







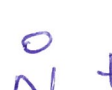
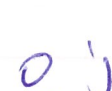
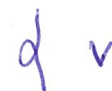









SHORT HAND for BEGINNER JUDGES

Symbol	Skill	Value
	push up on knees	0.0
	push up	0.1
	push up one leg	0.2
	touched pike straddle support	0.0
	touch straddle support	0.1
	pike support	0.2
	straddle support	0.2
	tuck jump	0.2
	tuck jump full turn	0.4
	jump air turn	0.3
	vertical split	0.1
	pivot full turn	0.2

6 symbols only	
	push up
	pike
	straddle
	tuck
	jump full turn
	pivot full turn
	vertical split
Compulsory	
4K	Kicks 4
4PU	Push up 4
4JJ	Jumping Jacks 4