

**SILOVÉ PRVKY**

1	2	3	4	5	6	7	8	9	10
Basic inverted candle/straddle	Elbow hang legs down	Butterfly	Meathook - both hands	Feethang pike	Meathook straddle, one hand in contact with hoop	Feet hang candle	Icarus horizontal plank passe	Front plank/back plank passe, parallel to the floor	Foothang/one heel hang in bielmann
One knee hang with one hand holding hoop	One knee hang with one hand holding the bent leg	One knee hang, hands without contact 2	Ankle hang/Walking man	Skin the cat pike	Reverse meathook both hands in contact	Reverse meathook one handed (no plank position)	Crocodile one leg in contact with hoop	Neck hang	Front plank/back plank legs straight closed, parallel to the floor
Candlestick with both hands holding the hoop	Elbow hold martini	Superman	Amazon one hand	Inverted straddle/opposite ikarus	Icarus straddle horizontal	Icarus pike legs parallel to the floor	Heel hang scarab	Shoulder plank, straight line, parallel to the floor (either both hands in cup grip; or Icarus grip), legs no contact with the hoop	Neck hang split/jogini
Hang on both knees	Eagle (hanging on the hoop: contact in armpits)		Mexican stand, shoulder and both hands in contact, straight legs		Meathook one hand, no contact with hoop	Supported one heel hang		Foothang only one foot on the hoop	
	Candlestick one hand		Candlestick no hands			Heel hang		One heel hang	
	Angel leg passe		One arm pike/straddle			Elbow hang Amazon, lower arm not contact with hoop		Reverse meathook horizontal plank (body and upper leg in a horizontal position)	
			Cross knee release no hands / Bohyně						

## FLEXIBILNÍ PRVKY

1	2	3	4	5	6	7	8	9	10
Delilah	Yogini, hands on ankles, bent legs, no ring position	Martini half split 160	Star on the bar 160	Cocoon bent arms/leg	Angel 160	Hanging elbow halfsplit 160	Angel 180	Yogini straight closed legs, ring position	<b>Any type of Marchenko, 180, straight legs, straight arms</b>
Back bend one knee on upper bar, other top of foot on the low bar, holding hoop with both hands on top bar, back arch		Underarm hold split 160	Mexican straddle straight legs, ankles lower than hips	Gazelle 160	Choke split 160	Diagonal split on one hand 160	Russian split parallel 180	Snail no hands	Heck hang bielman 180
		Mexican straddle bent legs	Scarab backwards, straight arms	Mexican Legs closed, ankles below hips	Extreme gazelle 180	Jigsaw/alien split 160	Hanging elbow halfsplit 180	Jigsaw/alien split 180	Eagle Eye 180
		Delilah 160		Front amazon cocoon	Front birds nest	Russian split 160	Horizontal split 180	Armpit hang oversplit	Bielman with spanset 180
						Twisted Gazelle 180	Bird of Paradise 180	Scorpio half split 180, foot touching head	
						Cocoon straight arms, bent legs	Cocoon straight arm, straight leg		
						Swallow straight arms, straight legs	Gazelle oversplit, straight legs		
							Vertical split 180		
							Diagonal split on one hand 180		
							Mexican legs closed one hand		

**DYNAMICKÉ PRVKY**

1	2	3	4	5	6	7	8	9	10
Simple jump on or jump out	Simple single roll, by the knee	Double roll by the knee	Superman drop	Jump out from hanging on the knees	Drop from high bar to low bar, legs in straddle	Drop from high bar to inverted V on low bar	Drop from high bar thru roll to inverted V on low bar	Drop from high bar thru roll to inverted V on low bar to flip out	Flip out 360 from the hoop on the floor
		Jump from one knee hang on the floor	Drop from high bar to low bar	Hands to armpit twisted drop	Hip rolls backwards	Contact flip out 360	Drop from feet hang on high bar to hang on the knees on low bar	Armpit twisted drop from high bar to low bar	Hands only pike to straddle regrip
		Drop from star on the bar to knees hang	Armpit to straddle regrip	2x Seated rolls	Contact back V-flip	Double elbow roll/lion roll	Elbow to armpit drop	Back flip from hanging on the knees to hands hang	
						Feet hang flip		Hands only straddle to pike regrip	

**Pokud**
**jeden**
**-1**
**Pokud dva  
(min. rozdíl  
2 body)**
**Hodnota  
vyššího  
prvku**
**Pokud dva  
stejně  
hodnoty**
**1**

## BALANČNÍ PRVKY

1	2	3	4	5	6	7	8	9	10
Man in the moon	Man in the moon pike, one hand in contact	Shoulder stand tuck hands in contact with hoop	Shoulder stand pike hands in contact with hoop	Shoulder stand stag hands in contact with hoop	Shoulder press pike	Shoulder press tuck/straddle paralel	Hip split balance, hands not in contact with hoop, legs parallel to the floor	Aeroplane no hands, legs parallel to the floor or higher	Crocodile, legs are not in contact with hoop
	Hip balance tuck	Man in the moon pike, no hands in contact	Hip balance twisted, hands holding ankles	Shoulder stand candle, no hands contact with hoop	Iron balance	Shoulder stand, legs and hands have no contact with hoop	Shoulder stand oversplit	Back balance hands holding ankles (ring position)	Hip split balance no hands legs in straight line in horizontal position pp
		Seated balance, no hands in contact	Aeroplane upright balance no hands, legs below the low bar	Back balance, legs closed and below the low bar			Back balance legs parallel to the floor		Double elbow lever plank - Peacock Plank
		Hip straddle balance		Back balance hands holding shins (no ring position) 5					
		Back Balance one leg							
		Reverse man in the moon							

**Pokud jeden** -1  
**Pokud dva (min. rozdíl 2 body)** Hodnota  
**Pokud dva stejné hodnoty** vyššího prvku  
**1**