpio (2)

Advanced Syllabus Repertoire



Scorpio to Thigh Hold (1)



Scorpio to Thigh Hold (2)



Butterfly with Wide Arms

Advanced Syllabus Repertoire



Bow & Arrow



Iguana Pencil



Iguana Fang

Advanced Syllabus Repertoire



Reverse Climb with Forearm Grip



Reverse Climb with Elbow Grip



Split Down

Advanced Syllabus Repertoire



Shouldermount to Inverted Crucifix (1)



Shouldermount to Inverted Crucifix (2)



Mini Bow & Arrow

Advanced Syllabus Repertoire



Flag



Apprentice from Cradle



Advanced Plank

Advanced Syllabus Repertoire



Advanced Climb



Easy Drop



Mid Air Pencil Hold

Advanced Syllabus Repertoire



Chinese Attitude



Arm Hold

Advanced Syllabus Repertoire



Jallegra



Maxi