



January 2025

To: All Member Federations

The FIG AER-TC wishes to notify our Member Federations of the following information.

HAPPY NEW YEAR!!

Welcome to a new chapter in our journey together! Your unwavering love and dedication to this vibrant discipline inspire us every day. As we embark on another exciting cycle, let's continue to celebrate the energy, passion, creativity, and spirit that define our community. Together, we'll push boundaries, share unforgettable experiences, and keep the heart of Aerobic Gymnastics beating stronger than ever!

< INFORMATION >

FIG AER-TC (2025-2	2028):	
President	Tammy YAGI-KITAGAWA	JPN
1 st Vice-President	Cristina CASENTINI	ITA
2 nd Vice-President	Jorge FILLON	ARG
Member	Vladislav OSKNER	RUS
Member	Ana MACANITA	POR
Member	Desislava BOGUSHEVA	BUL
Member	Barbara STENGL	GER

< CLARIFICATIONS / CORRECTIONS – Errata List >

After the Intercontinental Judges' Course held in November/December 2024, the TC have updated "What? / What If?" document in the Sports Training System (STS) as well as made the Errata List to the AER COP 2025-2028 (published on October 14, 2024) to answer some questions received and for clarifications as follows:

Blue: Delete. YELLOW: Corrections

#	Pg	Article	CURRENT	CLARIFICATION / CORRECTIONS
cov	ER PAGE			1
1	Cover	Date	Date of publication: 22 April 2024	Update of the publication date as when FIG publish officially.
PAR	T1-GEN	IERAL INFOR	MATION – CHAPTER 1	
2	8	1.5 The Categories	AEROBIC Dance & AEROBIC Step with specific FIG rules (See Appendix 3 and 4)	AEROBIC Dance & AEROBIC Step with specific FIG rules (See Appendix 1 and 2)
3	10	1.12 Judges' Seating	JUDGES PANEL A E A E A E A A T Cup Sec D D A E E A </td <td>JUDGE SPANELA E A E A E A T Corr sec D D E A E A E A 1 1 2 2 3 3 T Corr sec 1 2 4 4 5 5 6 6</td>	JUDGE SPANELA E A E A E A T Corr sec D D E A E A E A 1 1 2 2 3 3 T Corr sec 1 2 4 4 5 5 6 6
			JUDGES PANEL B 1 1 5 2 5 5 7 cm sec P 2 4 5 5 5 5 5	JUDGE S PANEL B 1 1 2 2 3 3 7 Car se p p 2 4 4 5 3 5 6 6
PAR	T 2 – JUC	GING - CHAF	PTER 3 – CJP	
4	13	2.1.B Function and Criteria	The SUPERIOR JURY must: (see also the Appendix to the CoP)	The SUPERIOR JURY must: (see also the FIG T.R. Section 1 Art. 7.8.1
5	13	2.2.B Criteria	B. CRITERIA	B. CRITERIA (See also FIG T.R. Section 1 Art. 7.13)
6	17	3.3 Deduction Criteria	K. PROHIBITED LANDING (-0.5/each time) All Male gymnasts: Acrobatic Elements A-1 to A-5 (including variation), landing in Split position is <u>not allowed</u> regardless of categories.	K. PROHIBITED LANDING (-0.5/each time) All Male gymnasts: Acrobatic Elements A-1 to A-5 (including variation), landing in <u>Sagittal / Frontal</u> Split position is <u>not allowed</u> regardless of categories.
7	19	3.5 Acro and Prohibited	PROHIBITED MOVES / LANDING: P-4) Salto more than 360° Male gymnasts (All categories): Acrobatic Variations landing in Split position is considered as Prohibited	 PROHIBITED MOVES / LANDING: P-4) Salto more than 360° (with or without twist – including variations) Male gymnasts (All categories): Acrobatic variations landing in
8	19	3.5 Acro	Landing. PROHIBITED MOVES	Sagittal / Frontal Split position is considered as Prohibited Landing. PROHIBITED MOVES
5		and Prohibited	All statements from 360 (with a mental band)	P-1 Sale over the 30° pair of the or network twice - network (



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#	Pg	Article	CURRENT	CLARIFICATION / CORRECTIONS
9	20	3.6 CJP Deduction Chart	K Prohibited landing: Male gymnasts: Acrobatic Variations landing in Split position U Junior: Performing A-5 with twist Youth: Performing A-5 without collaboration	K Prohibited landing: Male gym nasts: Acrobatic Variations landing in Sagittal/Frontal Split position U Junior: Performing A-5 with twist (including variations) Yourd: Performing A-5 without collaboration (including variations)
PART	2 – JUD	GING - CHAP	PTER 4 – DIFFICULTY	
10	21	4.1 Difficulty Elements Table GROUP B	FAMILY 5 Form Jump FAMILY 5 Form Jump Tuck Cossack Pile Straddle	FAMILY 5 Form Jump FAMILY 5 Form Jump Tur.k Cossark Prike Strandle / Frontal Split
11	21	4.2 Basic Rules for performing Difficulty Elements	1 st builet: Maximum of 8 Difficulty Elements.	Add bracket in 1 st bullet: Maximum of 8 Difficulty Elements (for Senior, 0.3-1.0).
12	24	Family 3 Leg Circle	Add a line after the sentence below: All elements in Family 3 must be performed with the full rotation of the legs.	Add a line after the sentence below: All elements in Family 3 must be performed with the full rotation of the legs. All elements with "Airborne Twists" in Family 3 (A308, A309, A310, A319, A338, A340) must show the airborne phase.
13	24	Family 3 Helicopter	 4th bullet: Hands/arms must not hold/support the legs during the rotation. 	4 th bullet: Hands/arms must not hold the legs during the rotation.
PART	2 – JUD	GING - CHAF	PTER 5 – EXECUTION	
14	27	5.7	First line:	First line:
15	28	Examples of Specific errors 5.7 Examples of Specific errors	Examples SMALL MeDUM LARGE Ending to Weessen - Esp not immediately 0.1 0.3 0.5 Family 3: Last line (48) (48) (48) Helicopter: Performed with arms holding legs 0.3 0.3	EXAMPLES SMALL M:: DUM LARGE Ending to Wenson - leg not immediately 0.1 0.3 0.5 (465) (465) (467) (467) Family 3: Last line Helicopter: Performed with arms holding / supporting legs 0.3
#	Pg	Article	CURRENT	CLARIFICATION / CORRECTIONS
16	30	General	Delete "AMP Sequence (8-ct)" and delete examples of -0.3 as	As below:
		Errors Chart	Selection: GENERAL ERRORS MALL ERRORS <td< td=""><td>CENERAL ERRORS</td></td<>	CENERAL ERRORS
17	30	Specific Errors Chart	Straddle / Split Jump not symmetrical Stradde / Split Jump not Symmetrical Stradde / Split Jump not Symmetrical	Add: -0.1 and -0.3 of Split jump as same as Straddle jump asymmetry as below:
PART	2 – JUD	GING - CHAP	PTER 5 – ARTISTRY	
18	33	2. Aerobic Content	Add a paragraph before " <u>Aerobic Content must have</u> :" to clarify the AMP Sequence. AMP Sequence means, a <u>complete 8-count</u> (set) of movements	Add a paragraph before " <u>Aerobic Content must have</u> :" to clarify the AMP Sequence. AMP Sequence means, a <u>complete 8-count</u> (set) of movements with aerobic movement patterns with adequate intensity performed in a



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40	Pg	Article	CURRENT		CLARIFICATION / CORRECTIONS			
19	38	5. Performanc	<technical (quality)="" presentation=""> Deduction (reduce) from the scale score at the end: I If the routine is performed with 1-touch / Multiple Touches /</technical>		<technical (quality)="" presentation=""> Deduction (reduce) from the scale score at the end:</technical>			
		e		e is periormed with 1-touch / M Jury will reduce -0.5	lumple loucnes/	Iches / If the routine is performed with Multiple Touches / reduce -0.5		es / Fail, the A-Jury will
Appe	ndix 01 -	- AEROBIC DA		,				
20	42	Competition A				Spelling mistake		
21	45	Artistry		PETITON >				
21	40	Alusuy	DEDUCTION (Re Criteria	Details	Reduce	DEDUCTION (Red Criteria	ucej Details	Reduce
			Dance Content	Missing 6 AMP sets in Dance Style	-0.5 (each set)	Dance Content	Missing 6 AMP sets in Dance Style	-0.5 (each set) -0.5
			General Content	Missing 2 rd Style t Missing zone / area	-0.5 -0.5	General Content	Missing 2 nd Style / more than 64 count Missing zone / area	-0.5
			Artistic Routine	Missing Theme Missing Opening / Introduction	-0.5		Less than 3 collaborations Missing Theme	-0.5
			Performance	Performed with a FALL	-0.5	Artistic Routine Performance	Missing Opening / Introduction Performed with a FALL	-0.5
۵nne	ndix 02 -	- AEROBIC ST	FP					
22	47	Competition A		g		Spelling mistake		
		-		PETITON >			ON >	
							-1¥	
23	53	CJP Deductio		et in the Collaboration landing w	ithout partner(s)	2 nd bullet ADD to	ements A-5 (with or without ty	vist) in the Collaboration
				ort/help			t partner(s) support/help	
24	53	CJP Deductio	ns ⊡Perfo	xming A-5 (Salto 360°) with tw	ist	ADD:		
		"U**"				Performing A-9	5 (Salto 360°) with twist <mark>(inclu</mark>	ding variations)
Appe 25	ndix 04 - 54			ION Im of 2 collaborations			ine (repetition of same sente	nco) and koon only 200 in
LJ	34			im of 2 collaborations (Missing			laborations (Missing collabor	
			collabo	ration=Deduction in Artistry)				
26	55	CJP Deductio		_		3 rd bullet DELET		
		"K"		Arrobatic Elements s A-5 (with or without twist) in the Collaboration landing without partner(s)		Arcobatic Elements A-5 (with or without twist) in the Collaboration landing without partner(s) support/help		
				ort/help	u lei (3)	Kinang mulou	r barnier(a) antiborniert	
27	55	CJP Deductio	ns DPerfo	ming A-5 without collaboration	n	ADD:		
		"U**"				Performing A-	without collaboration (includ	ing variations)
Appe 28	97 - 57	CJP Deductio		arming Acrobatic Elements (A-3	Sto A-5)	ADD:		
20		"U**"		similing Actionatic Elements (A-C	510A-3)	ADD. Performing Acrobatic Elements (A-3 to A-5) (including variations)		
							· · · ·	· · · · · ·
#	Pg	Article	•	CURRENT			CLARIFICATION / CORR	ECTIONS
	endix 08 -	- DIFFICULTY	ELEMENTO DE	SCRIPTION				
						1		
29	65	A174	1. Side	e support on one arm.	e arm support with	1. Side support on 2. Swing (kick) on		leas between 90°-180°) in
29			poeira 1. Side 2. Swir Iowe	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor.	ne aim support with	 Swing (kick) one one arm suppor 	e leg to show Capoeira <mark>(angle of</mark> twith lower leg at least parallel to	
29		A174 Explosive Ca	poeira 1. Side 2. Swir lowe 3. Pust	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into airborne.		 Swing (kick) on one aim suppor Push the body u 	e leg to show Capoeira <mark>(angle of</mark> t with lower leg at least parallel to ip into airborne.	
29 30		A174 Explosive Ca	poeira 1. Side 2. Swir Iowe 3. Pusi 4. Twis	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor.		 Swing (kick) on one aim suppor Push the body u 	e leg to show Capoeira <mark>(angle of</mark> t with lower leg at least parallel to ip into airborne. ° in airborne to end in Push-up.	
	65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca	poeira 1. Side 2. Swir lowe 3. Pusl 4. Twis 1. Side poeira 2. Swir	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into airborne. Ist forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or	ıPush-up.	 Swing (kick) one one aim suppor Push the body u Twist forward 90 Side support on Swing (kick) one 	e leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. ⁹ in airborne to end in Push-up. one arm. e leg to show Capoeira (angle of	o the floor. legs between 90°-180°) in
	65	A174 Explosive Ca ¼ twist to PU A176	poeira 1. Side 2. Swir Iowe 3. Pusl 4. Twis 1. Side poeira 2. Swir Iowe	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor.	ıPush-up.	 Swing (kick) one one aim suppor Push the body t Twist forward 90 Side support on Swing (kick) one one aim support 	Eleg to show Capoeira (angle of twith lower leg at least parallel to pinto airborne. In airborne to end in Push-up. one arm. Eleg to show Capoeira (angle of twith lower leg at least parallel to	o the floor. legs between 90°-180°) in
30	65 65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU	poeira 1. Side 2. Swir lowe 3. Pusi 4. Twis poeira 2. Swir lowe 3. Pusi 3. Pusi 3. Pusi	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into airborne. Ist forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or) Push-up. ne aim support with	 Swing (kick) one one arm suppor Push the body t Twist forward 90 Side support on Swing (kick) one one arm suppor Push the body t 	Eleg to show Capoeira (angle of twith lower leg at least parallel to pinto airborne. In airborne to end in Push-up. one arm. Eleg to show Capoeira (angle of twith lower leg at least parallel to	o the floor. Iegs between 90°-180°) in o the floor.
	65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179	1. Side poeira 2. Swin a. Twis 4. Twis poeira 2. Swin owe 3. Pusl a. Twis yoeira 2. Swin owe 3. Pusl 4. Twis 1. Side 5. Swin 1. Side 6. State 1. Side	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into airborne. st backward 270° in airborne to en e support on one arm.	i Push-up. ie aim support with id in Push-up.	 Swing kick) one one arm suppor 3. Push the body ti 4. Twist forward 90 Skide support on 2. Swing kick) one one arm suppor 3. Push the body ti 4. Twist backward Side support on 	e leg to show Capoeira (angle of t with lower leg at least parallel to up into airborne. 9° in airborne to end in Push-up. one arm. e leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. 270° in airborne to end in Push-to one arm.	o the floor. <mark>legs between 90°-180°)</mark> in o the floor. up.
30	65 65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179 Explosive Ca	1. Side poeira 2. Swin lowe 3. Pusi 4. Twis poeira 3. Pusi 4. Twis poeira 3. Pusi 4. Twis 1. Side 3. Pusi 4. Twis 1. Side 5. Swin 1. Side poeira 2. Swin	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st backward 270° in airborne to en	i Push-up. ie aim support with id in Push-up.	 Swing kick) one one aim suppor 3. Push the body to 4. Twist forward 90 Side support on 2. Swing kick) one one aim suppor 3. Push the body to 4. Twist backward Side support on 2. Swing kick) one 	e leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. " in airborne to end in Push-up. one arm. eleg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. 270° in airborne to end in Push-t	o the floor. legs between 90°-180°) in the floor. up. legs between 90°-180°) in
30	65 65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179	1. Side poeira 2. Swii owe 3. Pusi 4. Twis poeira 2. Swii 0we 3. Pusi 4. Twis poeira 2. Swii poeira 1. Side poeira 2. Swii U 3. Pusi	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into airborne. st backward 270° in airborne to end e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into airborne.	n Push-up. ne aim support with id in Push-up. ne aim support with	 Swing kick) one one arm suppor one arm suppor Push the body t Twist forward 99 Side support on Swing kick) one one arm support Push the body t Twist backward Side support on Swing kick one one arm support Push the body t 	e leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. one arm. > leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. 270° in airborne to end in Push-to one arm. > leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne.	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor.
30 31	65 65 66	A174 Explosive Ca ½ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P	1. Side poeira 2. Swin lowe 3. Pus 4. Twis poeira 3. Pus 4. Twis 4. Twis 5. Swin lowe 3. Pus 4. Twis 5. Swin 1. Side 2. Swin 1. Side 3. Pus 4. Twis 5. Swin 1. Side 4. Twis 5. Swin 1. Side 5. Swin 1. Swin 1. Side 5. Swin 1.	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into airborne. st backward 270° in airborne to en e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor.	n Push-up. ne aim support with nd in Push-up. ne aim support with in Push-up.	 Swing kick) one one arm suppor one arm suppor Push the body t Twist forward 99 Side support on Swing kick) one one arm support Push the body t Twist backward Side support on Swing kick one one arm support Push the body t 	eleg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. "in airborne to end in Push-up. one arm. eleg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. 270° in airborne to end in Push-to one arm. eleg to show Capoeira (angle of twith lower leg at least parallel to with lower leg at least parallel to sea the standard standa	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor.
30	65 65	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179 Explosive Ca	1. Side poeira 2. Swir lowe 3. Pus 4. Twis poeira 2. Swir lowe 3. Pus 4. Twis 9. 1. Side 2. Swir lowe 3. Pus 4. Twis 1. Side 1. Side 1	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into airborne. Is backward 270° in airborne to end e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into airborne. st forward 540° in airborne to end port in which the body is supporte traght arms.	n Push-up. ne arm support with nd in Push-up. ne arm support with in Push-up. d on both hands	 Swing kick) one one aim suppor Push the body t Twist forward 99 Side support on Swing kick) one one aim suppor Push the body t Twist backward Side support on Swing kick) one one aim suppor Push the body t Twist forward 5/ ADD 6th line: A support in 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. "in airborne to end in Push-up. one arm. e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push- one arm. e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on 1	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight arm
30 31	65 65 66	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lit	1. Side poeira 2. Swir lowe 3. Pusi 4. Twis 2. Swir lowe 3. Pusi 4. Twis 4. Twis 4. Twis 4. Twis 5. Side 5. Swir lowe 3. Pusi 4. Twis 1. Side 5. Swir lowe 3. Pusi 4. Twis 1. Side 5. Swir lowe 3. Pusi 4. Twis 1. Side 5. Swir lowe 3. Pusi 4. Twis 5. Swir lowe 3. Pusi 5. Swir lowe 5.	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in aiborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st backward 270° in aiborne to end e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 540° in aiborne to end port in which the body is supporte straight arms.	n Push-up. ne arm support with nd in Push-up. ne arm support with in Push-up. d on both hands	 Swing kick on one aim suppor 3. Push the body to 4. Twist forward 90 Swing kick one one aim suppor 3. Push the body to 4. Twist backward Skie support on 2. Swing kick one one aim suppor 3. Push the body to 4. Twist forward 5⁴ Abd 6th line: A support in 2. Hands may 	eleg to show Capoeira (angle of with lower leg at least parallel to p into airborne. I'n airborne to end in Push-up. one arm. eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. one arm. eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up. eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or point	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight aim ting towards the feet.
30 31	65 65 66	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split	1. Side poeira 2. Swii 1. Side poeira 1. Side poeira 2. Swii low 2. Swii low 3. Pusi 4. Twis poeira 1. Side poeira 2. Swii low 3. Pusi 4. Twis 1. Side poeira 1. Side viii 1. Side poeira 2. Swii iii 1. Side you 1. Asup with si 2. Hands the fee 3. Legs a	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Is backward 270° in aiborne to end e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Is toarward 540° in aiborne to end port in which the body is supporte traght arms. s may be turned out at the wrist of et. are in frontal split position (angle of the story and solver).	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards	 Swing kick) one one aim suppor Push the body t Twist forward 90 Side support on Swing kick) one one aim suppor Push the body t Twist backward Side support on Swing kick) one one aim support Swing kick) one one aim support Push the body t Twist backward Swing kick) one one aim support Push the body t Twist forward 5/ ADD 6th line: A support in Hands may Legs are in t Hold for 2si 	eleg to show Capoeira (angle of with lower leg at least parallel to p into airborne. "in airborne to end in Push-up, one arm, eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne to end in Push-up, 270° in airborne to end in Push-up, 270° in airborne to end in Push-up eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up, with lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up eleg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne. 10° in airborne to end in Push-up which the body is supported on be turned out at the wrist or poin fontal split position (angle of lege sconds.	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight am ting towards the feet. s between 180° and 120°).
30 31	65 65 66	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lit	1. Side poeira 2. Swin lowe 3. Pusi 4. Twis 2. Swin lowe 3. Pusi 4. Twis 4. Twis 4. Twis 4. Twis 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. Side 5. Swin lowe 3. Pusi 4. Twis 5. State 5. Swin lowe 3. Pusi 4. Twis 5. Swin lowe 3. Pusi 4. Twis 5. State 5. Swin lowe 3. Pusi 5. Swin lowe 3. Swin lo	e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in airborne to end in e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st backward 270° in airborne to end e support on one arm. ng one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 540° in airborne to end port in which the body is supporte triaght arms. s may be turned out at the wrist or et. are in frontal split position (angle of and 120°).	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards	 Swing kick on one aim suppor Push the body to Twist forward 90 Swing kick on one aim suppor Swing kick on one aim suppor Push the body to Twist backward Side support on Swing kick on one aim suppor Swing kick on one aim suppor Swing kick on one aim suppor Push the body to Twist forward 5/ ADD 6th line: A support in Hands may Legs are in Hold for 2 si The body lin 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. ¹⁹ in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin rontal split position (angle of leg- sconds. e imust not exceed 20° above pa	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight am ting towards the feet. s between 180° and 120°).
30 31 32	65 65 66	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lit	1. Side 2. Swin 1. Side 2. Swin 1. Side poeira 2. Swin lowe 3. Pusi 1. Side poeira 2. Swin lowe 3. Pusi 4. Twis 1. Side fted fted 1. A sup with st 2. Legs a 1.80° 4. Hold f 5. The b	e support on one arm. ng one leg to show Capoeira in or re leg at least parallel to the floor. In the body up into aiborne to end in e support on one arm. ng one leg to show Capoeira in or re leg at least parallel to the floor. In the body up into aiborne. Is backward 270° in aiborne to end e support on one arm. ng one leg to show Capoeira in or re leg at least parallel to the floor. In the body up into aiborne. Is backward 270° in aiborne to end e support on one arm. ng one leg to show Capoeira in or re leg at least parallel to the floor. In the body up into aiborne. Is torward 540° in aiborne to end port in which the body is supporte traght arms. s may be turned out at the wrist of let.	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between	 Swing ikick) one one aim suppor 3. Push the body t Twist forward 90 Swing ikick) one one aim support on 2. Swing ikick one one aim support on 3. Push the body t Twist backward Side support on 2. Swing ikick one one aim support on 2. Swing ikick one one aim support on 3. Push the body t Twist forward 57 ADD 6th line: A support in 2. Hands may Legs are in 4. Hold for 2 stress. The body line End in Lifted 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. ¹⁹ in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin rontal split position (angle of leg- sconds. e imust not exceed 20° above pa	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight am ting towards the feet. s between 180° and 120°).
30 31	65 65 66	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lii Wenson B415	1. Side poeira 2. Swii 1. Side Jowe 2. Swii Jowe 3. Pusi 4. Twis poeira 2. Swii 1. Side Jowe 3. Pusi 4. Twis 4. Twis Jowe 3. Pusi 4. Twis poeira 2. Swii 1. Side 2. Swii 90 3. Pusi 4. Twis 1. Side 4. Twis 1. A sup 4. Twis 2. Hands 1. Legs : 1. Biolog 3. Pusi 1. Hold for 4. Hold for 5. The b	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 90° in aiborne to end in e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiborne to end port in which the body is supporte traight arms. Is may be turned out at the wrist or et. are in frontal split position (angle of and 120°). for 2 seconds. body line must not exceed 20° abo	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between we parallel.	 Swing kick one one aim suppor Push the body to Twist forward 90 Swing kick one one aim suppor Swing kick one one aim suppor Push the body to Twist backward Side support on Swing kick one one aim suppor List support on Push the body to Twist forward 5/ ADD 6th line: Hands may Legs are in Hold for 2 si The body lin End in Lifter 1st line: 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. ¹⁹ in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin rontal split position (angle of leg- sconds. e must not exceed 20° above pa Wenson.	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight arm ting towards the feet. s between 180° and 120°). trallel.
30 31 32 33	65 65 66 70 75	A174 Explosive Ca ½ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Li Wenson B415 Axel	1. Side poeira 2. Swin 1. Side 2. Swin 1. Side 3. Pusi 4. Twis 2. Swin poeira 1. Side poeira 1. Side poeira 1. Side poeira 1. Side poeira 2. Swin 1. Side 2. Swin poeira 1. Side vith 3. Pusi 4. Twis 1. A sup V 3. Pusi 4. Twis 1. A sup vith si 2. Hands the field 1. Reg a 1. Hold field 1. Hold field 1. Hold field 1. Hold field	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 90° in airborne to end in e support on one arm. Ing one leg to show Capoeira in or re leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in airborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 540° in airborne to end port in which the body is supporte traight arms. Is may be turned out at the wrist or et. are in frontal split position (angle of and 120°). To the support one.	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between we parallel.	 Swing kick) one one aim support one aim support on 2. Push the body to 4. Twist forward 90 1. Side support on 2. Swing kick) one one aim support on 2. Swing kick one one aim support on 2. Swing kick one one aim support 1. Side support on 2. Swing kick one one aim support 1. A support in 2. Hands may 3. Legs are in 14. Hold for 2 strates in 4. Hold for 2 strates in 6. End in Lifted 1. Take off with one 3. Swing kick one one aim support in 2. Hands may 3. Legs are in 14. Hold for 2 strates in 15. The body lime 1. Take off with one 3. Take 3.	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. ¹⁹ in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin rontal split position (angle of leg- sconds. e imust not exceed 20° above pa	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. both hands with straight arm ting towards the feet. s between 180° and 120°). trallel.
30 31 32 33	65 65 66 70	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lii Wenson B415	1. Side poeira 2. Swin iowe 3. Pusi 4. Twis poeira 1. Side poeira 2. Swin iowe 3. Pusi 4. Twis 1. Side poeira 1. Side poeira 2. Swin iowe 3. Pusi 1. Side 2. Swin iowe 3. Pusi 4. Twis 3. Pusi 4. Twis 3. Pusi 4. Twis 3. Pusi 4. Twis 2. Hands 1. A suppowith si 2. Hands 1. Bore 4. Hold f 5. The b 1 st line: 1. A one 1 st line:	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 90° in aiborne to end in e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiborne to end port in which the body is supporte traight arms. Is may be turned out at the wrist or et. are in frontal split position (angle of and 120°). for 2 seconds. body line must not exceed 20° abo	a Push-up. le arm support with d in Push-up. le arm support with in Push-up. d on both hands r pointing towards of legs between ve parallel. tory.	 Swing ikick) one one aim support one aim support on 2. Swing ikick) one one aim support on 2. Swing ikick) one one aim support on 3. Push the body tt 4. Twist backward Side support on 2. Swing ikick) one one aim support on 2. Swing ikick) one one aim support 3. Push the body tt 4. Twist forward 54. ADD 6th line: Asupport on 2. Swing ikick) one one aim support on 2. Swing ikick one one aim support 3. Push the body tt 4. Twist forward 54. Twist forward 55. ADD 6th line: Asupport in 2. Hands may 3. Legs are in 4. Hold for 2 st 5. The body line Take off with on 1s⁴ line: 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. ¹⁹ in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin rontal split position (angle of leg- sconds. e must not exceed 20° above pa Wenson.	b the floor. legs between 90°-180°) in to the floor. up. legs between 90°-180°) in to the floor. both hands with straight aim ting towards the feet. s between 180° and 120°). arallel.
30 31 32 33 34	65 65 66 70 75	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¼ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Lit Wenson B415 Axel B417 Double Axel B420	1. Side poeira 2. Swii 1. Side 1. Side poeira 1. Side poeira 2. Swii 1. Side 2. Swii poeira 1. Side statistic 1. Side poeira 1. Side statistic 1. Side statistic 1. Side statistic 1. Asite statistic 1. Aone statistic 1. Aone statistic 1. Side	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 90° in aiborne to end in e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Is backward 270° in aiborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Is backward 270° in aiborne to end port in which the body is supporte traight arms. Is may be turned out at the wrist or et. are in frontal split position (angle of and 120°). for 2 seconds. loody line must not exceed 20° abo e foot take leap with forward traject foot take leap with forward traject	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between ve paraillel. tory.	 Swing ikick) one one aim support one aim support on 2. Push the body till the support on 2. Swing ikick) one one aim support on 3. Push the body till the bod	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. "in airborne to end in Push-up. one arm. e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up one arm. e leg to show Capoeira (angle of t with lower leg at least parallel to p into airborne. 0° in airborne to end in Push-up which the body is supported on i be turned out at the wrist or poin torntal split position (angle of leg- econds. e must not exceed 20° above pa Wenson e foot to leap with forward traject	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. b the floor.
30 31 32 33 34 35	65 65 66 70 75 75 75	A174 Explosive Ca ½ twist to PU A176 Explosive Ca ½ twist to PU A179 Explosive Ca 1 ½ twist to P A276 Frontal Split Planche to Lii Wenson B415 Axel B417 Double Axel B420 Triple Axel	1. Side poeira 2. Swii 1. Side 2. Swii 1. Side 1. Side poeira 1. Side poeira 2. Swii 1. Side 2. Swii poeira 1. Side poeira 1. Side poeira 2. Swii 1. Side 2. Swii poeira 1. Side vit 1. Side poeira 2. Swii it Side Statistic 1. Side with si 1. A sup sites : 1. A sup sites : 1. Side sites : 1. Sites	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 90° in aiiborne to end in e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiiborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist backward 270° in aiiborne to end is support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. In the body up into aiborne. Ist forward 540° in aiiborne to end port in which the body is supporte traight arms. Is may be turned out at the wrist or et. are in frontal split position (angle of and 120°). for 2 seconds. loody line must not exceed 20° abo e foot take leap with forward traject	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between ve paraillel. tory.	 Swing kick) one one aim suppor 3. Push the body tu 4. Twist forward 90 Suck support on 2. Swing kick) one one aim suppor 3. Push the body tu 4. Twist backward Suck support on 2. Swing kick) one one aim suppor 3. Push the body tu 4. Twist backward Suck support on 2. Swing kick) one one aim suppor 3. Push the body tu 4. Twist forward 5/4 DD 6th line: A support in 6. End in Lifted 5. The body tim End in Liftee 1. Take off with on 1st line: Take off with on 1st line: 	e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. P in airborne to end in Push-up. one arm. e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. e leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 10° in airborne to end in Push-up. which the body is supported on 1 be turned out at the wrist or poin irontal split position (angle of legs sconds. e must not exceed 20° above pa Wenson. e foot (o leap with forward traject	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. b the floor.
30 31 32 33 34	65 65 66 70 75 75	A174 Explosive Ca ¼ twist to PU A176 Explosive Ca ¾ twist to PU A179 Explosive Ca 1 ¼ twist to P A276 Frontal Split Planche to Li Wenson B415 Axel B417 Double Axel B420 Triple Axel B420	1. Side poeira 2. Swin 1. Side 2. Swin 1. Side 3. Pusi 4. Twis 2. Swin poeira 1. Side poeira 2. Swin 1. Side 2. Swin poeira 1. Side poeira 1. Side poeira 2. Swin 1. Side 1. Side poeira 1. Side vita 1. Side station 1. A sup vita 1. A one 1. A one 1. A one 1. A one 3. Ince:	e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st forward 90° in aiborne to end in e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st backward 270° in airborne to end e support on one arm. Ing one leg to show Capoeira in or er leg at least parallel to the floor. h the body up into aiborne. st backward 270° in airborne to end port in which the body is supporte traight arms. s may be turned out at the wrist or let. are in frontal split position (angle of and 120°). for 2 seconds. oody line must not exceed 20° abo e foot take leap with forward traject e foot take leap with forward traject	n Push-up. ne arm support with d in Push-up. ne arm support with in Push-up. d on both hands r pointing towards of legs between ve paraillel. tory.	 Swing kick) one one aim support one aim support on 2. Push the body to 4. Twist forward 90 1. Side support on 2. Swing kick) one one aim support on 2. Swing kick one one aim support in 2. Hands may 3. Legs are in 1. A support in 2. Hands may 3. Legs are in 1. Hold for 2 st 5. The body tim 6. End in Lifter 1. Take off with on 1st line: 1. Take off with on 3st line: 	 leg to show Capoeira (angle of with lower leg at least parallel to p into airborne. I'n airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. one arm. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. 270° in airborne to end in Push-up. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. leg to show Capoeira (angle of twith lower leg at least parallel to p into airborne. lo° in airborne to end in Push-up which the body is supported on a be turned out at the wrist or poin to airborne. lo° in airborne to end in Push-up which the body is supported on a least parallel to p into airborne. lo° in airborne. lo° in airborne to end in Push-up which the body is supported on a least parallel to p into airborne. lo° in airborne to end in Push-up which the body is supported on a least parallel to a least parallel to a least parallel to p into airborne. lo° in airborne to end in Push-up which the body is supported on a least parallel to a least par	b the floor. legs between 90°-180°) in b the floor. up. legs between 90°-180°) in b the floor. b the floor.
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Aerobic Gymnastics

NEWSLETTER - Nº 01 - February 2025



#	Pg	Article	CURRENT	CLARIFICATION / CORRECTIONS		
39	88	Family 5 Form Jump	Base Name: STRADDLE	ADD Base Name: STRADDLE / FRONTAL SPLIT		
Appe	ndix 09 -	- DIFFICULTY CHART	Г			
40	102	Group A Family 1	Add a shorthand for A169	Add a shorthand for A169		
		A169	A169 A170 产之-7/	$\begin{array}{c c} A169 & A170 \\ \hline P \downarrow M & P \downarrow \eta \\ \hline \end{array}$		
41	103	Group B	Re-arrange places as in page 79.	Delete B466 and move B465 to B466		
		Family 4		Correct the B468 shorthand as in page 79		
		Line 460	MAGS M BAGE M BAGT M BAGS M BAGS M BATO M AND MALE AND MA	В465 В466 И В467 И В468 В469 И В470 И Лец Лец Лец Лец Лец Лец Лец Лец Лец Лец		
42	103	Group B Family 5 Title Line	Family 5 – Dynamic Jump (Base Name: Tuck, Cossack, Pike, Straddie) Compulsory for IM	Delete and ADD: Family 5 – Dynamic Jump (Base Name: Tuck, Cossack, Pike, Straddle <mark>/</mark> Frontal Split) Compulsory for IM		
Appe	ndix 10 -	GLOSSARY	1 			
43	105	Glossary "C"	Add definition of "Capoeira" after "Canon"	"Capoeira" Capoeira is an Afro-Brazilian martial art and game that includes elements of dance, acrobatics, music and spirituality. The body action includes a kick (90° - 180°) while the body is supported on one arm.		
				Canon MP / TR / GR / AD / AS. Competitors are performing a movement in a time lag (one after another) deliberately. Capoeira Capoeira is an After Grazittian matrial art and game that includes elements of dance, acrobatics, music and spirituality. The body action includes a ktick (90° - 180°) while the body is supported on one arm.		
				Chassé (chase) Originated from Ballet lemninology. To move with following foot to chase the leading foot.		

< International Judges' Course Calendar > 2025

The TC would like to remind all NF that below International Judges' Course are scheduled.

ID	DATES	CITY	UNION
17996	27/01/2025 - 02/02/2025	Lima (PER)	PAGU
17998	08/02/2025 - 14/02/2025	Tunis (TUN)	UAG
18002	12/02/2025 - 18/02/2025	Gold Coast (AUS)	OCE
18003	15/02/2025 - 21/02/2025	Bucharest (ROU)	EG
17997	17/02/2025 - 23/02/2025	Panama (PAN)	PAGU
18000	14/03/2025 - 20/03/2025	Manila (PHI)	AGU
18001	22/03/2025 - 28/03/2025	Nanchang (CHN)	AGU
17999	07/05/2025 - 13/05/2025	Alger (ALG)	UAG
18004	17/05/2025 - 23/05/2025	Kallithea (GRE)	EG

< Competition Calendar > 2025

			as of January 22, 20
ID	DATES	TITLE	CITY
17977	19/03/2025 - 21/03/2025	13th International Open Competition	Cantanhede (POR)
17896	21/03/2025 - 23/03/2025	FIG World Cup 2025	Cantanhede (POR)
18107	10/04/2025 - 12/04/2025	26 th Slovak Aerobic Open	Bratislava (SLV)
17995	24/04/2025 - 27/04/2025	Czech Aerobic Open	Praha (CZE)
17860	26/04/2025 - 27/04/2025	FIG SUZUKI World Cup 2025	Tokyo (JPN)
18088	16/05/2025 - 18/05/2025	Lithuanian Open Championships 2025	Kaunas (LTU)
16882	07/08/2025 - 17/08/2025	The World Games 2025	Chengdu (CHN)
17968	09/11/2025 - 11/11/2025	1 st European Under 15 Championships	GANJA (AZE)
17967	09/11/2025 - 11/11/2025	14th Junior European Championships	GANJA (AZE)
17966	14/11/2025 - 16/11/2025	14th Senior European Championships	GANJA (AZE)

Tammy YAGI-KITAGAWA AER-TC President

Sam Yorge

Ana MACANITA AER-TC NL Department Margarida de Andrede