

Thrusts		Spins		Twists		Airborne Weight		Flexibility		Connections	
TB	1-2 +crash	SB	Spin 180 (1-2)	RB	Swirl/turn 180	AB	Lift to 1-leg	FB	BL->SA/BKSA	CB	Surf/out cone
		S1	Spin 360 (1-2)	R1	Swirl/turn 360						
T1	1-descent	S2	Spin 720 (1-2)	R2	Swirl 720	A1a	Pike-> 1-leg	F1a	Rapid Split	C1a	1-leg VP/bot-conn
		S3	Spin 1080	R3	Swirl 1080	A1b	1-leg desc	F1b	Rapid Knight	C1b	Bot-thigh/wrap
T2a	1-sp180	S4	Spin 1440	R4	Swirl 1440	A1c	Lift to VP	F1c	BKSA->Knight (ext)		
T2b	1-twirl+crash	S5	Spin 1800			A1d	Join-VP (FT/BK/Sp)			C2a	1-leg VP face2face
		S6	Spin 2160	1RB	1 leg 180			F2a	Walkout Front	C2b	1-bk/1-forw VP
T3a	+vert descent	S7	Spin 2520	1R1	1 leg 360	A2a	VP descent	F2b	Split->Pike	C2c	C1+180
T3b	1-sp360	S8	Spin 2880	1R2	1 leg 720	A2b	Pike->1-leg+180	F2c	Split variants		
T3c	1-twirl+desc	S9	Spin 3240	1R3	1 leg 1080					C3	1-leg back/side
T3d	+flex+crash	S10	Spin 3600	1R4	1 leg 1440	A3a	Pike->VP	F3a	Spl-2-Spl thru VP x2		
				1R5	1 leg 1800	A3b	Vertical ascent (1-2)	F3b	Ariana	C4	2-leg VP
T4a	1-sp720	SCB	Comb 180 (1-2)	1R6	1 leg 2160			F3c	Combo R-L Knight		
T4b	+flex+descent	SC1	Comb 360 (1-2)			A4a	Pike->1-leg+360			C5	1-leg VP 180
T4c	+sp180	SC2	Comb 720 (1-2)	ROB	VP->Split 180	A4b	Pike-VP+180	F4a	BKFL->BKSA		
T4d	FF w/descent	SC3	Comb 1080	RCB	Split->VP 180				FL->Split (st leg)	C6a	2-leg VP 180
T4e	+twirl+crash	SC4	Comb 1440	RO1	VP->Split 360	A5	Pike-VP+360	F4b	SA->Kn/Spl (st leg)	C6b	1-leg VP 360
		SC5	Comb 1800	RC1	Split->VP 360			F4c	BKSA->BK VP		
T5a	+sp360	SC6	Comb 2160			A6	1-2 legs 3s+	F4d	BKSA->Kn (switch)	C7	2-leg VP 360
T5b	+twirl+descent	SC7	Comb 2520	2RB	VP 180			F4e	FT->Kn (horizontal)		
T5c	+flex+sp180	SC8	Comb 2880	2R1	VP 360	A7	VP 3s+	F4f	FT->Kn (thru VP)		
T5d	FF-sp180	SC9	Comb 3240	2R2	VP 720			F5a	Knight->VP		
	Heli-sp180	SC10	Comb 3600	2R3	VP 1080	A8	U/B VP 3s+		Knight->FT thru VP		
T5e	1-twirl+sp360			2R4	VP 1440			F5b	BKSA->VP		
		SCDB	2D-Comb 180 (1-2)	2R5	VP 1800			F5c	Knight twist 180		
T6a	+flex+sp360	SCD1	2D-Comb 360 (1-2)	2R6	VP 2160						
T6b	+twirl+sp360	SCD2	2D-Comb 720 (1-2)	2R7	VP 2520						
T6c	FF-sp360	SCD3	2D-Comb 1080	2R8	VP 2880			F6a	BKSA->VP 180		
	Heli-sp360	SCD4	2D Comb 1440	2R9	VP 3240			F6b	Knight twist 360		
		SCD5	2D-Comb 1800	2R10	VP 3600			F6c	Knight->VP 180		
T7	+sp720	SCD6	2D-Comb 2160					F6d	Flat Split 3s+		
				RU1	U/B VP 360						
T8	+flex+sp720			RU2	U/B VP 720			F7	SA->VP		
				RU3	U/B VP 1080						
T9a	+sp1080			RU4	U/B VP 1440			F8a	Knight->VP 360		
T9b	+catch 1s+			RU5	U/B VP 1800			F8b	BKSA->VP 360		
				RU6	U/B VP 2160						
				RU7	U/B VP 2520			F9	SA->VP 180		
				RU8	U/B VP 2880						
				RU9	U/B VP 3240			F10	SA->VP 360		
				RU10	U/B VP 3600						
				RD1	2D VP 360						
				RD2	2D VP 720						
				RD4	2D VP 1440						
				RD6	2D VP 2160						

For Duet and Mixed Duet Only

For the Connections Family:
There is a maximum of 5 declarations per hybrid, with a limit of 2x per technique