



Single



Double / Mesh



Left Inside Stall



Right Inside Stall



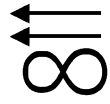
Inside Stall



Inside Stall x 2



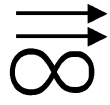
Backwards Figure 8



Backwards Figure 8 – Two Hands



Forwards Figure 8



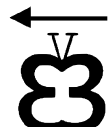
Forwards Figure 8 – Two Hands



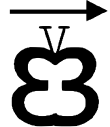
Cartwheel



Butterfly



Backwards Butterfly



Forwards Butterfly

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Left Pushout / Palmout

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Right Pushout / Palmout

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Pushout / Palmout