

Vertical Rolls (V)

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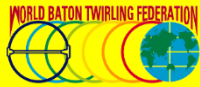
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Family	Category	Foundation	Group A	Group B	Group C	Group D	Group E
Hand/Wrist (HW)	Hand Roll	V.HW.1 Hand Roll - R or L hand - Fwd or Rev		V.HW.1.B Hand or Thumb Trap (Direction Change) - R or L thumb - Fwd or Rev			
	Paddles	V.HW.2 Paddles - Fwd or Rev	V.HW.2.A Paddle with Turn - Fwd (Turn to L) - Rev (Turn to R)				
	Wrist Roll	V.HW.3 Wrist Roll - R or L - Fwd or Rev					
		V.HW.4 Double Wrist Roll - Fwd or Rev					
		V.HW.5 Continuous Wrist Roll - Fwd or Rev					
	Fishtail	V.HW.6 Fwd Fishtail - R or L prev: V.HW.A.6		V.HW.6.B Rev Fishtails - R or L			
Arm/Shoulder	Carry		V.HW.7.A Back of Hand Carry - R or L - Half to One Spin - without chainé	V.HW.7.B Back of Hand Carry - R or L - 1 ½ to 2 spins - without chainé	V.HW.7.C Back of Hand Carry - R or L - 2 or more spins - with chainé		
	Arm Roll	V.AS.1 One (1) Arm Roll - R or L - Fwd or Rev prev: V.AS.A.1					
		V.AS.2 Double Arm Roll - Fwd or Rev prev: V.AS.A.2					
	Layout	V.AS.3 Layout Roll - R or L prev: V.AS.A.3		V.AS.3.B Layout Lift Off - R or L prev: V.AS.B.3			
			V.AS.4.A Half (½) Angel Roll - R or L	V.AS.4.B One (1) Angel Roll - R or L	V.AS.4.C Angel Roll Lift Off - R or L	V.AS.4.D Double Angel Roll w/ Liftoff, Same Arm	
					V.AS.5.C Front Neck Angel Roll - R or L		



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(AS)	Angel Roll				V.AS.6.C Two (2) Angel Rolls (Turning Same Direction) - R to L, R to L - L to R, L to R	V.AS.6.D Continuous (3+) Angel Rolls (Turning Same Direction) - R to L, R to L, R to L, ... - L to R, L to R, L to R, ...	
					V.AS.7.C Double Angel Roll Changing Arms w/ Pivot - R to L to R - L to R to L	V.AS.7.D Continuous Angel Roll Changing Arms w/ Pivot - R to L to R to L - L to R to L to R	
					V.AS.8.C Double Angel Roll w/ Lift Off, changing arms w/ Pivot - R to L, L to R - L to R, R to L	V.AS.8.D Continuous Angel Roll w/ Lift Off, changing arms, w/ Pivot - R to L, L to R, R to L	
	Arm Carry			V.AS.9.B Half (½) Arm Carry	V.AS.9.C Full Arm Carry - R or L		V.AS.9.E L Arm Carry (3 or more turns or spins), Pattern change from V to H
	Elbow Roll	V.EL.1 Single Elbow Roll - R or L - Fwd or Rev					
		V.EL.2 Double Elbow Roll - Fwd or Rev					
			V.EL.3.A Double Elbow w/ Layout - Fwd or Rev				
	Combination Hand/Elbow		V.EL.4.A Elbow Wrist Extension Roll - R or L				
			V.EL.5.A Wrist Elbow Retraction Roll - R or L				
	Ladders		V.EL.6.A Ladder (3 - 5 alternating elbows) - Fwd or Rev	V.EL.6.B Continuous Ladders (6 alternating elbows or more) - Fwd or Rev			
	Elbow Direction Change	V.EL.7 Single Elbow Trap - R or L - Fwd or Rev	V.EL.7.A Continuous Elbow Traps - R or L - Fwd or Rev				
		V.EL.8 Single Elbow Rock - R or L - Fwd or Rev	V.EL.8.A Continuous Elbow Rocks				



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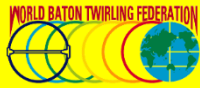
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Elbow (EL)		V.EL.9 Single Arm Trap - R or L - Fwd or Rev		V.EL.9.B Continuous Arm Traps - R or L - Fwd or Rev			
	Elbow Rolls Turning		V.EL.10.A Three (3) Elbow Rolls Turning - Fwd or Rev	V.EL.10.B Four (4) Elbow Rolls Turning, Layout - Fwd or Rev			
	Elbow Fishtail			V.EL.12.B One to 1 ½ Fwd Elbow Fishtails - R or L	V.EL.12.C Two (2) or more Fwd Elbow Fishtails - R or L		
					V.EL.13.C One to 1 ½ Rev Elbow Fishtail - R or L	V.EL.13.D Two (2) or more Rev Elbow Fishtails - R or L	
	Elbow Carry				V.EL.14.C Full Elbow Carry - R or L elbow	V.EL.14.D Full Rev Elbow Carry - R or L elbow	
						V.EL.15.D Half (½) Elbow Carry Fwd and Rev (Seishi Roll), same elbow	
	Fujimi Roll		V.EL.16.A Half (½) Fujimi Roll - Start Front to Back - Start Back to Front	V.EL.16.B One Fwd Fujimi Rolls	V.EL.16.C Two (2) or more Fwd Fujimi Rolls		
				V.EL.17.B Half (1/2) Rev Fujimi Roll	V.EL.17.C One Rev Fujimi Rolls	V.EL.17.D Two (2) or more Rev Fujimi Rolls	
					V.EL.18.C One (1) Open Arm Fujimi Roll, Single Elbow, Single Arm - R Elbow / L Arm - L Elbow / R Arm	V.EL.18.D Continuous (2 or more) Open Arm Fujimi Rolls, Both Arms	
	Drop In				V.EL.19.C One (1) Drop In - R or L	V.EL.19.D Two (2) or more Alternate Drop in	
						V.EL.20.D One (1) Open Arm Drop In - R or L	V.EL.20.E Two (2) or more Open Arm Drop Ins - R or L
	Neck Trap	V.NS.1 Neck Trap - R or L - Fwd or Rev					
	Neck Carry		V.NS.2.A Half (1/2) Neck Carry - R or L - Fwd or Rev	V.NS.2.B Full Neck Carry - Fwd or Rev	V.NS.2.C Neck Carry Two Or More (2+) Spins or Turns - Fwd or Rev		



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Neck/ Shoulder (NS)	Neck Carry			V.NS.3.B Full Neck Carry from Neck Wrap - R or L - Fwd or Rev			
	Shoulder Roll		V.NS.4.A Shoulder Roll - R or L - Fwd or Rev				
			V.NS.5.A Stationary Shoulder Roll - Fwd or Rev				
	Neck Roll	V.NS.6 1/2 Back Neck Roll - Fwd or Rev	V.NS.6.A One (1) to 1 ½ Forward Back Neck Rolls	V.NS.6.B Two (2) or More Forward Back Neck Rolls			
				V.NS.7.B One (1) Reverse Back Neck Roll	V.NS.7.C Two (2) or More Reverse Back Neck Roll		
			V.NS.8.A Half (½) Front Neck Roll - Fwd or Rev	V.NS.8.B One Front Neck (Throat) Roll - Fwd or Rev	V.NS.8.C Continuous Front Neck (Throat) Rolls - Fwd	V.NS.8.D (No Video Available) Continuous Front Neck (Throat) Rolls - Rev	
	Diamond Roll				V.NS.9.C One (1) Diamond Roll - Fwd or Rev	V.NS.9.D Continuous (2 or more) Diamond Rolls - Fwd or Rev	
	Lucero Roll			V.NS.10.B Half (½) Front Lucero Roll (Half Front Throat Fig. 8) - Fwd or Rev - Front plane to back plane or Back plane to front plane	V.NS.10.C Front Lucero Roll (Full Figure 8 on front of neck) - Fwd or Rev	V.NS.10.D Continuous Front Lucero Rolls - Fwd or Rev	
						V.NS.11.D Continuous Back Lucero Rolls (With Hand Positions) - Fwd or Rev	V.NS.11.E Continuous Back Lucero Rolls (Without Hands) - Fwd or Rev
	Hollie			V.NS.12.B Half (1/2) Hollie Roll (Elephant Roll) - Fwd or Rev	V.NS.12.C One (1) Hollie Roll (Elephant Roll) - Fwd or Rev	V.NS.12.D Two (2) Hollie Roll (Elephant Roll) (same direction) - Fwd or Rev	
					V.NS.13.C One (1) Hollie Roll (Elephant Roll) Pop Out - Fwd or Rev	V.NS.13.D Hollie Roll (Elephant Roll) w/ Change of Direction	
						V.NS.14.D Hollie Roll (Elephant Roll) w/ Trap Pop - Fwd or Rev	



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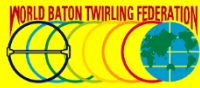
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Pops/Air (PO)	Elbow Pop		V.PO.1.A Single Forward Elbow Pop - R or L	V.PO.1.B Two or More Forward Elbow Pops, same elbow - R or L		V.PO.1.D Continuous Forward Elbow Pop Turns Same Elbow One (1) Turn, Two (2) Turn - R or L	
				V.PO.2.B Single Elbow Pop w/ more than One Revolution - R or L - Fwd or Rev	V.PO.2.C Single Elbow Pop w/ One (1) Spin - R or L - Fwd or Rev	V.PO.2.D Elbow Pop w/ Major Body Move - R or L - Fwd or Rev	V.PO.2.E Elbow Pop combination One (1) Spin, Two (2) Spin or Major Body Move - R or L - Fwd or Rev
				V.PO.4.B Rev Single Elbow Pop - R or L	V.PO.4.C Two (2) or More Rev Elbow Pops (same elbow) - R or L		
						V.PO.5.D Jason Roll (R Rev Elbow Roll, Elbow Pop back plane half turn to R Elbow Roll back plane)	
	Half Elbow Pop			V.PO.6.B Two (2) Half (½) Elbow Pops - Fwd or Rev	V.PO.6.C Continuous Half (½) Pops (same elbow) - R or L - Fwd or Rev		
	Pop Turn				V.PO.7.C Two (2) Fwd Pop Turns, Alternating Elbows	V.PO.7.D Continuous (3 or more) Fwd Pop Turns, Alternating Elbows	
						V.PO.8.D Continuous Turning Pops (Same Elbow, R or L) - Fwd or Rev	
						V.PO.9.D Flashback Pop	
						V.PO.10.D Rev Pop Turn, Alternating Elbows	V.PO.10.E Continuous (2 or more) Rev Pop Turns, Alternating Elbows
	Pop Ladder		V.PO.11.A (use 1st element) One (1) Fwd Elbow Pop Receive on Other Elbow	V.PO.11.B Two Fwd Pop Ladders	V.PO.11.C Continuous Fwd Pop Ladders		
				V.PO.12.B One (1) Rvs Elbow Pop Receive on Other Elbow	V.PO.12.C Two Rvs Pop Ladders	V.PO.12.D Continuous Rvs Pop Ladders	
	Pop Drop In					V.PO.13.D Pop Drop Ins Same Elbow - Fwd or Rev	V.PO.13.E Continuous (2 or more pop drop-ins) Pop Drop Ins Alternating Elbows
	Guillotine						V.PO.14.E Continuous Guillotine



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	Elbow Pop Changing Planes					V.PO.15.D One (1) Elbow Pop Changing Planes, same elbow - Back to Front - Front to Back - R to R - L to L - Stationary	V.PO.15.E Two (2) or more Elbow Pop changing planes, same elbow - Back to Front - Front to Back - R to R - L to L - Stationary
						V.PO.16.D One (1) Elbow Pop Changing Planes, changing elbows - Back to Front - Front to Back - R to L - L to R - With Rotation of Body (turns or spins)	V.PO.16.E (No Video Available) Two (2) or more Elbow Pop Changing Planes, changing elbows - Back to Front - Front to Back - R to L - L to R - With Rotation of Body (turns or spins)
Novelty (NO)			V.NO.1.A Leg Roll	V.NO.1.B Leg Roll with Leg Trap	V.NO.1.C (No Video Available) Leg Roll with Leg Trap with lift off		
				V.NO.2.B Knee Bounce			
				V.NO.3.B Head Roll			
				V.NO.4.B Back of Hand Lift Off			



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Hand/Wrist (HW)	Hand Roll		H.HW.1.A Hand Roll, below waist - R or L - Fwd or Rev	H.HW.1.B Hand Roll, above head - R or L - Fwd or Rev			
	Thumb Roll		H.HW.2.A Hitchhiker Roll - R or L - Fwd or Rev				
	Fishtail			H.HW.3.B Fwd Fishtail - R or L			
					H.HW.4.C Rev Fishtail - R or L		
	Michelle Smith Roll					H.HW.5.D Fishtail – Hands Joined (Michelle Smith) - Fwd or Rev	
Arm/Shoulder (AS)	Arm Roll			H.AS.1.B Single Arm Roll - R or L - Fwd	H.AS.1.C Double Arm Roll - R or L - Fwd	H.AS.1.D (No Video Available) Continuous (3 or more) Arm Roll - R or L - Fwd	
					H.AS.4.C Single Arm Roll - R or L - Rev	H.AS.4.D Double Arm Roll - R or L - Rev	H.AS.4.E (No Video Available) Continuous (3 or more) Arm Roll - R or L - Rev
	Angel Roll			H.AS.2.B (No Video Available) Half (1/2) Angel Roll - R or L	H.AS.2.C One (1) Angel Roll - R or L	H.AS.2.D (No Video Available) Angel Roll Lift Off - R or L	H.AS.2.E (No Video Available) Double Angel Roll w/Liftoff, Same Arm
	Tachibana Roll						H.AS.3.E From Back Neck Roll, R Arm Lift Off, Receive on L Arm, Continue with Back Neck Roll
Elbow (EL)							
	Neck Trap	H.NS.1 Neck Trap - R or L		H.NS.1.B Front Neck Trap - R or L			
	Neck Carry		H.NS.2.A Half (1/2) Neck Carry - R or L	H.NS.2.B Neck Carry One (1) Spin - R or L	H.NS.2.C Multiple R Neck Carry Turning L		
					H.NS.3.C Multiple L Neck Carry Turning L		
	Shoulder Roll			H.NS.4.B Stationary Shoulder Roll - Fwd or Rev			



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Neck/Shoulder (NS)	Neck Roll	H.NS.5 (No Video Available) 1/2 Back Neck Roll - Fwd or Rev	H.NS.5.A One (1) Fwd Back Neck Roll	H.NS.5.B Two (2) or More Fwd Back Neck Rolls			
				H.NS.6.B One (1) Rev Back Neck Roll	H.NS.6.C Two (2) or More Rev Back Neck Rolls		
			H.NS.7.A (No Video Available) Half (½) Front Neck Roll - Fwd	H.NS.7.B One (1) Front Neck (Throat) Rolls - Fwd	H.NS.7.C Two (2) or More Front Neck (Throat) Rolls - Fwd		
				H.NS.22.B (No Video Available) Half (½) Front Neck Roll - Rev	H.NS.22.C (No Video Available) One (1) Front Neck (Throat) Rolls - Rev	H.NS.22.D (No Video Available) Two (2) or More Front Neck (Throat) Rolls - Rev	
	Diamond Roll				H.NS.8.C Back Neck Roll to Front Neck (Throat) Roll	H.NS.8.D Front Neck (Throat) Roll to Back Neck Roll	H.NS.8.E Continuous Diamond Roll
	Brown Roll			H.NS.9.B One (1) Brown Roll (Stationary Back Neck Roll) - R or L	H.NS.9.C Two (2) or More Brown Rolls		
	Singer Roll				H.NS.10.C Half (½) Fwd Singer Roll (Monster Roll) R Arm		
					H.NS.11.C Half (½) Fwd Singer Roll (Monster Roll) L Arm		H.NS.11.E Singer Roll (Monster Roll) w/2 or More Arm Rolls - R or L
						H.NS.12.D One (1) Fwd Singer Roll (Monster Roll) R and L Arms - with/without turn	H.NS.12.E Continuous Fwd Singer Roll (Monster Roll) - with/without turn
							H.NS.13.E One (1) Rev Singer Roll (Monster Roll) L and R Arms - with/without turn
						H.NS.14.D Half (1/2) Rev singer roll (Monster roll) L arm	
						H.NS.15.D Half (1/2) Rev singer roll (Monster roll) R arm	
				H.NS.16.B Baby Monster (RH Under L Arm Entrance, Half (1/2) Back Neck Roll, Under R Arm Exit)			H.NS.16.E Hula Hoop Roll - R or L arm



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							H.NS.17.E Horizontal Drop In - Fwd or Rev
	Backpack Roll				H.NS.18.C Half Backpack roll: Armpit entrance, trap, and exit - Fwd or Rev - R or L	H.NS.18.D Full Backpack roll: Armpit entrance, trap, and exit, R and L connected - Fwd or Rev	
						H.NS.19.D Half Backpack Roll through illusion - R or L - Fwd or Rev	
	Tomoe Roll						H.NS.20.E Arm carry through illusion, in series
	Hollie Roll					H.NS.21.D Hollie Roll (Elephant Roll) w/ Carry prev: H.NS.D.20	
Pops/Air (PO)	Elbow Pop				H.PO.1.C Elbow Pop - R or L prev: H.PO.C.4	H.PO.1.D Continuous Elbow Pops (Same Elbow) prev: H.PO.D.4	H.PO.1.E Elbow Pop with Major Body move prev: H.PO.E.4
	Pop Ladder					H.PO.2.D Continuous Ladder Elbow Pops, Alternating Elbows Stationary prev: H.PO.D.5	H.PO.2.E Continuous Ladder Pops Turning, Alternating elbows prev: H.PO.E.5
	Guillotine					H.PO.3.D Neck pop from a Guillotine prev: H.PO.D.2	H.PO.3.E Continuous Guillotine Pop prev: H.PO.E.2
					H.PO.4.C Neck Roll Lift Off prev: H.PO.C.3		
Novelty (NO)							



Entrances (N)

Family	
Dead Stick (DS)	N.DS.1 source: JPN 101.mp4
	N.DS.2 source: JPN 102.mp4
	N.DS.3 source: JPN 103.mp4
	N.DS.4 source: JPN 104.mp4
	N.DS.5 source: JPN 105.mp4
	N.DS.6 source: JPN 106.mp4
	N.DS.7 source: JPN 107.mp4
	N.DS.8 source: JPN 108.mp4
	N.DS.9 source: JPN 109.mp4
	N.DS.10 source: JPN 110.mp4
	N.DS.11 source: JPN 111.mp4
Contact - Wraps (CW)	N.CW.1 source: JPN 201.mp4
	N.CW.2 source: JPN 202.mp4
	N.CW.3 source: JPN 203.mp4
	N.CW.4 source: JPN 204.mp4
	N.CW.5 source: JPN 205.mp4
	N.CW.6 source: JPN 206.mp4
	N.CW.7 source: JPN 207.mp4
	N.CW.8 source: JPN 208.mp4
	N.CW.9 source: JPN 209.mp4
	N.CW.10 source: JPN 210.mp4
	N.CW.11 source: JPN 211.mp4
	N.CW.12 source: JPN 212.mp4
	N.CW.13 source: JPN 213.mp4
	N.CW.14 source: JPN 214.mp4
	N.CW.15

	source: JPN 215.mp4
	N.CW.16
	source: JPN 216.mp4
	N.CW.17
	source: JPN 217.mp4
	N.CW.18
	source: JPN 219.mp4
	N.CW.19
	source: JPN 220.mp4
	N.CW.20
Contact - Flips (CF)	source: JPN 221.mp4
	N.CW.21
	RH Under L Arm Entrance into Back Neck Roll prev: H.NS.B.11
	N.CW.22
	LH Under L Arm Entrance into Back Neck Roll prev: H.NS.B.12
	N.CF.1
	source: JPN 201.mp4
	N.CF.2
	source: JPN 218.mp4
	N.CF.3
Other (OT)	source: JPN 301.mp4
	N.CF.4
	source: JPN 302.mp4
	N.CF.5
	source: JPN 303.mp4
	N.CF.6
	source: JPN 310.mp4
	N.CF.7
	source: JPN 312.mp4
	N.CF.8
Body Work (BW)	source: JPN 313.mp4
	N.CF.9
	source: JPN 314.mp4
	N.CF.10
	source: JPN 315.mp4
	N.OT.1
	source: JPN 401.mp4
	N.OT.2
	source: JPN 402.mp4
	N.OT.3
	source: JPN 403.mp4
	N.BW.1
	source: JPN 501.mp4
	N.BW.2
	source: JPN 502.mp4
	N.BW.3
	source: JPN 503.mp4
	N.BW.4
	source: JPN 504.mp4
	N.BW.5
	source: JPN 505.mp4
	N.BW.6
	source: JPN 506.mp4

	<u>N.BW.7</u> source: JPN 507.mp4
Floor (FL)	<u>N.FL.1</u> source: JPN 601.mp4
	<u>N.FL.2</u> source: JPN 602.mp4
	<u>N.FL.3</u> source: JPN 603.mp4
	<u>N.FL.4</u> source: JPN 604.mp4
	<u>N.FL.5</u> source: JPN 605.mp4
Aerial (AR)	<u>N.AR.1</u> source: JPN 801.mp4
	<u>N.AR.2</u> source: JPN 802.mp4
	<u>N.AR.3</u> source: JPN 803.mp4
	<u>N.AR.4</u> source: JPN 804.mp4
	<u>N.AR.5</u> source: JPN 805.mp4
	<u>N.AR.6</u> source: JPN 806.mp4

Release Candidate 3 	Exits (X)
Family	
Dead Stick (DS)	X.DS.1 Under R Arm Exit from Back Neck Roll prev: H.NS.B.13
Contact - Wraps (CW)	
Contact - Flips (CF)	
Other (OT)	
Body Work (BW)	
Floor (FL)	
Aerial (AR)	X.AR.1 source: JPN 701.mp4
	X.AR.2 source: JPN 702.mp4
	X.AR.3 source: JPN 703. mp4
	X.AR.4 source: JPN 704.mp4
	X.AR.5 source: JPN 705.mp4
	X.AR.6 source: JPN 706.mp4
	X.AR.7 source: JPN 707.mp4
	X.AR.8 source: JPN 708.mp4
	X.AR.9 source: JPN 709.mp4
	X.AR.10 source: JPN 710.mp4
	X.AR.11 Back of hand lift-off - R or L prev: H.NO.A.1
	X.AR.12 Leg lift-off - R or L prev: H.NO.B.1
	X.AR.13 Single Elbow Pop w/Catch - R or L - Fwd or Rev prev: V.PO.3.A