

# PROGRAM VÝUKY PRVKŮ

## PRO ÚROVEŇ INTERMEDIATE

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1. Wrist Seat Straddle Spin
2. Hollywood Spin
3. Carousel Spin (one-handed)
4. Chair Spin (one-handed)
5. Reverse Grab Spin
6. Spin Up
7. Fairy
8. Armpit Hold
9. Hood Ornament
10. Figurehead
11. Inverted Thigh Hold
12. Layback Plank
13. Crossed Ankle Release
14. Spinning Climb
15. Forearm Climb
16. SideClimb
17. Inverted Straddle
18. Outside Leg Hang/Gemini
19. Outside Leg Hang/  
Gemini Flatline
20. Marley
21. Apprentice
22. Superman
23. Jamilla
24. Princess
25. Cupid
26. Butterfly
27. Inverted Hip Hold
28. Inside Leg Hang/Scorpio
29. Inside Leg Hang Flatline/  
Scorpio Flatline
30. Ballerina
31. Aerial Split Grip Hold
32. Headstand/Forearmstand