



**WDA WORLD DANCE  
ASSOCIATION**

**Rules and regulations of  
WDA World Dance Championship**  
[www.WDAdanceworld.com](http://www.WDAdanceworld.com)

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## **1. DANCE DISCIPLINES**

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## **2. AGE CATEGORIES**

**The age of the dancer depends on the year of births** (not the exact date, just year)  
for example: a dancer born in 2010 is 15 years old in the year 2025.

### **AGES - SOLO:**

MINI: 9 years old or younger.

KID: 10-11 years old

CHILDREN: 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

### **AGES - DUO-TRIO, GROUP and FORMATION categories:**

MINI: 9 years old or younger

KID: 10-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest dancer.**

For example: a formation should enter for the competition in Junior age group if the oldest dancer belongs to junior, but the other dancers may be younger (kid or mini).

### 3. AWARDS:

- diploma and medal for every dancer,
- trophies to the 1st-3rd places.

**4. JURY:** Jury members are high qualified international judges, there are 5 judges in each category.

### 5. GENERAL RULES FOR EACH DISCIPLINE AND DANCE:

**Everyone competes at their own risk, accepts the rules and agrees to the use of photos and videos taken during the competition and to their publication in the media and on the web.**

- Music, choreography and costume should be in harmony!
- **The choreographies should contain changes/shifts in pattern and configuration.**
- It is important, that the dancers must be on the stage on time, can't be in late because of changing costume.
- A solo dancer and duo-trio may not compete in the same discipline with two different choreographies.
- The same choreography may not be nominated in two different disciplines and/or categories.
- **There may be contraction of categories with less than 3 competitors.**
- Any deviation from the age group regulations results in CLASSIFICATION TO THE LAST PLACE.
- **The size of the stage is 12 x 12 m** (except Fitness categories 12 x 10 m Tatami covered) dancers should aim to dance on the whole surface of the stage, but they may not leave the stage during the performance. Stepping off the stage results point deduction in all disciplines and categories.
- **In case of any technical problem or miss, the performance can only be valued if the dancer keeps dancing.** If the dancer leaves the stage, he/she may not dance again. The director has the right to allow that in the end of the category concerned, but off-competition, the dancer can perform the choreography.
- **Lifting:** element, when one of the dancers leaves the floor with both legs with the physical help of one or more other dancers.
- **Acrobatic element:** movement when the body turns around one of its axis **without hand support**, for example: somersault, free cartwheel, flick.
- **It is the responsibility of the choreographer, trainer, and dance master to enter performances in accordance with the regulations.** Any deviation from regulations recognized during the competition results in disqualification or classification to the last place.
- **This is a competition of amateur dancers. Professional Dancers may not compete.**
- The music must be upload before the competition and you should have a copy of music on flash-drive also. Please save the music in mp3 file using the start number in 3 digits, name of the club and dancer/or title like this: **023\_ClubName\_Dancer.mp3**
- **Stage decoration can be used in certain categories. SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

## 8. PRELIMINARIES, SEMI-FINALS AND FINALS

- **Finals** are organized in case of having competitors up to 12 in a certain category.
- **Semi-finals** round in case of having more than 12 competitors.

The results of semi-finals should be handed out to publish them on the Results Publication Area as soon as possible after the concerned competition round. The Speaker is obliged to communicate the list of the qualified dancers for the next round.

It is a general rule that the same category should always be adjudicated by the same jury also in different rounds, except for the case of vis major.

## 9. ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each dance is adjudged always by at least five properly examined and experienced judges. These principles of the adjudication are the followings:

- **Technical content**, and in case of performances of 2 or more dancers, the **synchrony**: 0-10 point  
Here the following aspects are evaluated: the difficulty level and number of dance technical elements, the diversity of the elements, the elegance and balance of the dancer, the body control, how the dancer can follow the dynamics of the music, changes of rhythm and in case of 2 or more dancers the synchrony.
- **Choreography and overall impression**: 0-10 points  
In the evaluation of the choreography the followings are important: the synchrony of the chosen music, dance steps and elements, the age and dress of the dancer, the dancers should dance on the whole surface of the stage, in group choreography there should be changes in pattern and configuration.
- **Presentation**: 0-10 points  
Here the jury evaluates the artistic impression, the ability to express emotions, story or message interpreted and transmitted to the audience.

### Calculation:

The judge works on computer – the system calculates points given by the judge and forms a rank among the competitors. From the ranks of all the judges, the skating system calculates the final placement of the competitors.

The skating system is a fair calculation system which well filters favoritism, because the final result depends on places decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

### For the preliminaries and semi-final rounds the so-called X (cross) system is used.

This means that after the judges pointed for the three principles as described above, in accordance with the rank indicated by the summarized point values, they issue the X-es and /-es (half-cross) as possible for the given category.

For example: for a category with 13 dancers (semi-final) six (6) crosses and two (2) half-crosses may be issued. The numeric value of one cross is ten (10) point, the numeric value of a half-cross is (1) one.

The half of the competitors getting the highest results will get into the final. In case of mathematical equality on the sixth position, all the competitors on the sixth position get into the final, so it may occur that we have 7 or 8 competitors in the final.

## DANCE SHOW

**Music:** Any styles at own discretion.

### Categories, time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'30"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Description:

Dance Show reflects in its name, this should be mainly a show dance.

**Show Dance, Jazz, Revue, Lyrical belongs to the Dance Show category.**

The choreography may present a story, a character, a feeling or an ambiance. You can use the following dance techniques: **jazz**, classical, modern or contemporary ballet, jazz styles including afro, American, wild and street versions (not art jazz), **revue**, character or folk dance from any age and from any culture and **lyrical**. The dance styles and techniques may be mixed. **If the choreography is of only one certain dance style which has its own disciplines in this regulation, then the performance should be nominated in the discipline dedicated for that type of dance.** For example: a pure contemporary choreography with stage decoration is not Dance Show.

The harmonic presentation of a situation, feeling, story, role or known personality with fitting steps, dance technique, music, costume, stage props, tools and presentation will be highly evaluated.

**The choreography always must present some kind of feeling/emotion or a story** to the audience. The used dance techniques must be clearly seen and performed.

Solos in the formation/ group choreographies and standing parts in the dance are allowed but must not dominate.

**Music, choreography and costume should be in harmony.**

**Title:** the choreography should have a title reflecting its message or story.

### Elements:

- Jumps and turns characteristic of the given dance technique.
- Liftings - can be used
- Acrobatic elements - can be used
- Flexibility elements – can be used
- **The choreographies should contain changes/shifts in pattern and configuration.**

### Stage decoration and hand props or tools:

- can be used but this is optional, not required
- **SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

## MODERN

**Music:** any music at own discretion fitting the technique applied.

### Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Description and characteristics:

All modern ballet techniques (Graham, Limón, Horton, Cunningham, Alexander, art jazz style). It is characterized by separate use of body parts (isolations), vigorous use of the upper body (contraction-release), parallel positions, rhythmic games.

It is not obligatory to tell a story, but the harmony of dance and music is important. Let's build the choreography on the dynamics of the music, have a dramaturgy, include the rotations and jumps characteristic of the given dance technique!

**Title: it is recommended to give the choreography a title!**

The specific and proper positions, holds, steps, turns and jumps of the dance technique concerned – in clear form or mixed.

**Music, choreography and costume should be in harmony.**

**Title:** the choreography should have a title reflecting its message or story.

### Elements:

- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- Ground and contact elements are allowed.
- The performance in group and in formation should contain pattern changes.

### Stage decoration and hand props or tools:

- Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage sets or background decoration are prohibited.

## CONTEMPORARY

**Music:** any music at own discretion fitting the technique applied.  
Please do not use actual HIT music in this category.

Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

**AGES: only from 14 years old dancers**

**AGES - SOLO:**

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

**AGES - DUO-TRIO, GROUP and FORMATION categories:**

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest dancer.**

For example: a formation should enter for the competition in Adult age category if the oldest dancer belongs to adult, but the other dancers may be younger (juniors).

**Description and characteristics:**

Contemporary dance originally evolved from classical, modern and jazz dances, but its latest version also takes over elements from other dances. Its focus is on controlled foot technique and strong torso movement, contraction-relaxation technique, tillage and improvisation. What makes it interesting is the sudden changes in direction, speed and rhythm.

A combination of several dance genres. Expression of status, not the accumulation of elements, but the dance connections are important.

Contemporary dance is a style of expressive dance that combines elements of several dance genres, including modern, jazz, lyrical and classical ballets. **Contemporary dancers strive to connect the mind and body through fluid dance movements.**

It can also contain acrobatic elements (even capuera) for music that expresses a contemporary emotional state.

**Title: it is recommended to give the choreography a title!**

**Elements:**

- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- Ground and contact elements are allowed.

**Stage decoration and hand props or tools:**

- Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage sets or background decoration are prohibited.

## STREET DANCE – HIP-HOP

**Music:** any music at own discretion.

### Categories and time durations:

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'00"-2'00"

### Mini and Kid

GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Junior and Adult:

SMALL GROUP	4-8 dancers	2'00"-3'00"
GROUP	8-10 dancers	2'00"-3'00"
FORMATION	11-17 dancers	2'00"-4'00"
PRODUCTION	17-30 dancers	2'00"-4'00"

### Description and characteristics:

All styles of hip-hop - popping, locking, house, afro, voguing, tutting, k-pop, girly, and all new style variation.

### Elements:

- ground elements
- acrobatic elements - can be used
- Liftings can be used
- Utmost utilization of the available stage area and the pattern changes are desirable.

### Stage decorations and hand props:

- Hand props and stage decoration are allowed.
- **SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

## **Sport Dance – Acrobatic Rock&roll and Aerobics**

**(Last year FITdance)**

**Music:** any music at own discretion.

### **Categories and time durations:**

GROUP	4-10 dancers	1'30"-3'00"
FORMATION	11-30 dancers	1'30"-4'00"

**Depending on number of entered formations competition director may open the category PRODUCTION with 17-30 dancers and time duration: 1'30"-4'00"**

### **Description and characteristics:**

Movement compositions and choreographies using different forms of aerobics and acrobatic rock&roll for their presentation.

Different themes can be worked on, other dance styles can be used, but the aerobic or acrobatic rock&roll character must prevail. The jury appreciates the presentation of a story with a matching costume.

### **Elements:**

- liftings – can be used
- acrobatic elements - are allowed

### **Stage decorations and hand props:**

- hand props can be used but is optional, not required
- NO stage decoration or background.



## OPEN

**Music:** any music at own discretion.

### Categories and time durations:

GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Description and characteristics:

- **Caribbean / Latin, Tap Dance, Disco, Disco Free Style should enter in OPEN.**
- **Those show-like choreographies, which cannot listed any other dance styles, or are a mix of other dance styles, may be nominated in OPEN discipline.** If the choreography consists of clearly one dance style which has a separate discipline according to this regulation, it should be nominated in the dance discipline concerned.
- **Presentation of a story is not obligatory.**
- Music, choreography and costume should be in harmony!
- The performance in group and in formation should contain pattern changes.

### Elements:

- Liftings – can be used
- acrobatic elements - can be used

### Stage decorations and hand props:

- can be used but is optional, not required
- **SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

## FITNESS DANCE, Fitness Show, Acrobatic Show

### CATEGORIES and time durations:

SOLO (Fitness Dance, Fitness Show, Acrobatic Show)	1 competitor (male or female in the same category)	1'00"-1'45"
Fitness Dance DUO-TRIO	2-3 competitors	1'30"-2'00"
Fitness Dance GROUP	4-10 competitors	2'00"-3'00"
Fitness Dance FORMATION	over 10 competitors	2'00"-4'00"

Depending on the number of registered Groups, the Organizer may decide to open new categories: Small Groups

### AGE GROUPS

The age of the competitor depends on the year of births (not the exact date, just year) for example: a competitor born in 2010 is 15 years old in the year 2025.

Fitness Dance Solo	Fitness Show Solo	Acrobatic Show Solo
5-7 years		
Mini 8 years		
Mini 9 years	Mini up to 9 years	Mini up to 9 years
Kid 10 years	Kid 10 years	Kid 10 years
Kid 11 years	Kid 11 years	Kid 11 years
Children 12 years	Children 12 years	Children 12 years
Children 13 years	Children 13 years	Children 13 years
Teen 14 years	Teen 14 years	Teen 14 years
Teen 15 years	Teen 15 years	Teen 15 years
Junior 16-17 years	Junior 16-17 years	Junior 16-17 years
Adult	Adult	Adult

### Fitness Dance DUO-TRIO:

MINI: up to 9 years old

KID: 10-11 years old

CHILDREN: 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

### Fitness Dance GROUP (4-10 competitors) and FORMATION (over 10 competitors):

MINI: up to 9 years old

KID: 10-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest competitor.**

The Organizer reserves the right to combine two categories, if there are less than 3 competitors in a category.

## SEMI-FINALS AND FINALS IN FITNESS AND ACROBATIC SHOW

- **Finals** are organized in case of having nominations up to 20 in a certain category.
- **Semi-finals** round in case of having more than 20 competitors.

## ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each routine is adjudged always by at least five properly examined and experienced international judges. These principles of the adjudication are the followings:

### **Fitness Dance, Fitness Show, Acrobatic Show:**

**Technique: 1-10 points based on the difficulty of the elements presented,**

**Execution: 1-10 points for correct execution of elements, knees, spike, posture, etc.**

**Performance: 1-10 points for the show-like performance of the dance.**

In the fitness exercise, the difficulty and execution of the elements performed will be given greater weight in the evaluation.

**Avoid element repetition as it does not count as an additional technical point e.g. if there are three roundel flicks in the routine, it should only be scored once, unless presented with different variations and element combinations, which can add colour to the routine.**

### **Calculation: with skating system**

The skating system is a fair calculation system which well filters favoritism, because the final result depends on placement numbers decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

**For the preliminaries and semi-final rounds the so-called X (cross) system is used.**

The half of the competitors getting the highest points will get into the final.

## Specification of FITNESS categories

**In Solo there are 3 skill levels:**

**FITNESS DANCE (Basic level)** – just a few elements in a dance choreography (10-15 elements are recommended in a dance choreography)

**FITNESS SHOW (Medium level)** – more elements, more difficult elements (15-20 elements are recommended in a dance choreography)

**ACROBATIC SHOW (Top level)** – the routine should contain a large amount of difficult elements (more than 20 elements are recommended in a dance choreography)

The difference between solo categories is the number of elements and the difficulty level of elements – please see the details bellow.

**The stage is at least 12x10 m, covered by Fitness floor (tatami).**

**Music:** any music at own discretion.

### **Description:**

- FITNESS is a spectacular acrobatic show dance which performance may use any kind of dance technique.
- There are no poses, only fitness routines

**Elements:**

- The routine should contain at least 2 of each elements category: acrobatic, flexibility, jumps and power elements.
- **Elements must be correctly presented.** Faulty elements cause point deduction.
- In duo, trio and group routines the joint performance of minimum 4 elements is obligatory (4 elements which are performed by all of the competitors at the same time or in canon).
- Elements in row (combination): the elements may be performed independently or connected in a row.
- **Liftings** are allowed, but **no Pyramide.**
- **Power elements:** push-up is a basic element, Wensons, Straddel support, V support, L support, Press to handstand and lowering are more difficult elements, these are higher rates, please see the elements at the end of rules.





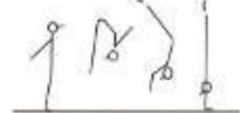
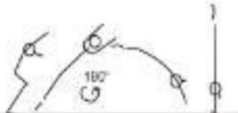




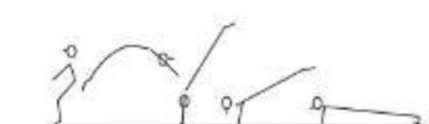
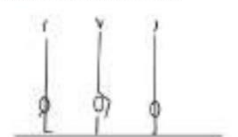
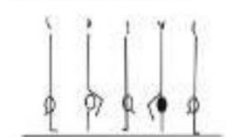



**Stage decorations and props:**

- Usage of small hand props, which can be held in hand as a tool, are allowed.
- **Usage of stage decoration or background is prohibited - a chair or any other standing object are not allowed.**

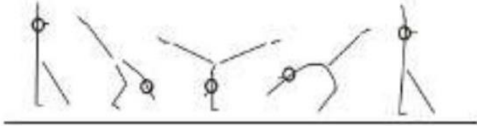


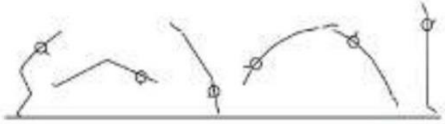
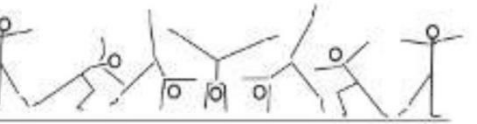
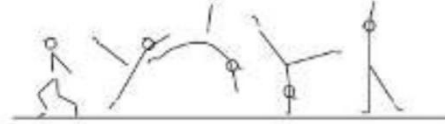
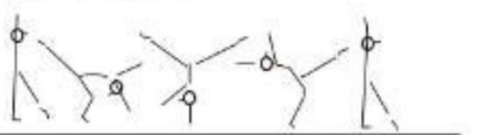






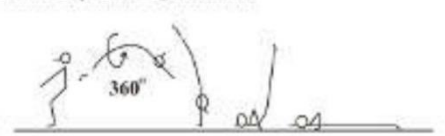

Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo <b>Mini</b>	<b>ONLY acrobatic elements with hand support</b> (cartwheel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	without hand support only 1. free-cartwheel, 2. flic-flac and 3. front somersault into sitting position	maximum 2 elements combined
Fitness Show Solo <b>Mini</b>	without hand support only 1. free-cartwheel 2. flic-flac and 3. front somersault into sitting position	maximum 3 elements combined
Fitness Show Solo other age categories	all acrobatic elements can be used	maximum 3 elements combined
Acrobatic Show Solo in <b>all age categories</b>	all acrobatic elements can be used	no limit
Duo, Trio, Group, Formation all age categories	all acrobatic elements can be used	no limit
<b>Duo, Trio, Group, Formation:</b> 4 elements presented by all competitors together is obligatory.		

List of elements (any other variation of elements can be used in fitness categories):




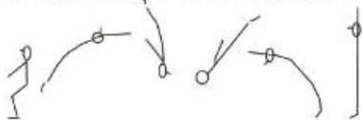
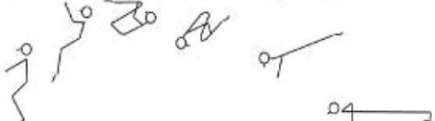
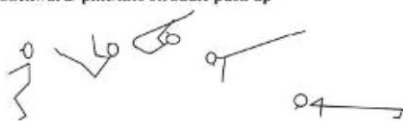
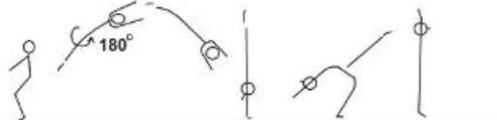
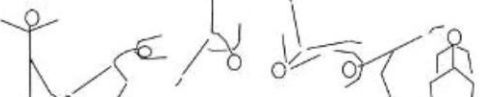
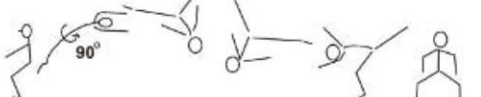
ACROBATIC ELEMENTS

A	B	C	D
<p>Forward to backward roll</p> 		<p>Handstand on one hand</p> 	<p>Handstand on one hand, legs are in stag position, with help</p> 
<p>Handstand</p> 	<p>Jump into handstand</p> 	<p>Jump into handstand with a half turn</p> 	<p>Jump into handstand through a turn</p> 
<p>Handstand to forward roll</p> 	<p>Flic flac dolphin</p> 		
<p>Backward roll into handstand</p> 	<p>Flic flac into straddle push up</p> 		
<p>Half turn in handstand</p> 	<p>Full turn in handstand</p> 		
<p>Headspring</p> 			
<p>Dive forward roll</p> 			
<p>Runcl</p> 			

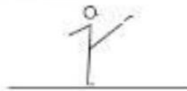

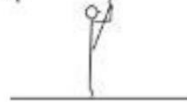





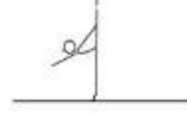
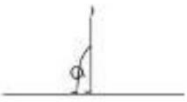



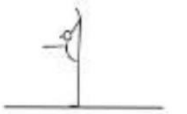



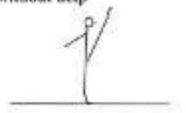


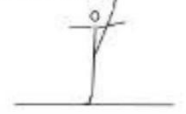

ACROBATIC ELEMENTS

A	B
<p>Front and back walkover/all variations/</p> 	<p>Flic-flac</p> 
<p>Handsprinf/ folder</p> 	<p>Danish folder</p> 
<p>Cartwheel</p> 	<p>Auerbach flic-flac</p> 
<p>Cinzas forward and backward</p> 	<p>Araber/fress turnover to the front, with a half turn</p> 
C	D
<p>Forverc</p> 	<p>Forvere/without stepping</p> 
<p>Free turnover to the front with quarter turn</p> 	<p>Flic flac into atraddle push up through a full turn</p> 
<p>Araber/ without stepping/</p> 	<p>Flic flac into dolphin through a full turn</p> 
<p>Front somersault/tucked</p> 	

ACROBATIC ELEMENTS

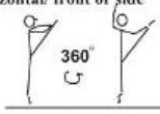
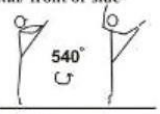
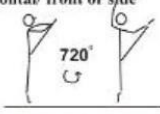
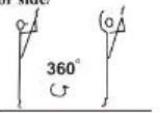
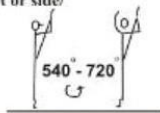
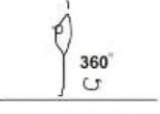
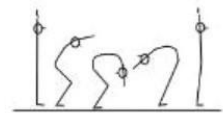
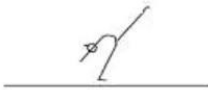
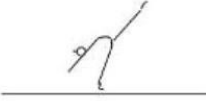
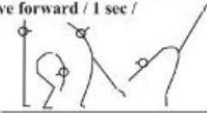


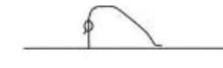
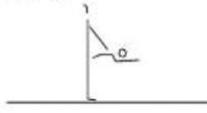
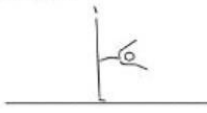
C	D
<p>Somersault backward/tucked</p> 	<p>Salto forward or backward / piked</p> 
<p>Salto backward stretched with opened legs</p> 	<p>Salto backward or forward stretched / legs are together</p> 
<p>Backward somersault/tucked/into straddle push up</p> 	<p>Salto backward/ pike/into straddle push up</p> 
	<p>Mostepanova</p> 
	<p>Salto sideward from one leg</p> 
	<p>Salto sideward / after rundel</p> 

## FLEXIBILITY ELEMENTS






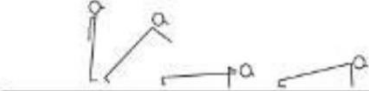

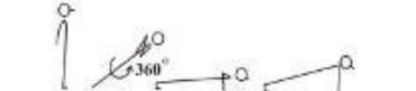
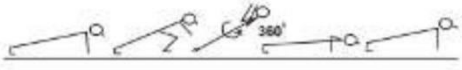
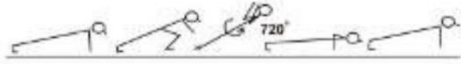
A	B	C	D
<p>High leg lifting forward / 45° above horizontal</p> 	<p>Leg lifting forward to split with help</p> 	<p>Leg lifting forward to split on toe with help</p> 	
<p>High lifting sideward / 45° above horizontal</p> 	<p>Leg lifting sideward to split with help</p> 	<p>Leg lifting sideward to split on toe with help</p> 	
<p>Sagittal scale/RG: front scale</p> 	<p>Front scale split with help</p> 	<p>Front scale split on toe with help</p> 	
	<p>Front scale split with support on the floor</p> 	<p>Front scale split without help</p> 	<p>Front scale split on toe without help</p> 
<p>Split</p> 		<p>Back split with help</p> 	<p>Back split on toe with help</p> 
<p>Side split</p> 		<p>Leg lifting forward to split without help</p> 	<p>Leg lifting forward to split on toe without help</p> 
<p>Laying cross split</p> 		<p>Leg lifting sideward to split without help</p> 	<p>Leg lifting sideward to split on toe without help</p> 
<p>Laying side split</p> 			



FLEXIBILITY ELEMENTS

A	B	C	D
	<p>360° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>540° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>720° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 
		<p>360° Pivot on one leg, free leg lifted to split with help / front or side/</p> 	<p>540° - 720° Pivot on one leg, free leg lifted to split with help / front or side/</p> 
			<p>360° Pivot on one leg, free leg lifted to back split with help</p> 
<p>Full body wave forward</p> 	<p>Front split with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward from body wave forward / 1 sec /</p> 
<p>Full body wave backward</p> 			<p>Body wave backward with leg lifting forward on toe with help / 2 sec /</p> 
<p>Bridges</p> 		<p>Side split with help / trunk horizontal /</p> 	<p>Side split without help / trunk horizontal /</p> 


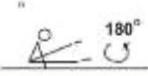

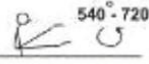
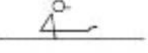
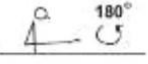
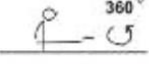
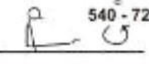


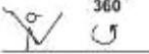

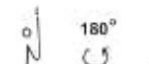


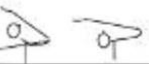


POWER ELEMENTS

A	B	C	D
<p>Straddle push up</p> 		<p>One arm push up</p> 	
		<p>One arm one leg push up</p> 	
	<p>Hinge push up</p> 		
		<p>One arm hinge push up</p> 	
<p>From standing leaning forward into push up position</p> 		<p>One arm one leg hinge push up</p> 	
	<p>Full twist from standing to push up position</p> 		
		<p>Push up, full twist to push up</p> 	
		<p>Push up, double twist to push up</p> 	

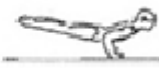

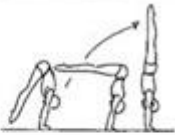
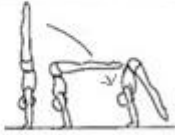
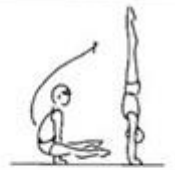

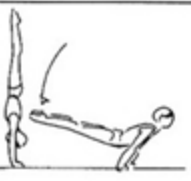


POWER ELEMENTS

A	B	C	D
		<p>Push up, full twist to lifted Wenson</p> 	
<p>Wenson push up</p> 		<p>Free support Wenson hinge push up</p> 	
		<p>Lifted Wenson hinge push up</p> 	
	<p>Free support Wenson push up</p> 		
	<p>Free support Wenson push up</p> 		
		<p>Press support Wenson hinge push up</p> 	
	<p>Double Wenson</p> 	<p>Double free support Wenson</p> 	
	<p>Side split Wenson with help</p> 		
	<p>Wenson hinge push up</p> 		


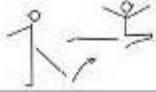
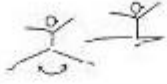




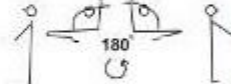
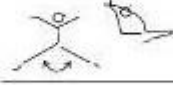




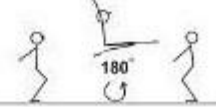

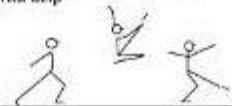
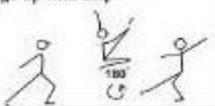
POWER ELEMENTS

A	B	C	D
<p>Straddle support</p> 	<p>Straddle support 180° turn</p> 	<p>Straddle support 360° turn</p> 	<p>Straddle support 540° - 720° turn</p> 
<p>L-support</p> 	<p>L-support 180° turn</p> 	<p>L-support 360° turn</p> 	<p>L-support 540° - 720° turn</p> 
	<p>Straddle V-support</p> 	<p>Straddle V-support 180° turn</p> 	<p>Straddle V-support 360° turn</p> 
		<p>V-support</p> 	<p>V-support 180° turn</p> 
		<p>Straddle V-support with back move away</p> 	<p>V-support with back move away</p> 
			<p>High straddle V-support or high V-support</p> 
		<p>Straddle V-support one leg to the side and change of legs</p> 	
			<p>V-support legs to one side then to other</p> 

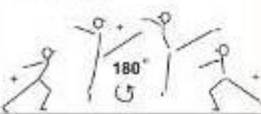
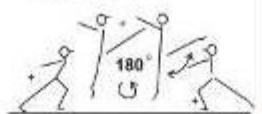
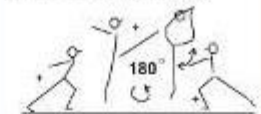
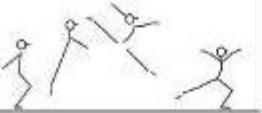
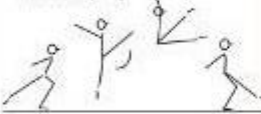
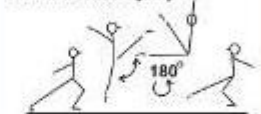


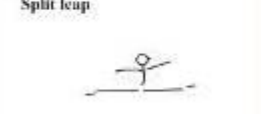

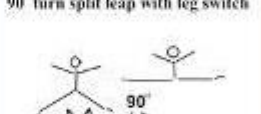
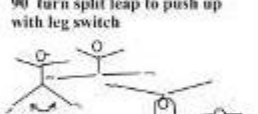
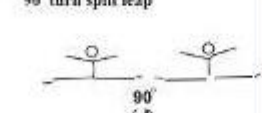
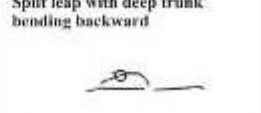
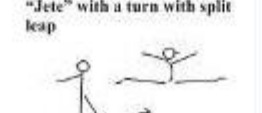
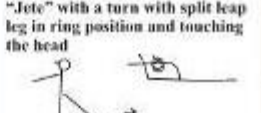
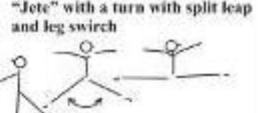
New power elements and combinations: difficulty „D”

<p>Planche with support on both arms, trunk supported on elbows.</p>	
<p>Planche with support on both arms (clear front support).</p>	
<p>Press to handstand with straight legs. Legs apart or together. Starting the hip over shoulder height.</p>	
<p>From handstand, lowering to clear straddle or clear pike support "pike sitting".</p>	
<p>From clear straddle or clear pike support "pike sitting" press up to handstand.</p>	
<p>From handstand, lowering to clear straddle or clear pike support "pike sitting".</p>	
<p>From handstand, lowering to clear front support (Planché). Legs apart or together.</p>	
<p>From clear front support (Planché) press up to handstand. Legs apart or together.</p>	
<p>From hand stand lowering to clear pike – "V".</p>	
<p>From clear pike – "V" press up to handstand.</p>	

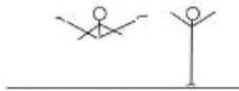
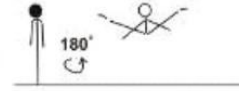
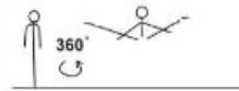

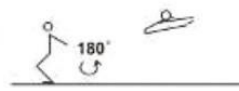
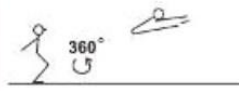
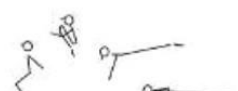
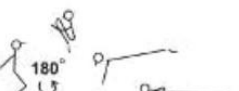
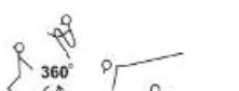
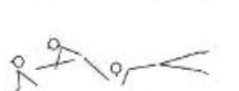
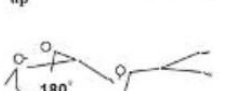
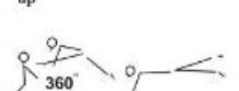

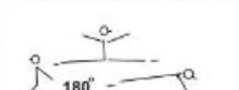

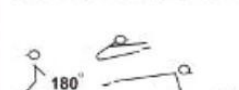
ELEMENTS OF JUMPS

A	B	C	D
<p>Stag leap</p> 	<p>"Jete" with turn, with stag leap</p> 		
	<p>Stag leap with leg switch</p> 		
	<p>Stag leap with deep trunk bending backwards</p> 		
<p>Ring leap/ one leg with ring /</p> 	<p>Stag leap or jump with ring, touching the head</p> 	<p>"Jete" with turn and stage leap with ring</p> 	<p>Stag jump with ring, and a half turn of the whole body in the air</p> 
		<p>Stag leap with switching legs and touching head</p> 	
	<p>Cossack leap</p> 	<p>180° turn Cossak leap</p> 	<p>360° turn Cossak leap</p> 
	<p>Cossack jump</p> 	<p>180° turn Cossak jump</p> 	<p>360° turn Cossak jump</p> 
		<p>Cossack leap one leg high up with help</p> 	<p>180° turn Cossack leap one leg high up with help</p> 

ELEMENTS OF JUMPS

A	B	C	D
<p>Fouette leap</p> 	<p>Entrelace leap</p> 	<p>Entrelace leap - leg in ring</p> 	
	<p>Sissone jump</p> 		
<p>Scissors jump</p> 		<p>180° turn scissors jump</p> 	
	<p>Ring jump</p> 	<p>Ring jump / touching the head /</p> 	
<p>Split leap</p> 	<p>Split leap with leg switch</p> 	<p>90° turn split leap with leg switch</p> 	<p>90° turn split leap to push up with leg switch</p> 
	<p>90° turn split leap</p> 		
		<p>Split leap with deep trunk bending backward</p> 	
	<p>"Jete" with a turn with split leap</p> 	<p>"Jete" with a turn with split leap leg in ring position and touching the head</p> 	<p>"Jete" with a turn with split leap and leg switch</p> 

ELEMENTS OF JUMPS

A	B	C	D
	<p>Straddle pike jump</p> 	<p>180° turn straddle pike jump</p> 	<p>360° turn straddle pike jump</p> 
	<p>Pike jump</p> 	<p>180° turn pike jump</p> 	<p>360° turn pike jump</p> 
<p>Tuck jump to push up</p> 	<p>180° turn tuck jump to push up</p> 	<p>360° turn tuck jump to push up</p> 	
	<p>Straddle jump to push up</p> 	<p>180° turn straddle jump to push up</p> 	<p>360° turn straddle jump to push up</p> 
		<p>Split jump to push up</p> 	<p>180° turn split jump to push up</p> 
		<p>Pike jump to push up</p> 	<p>180° turn pike jump to push up</p> 
			<p>Sagittal scale with full twist airborne to push up / Tamaro/</p> 