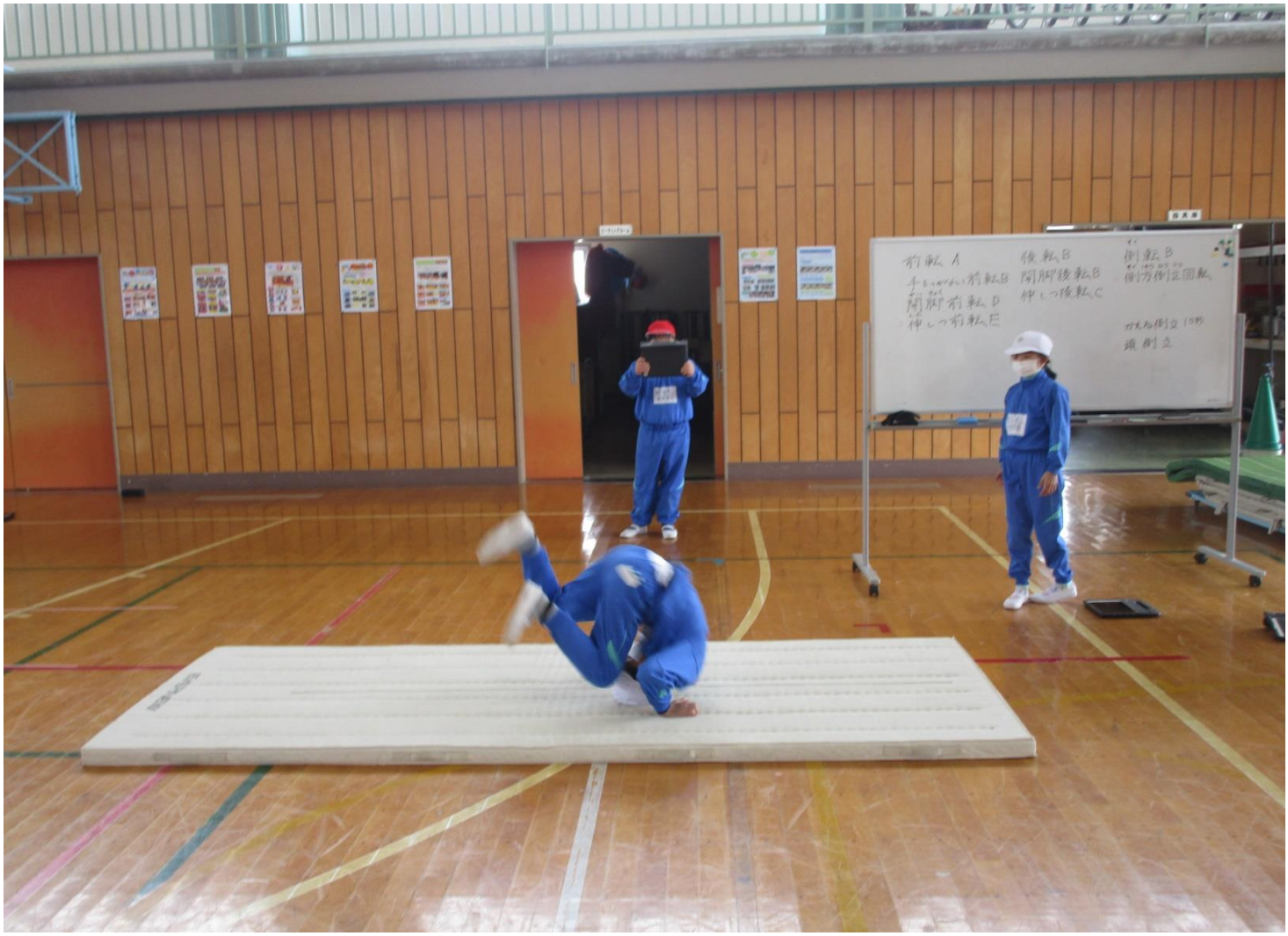
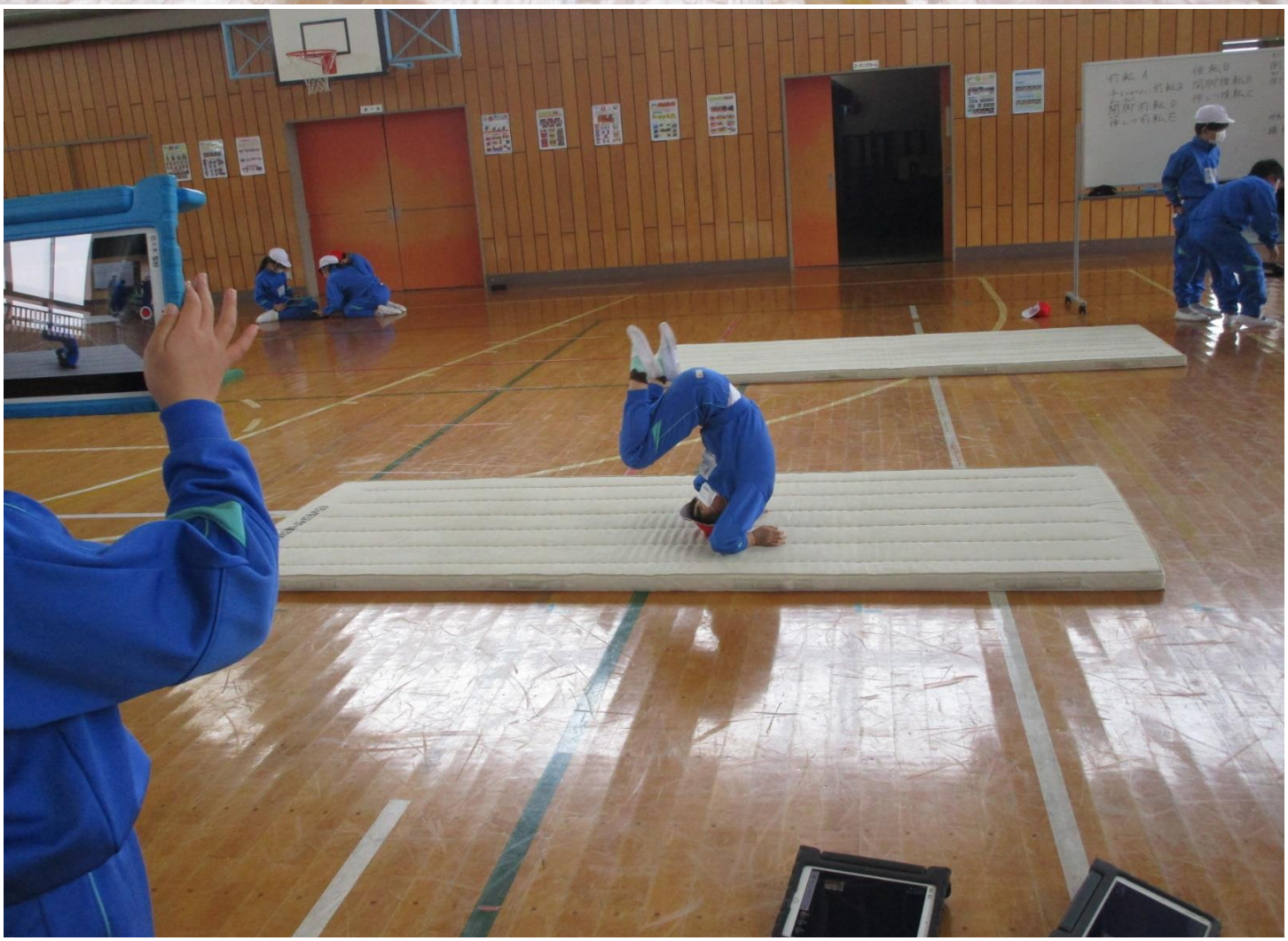
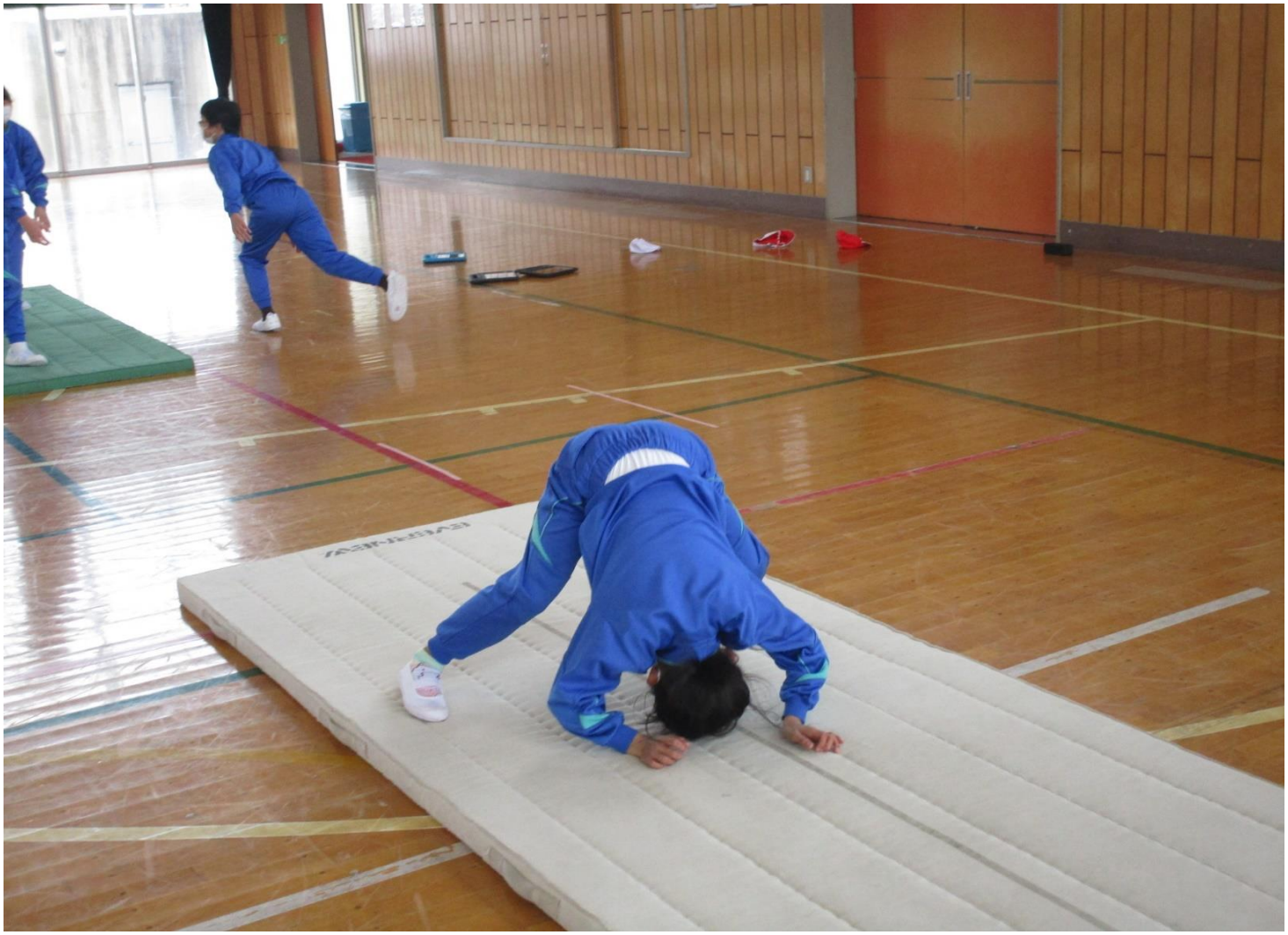
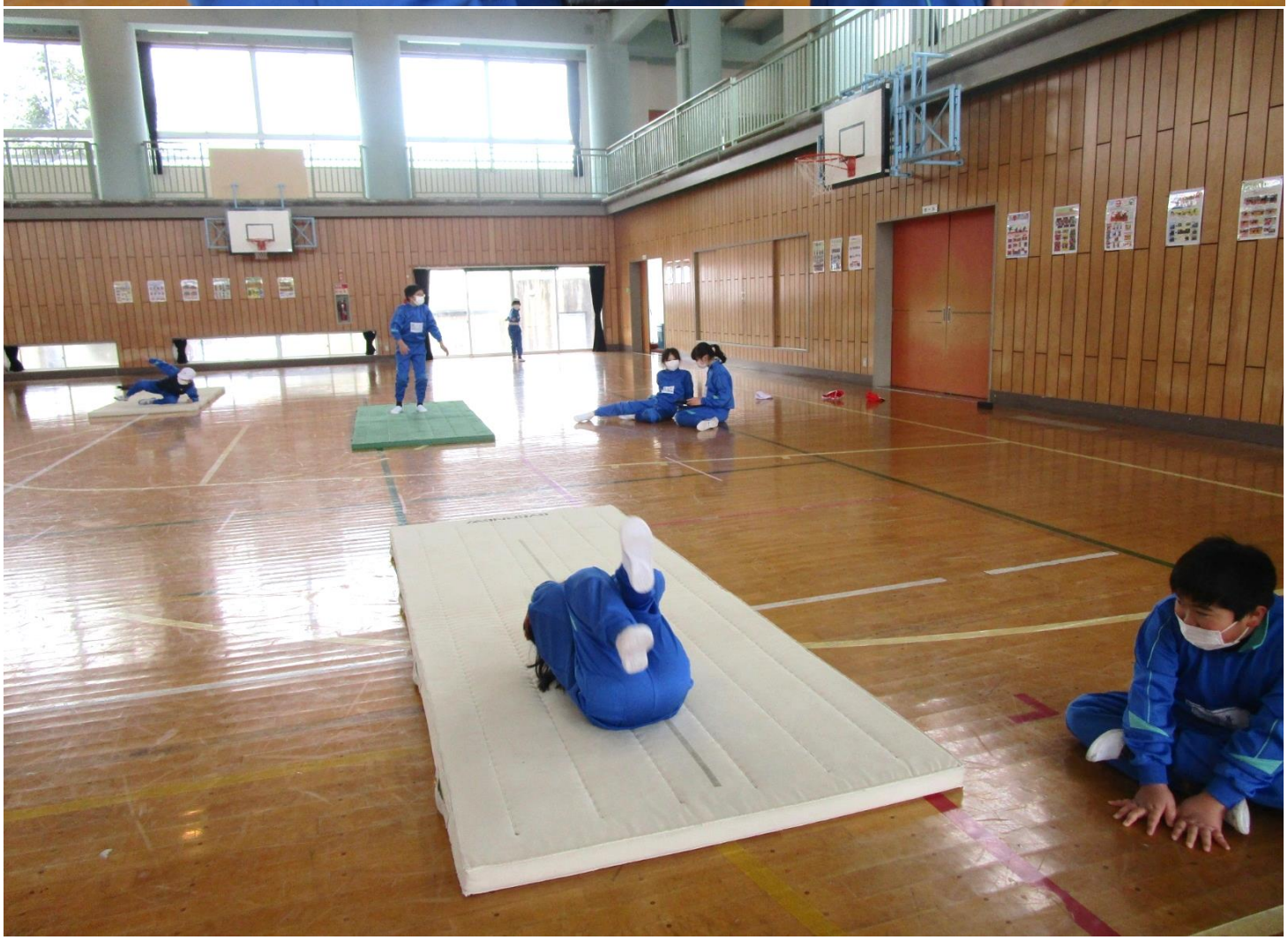

前転 A
ちょっぱい前転B
開脚前転 D
伸しつ前転E
後転B
開脚後転B
伸しつ後転C
倒転B
倒方倒立回転
頭倒立



後転B
側転B
開脚後転B
側方倒立回転
伸しつ後転C