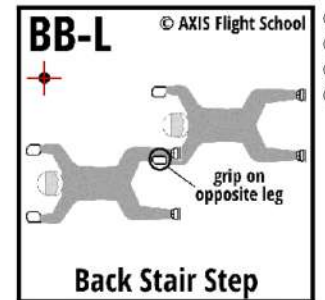
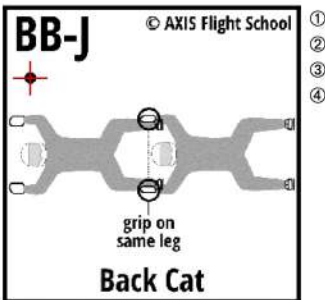
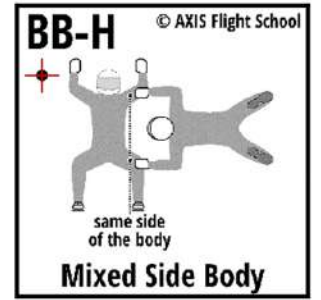
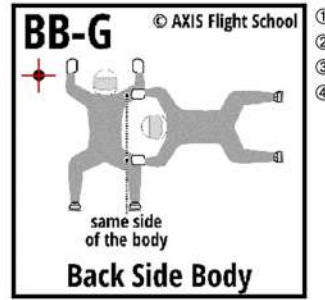
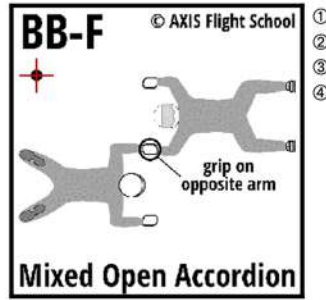
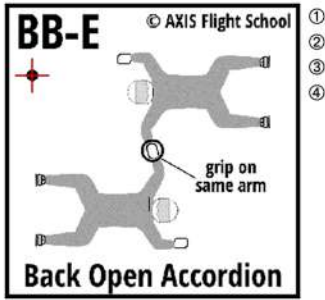
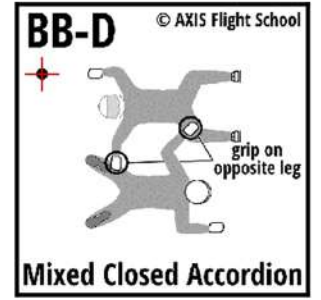
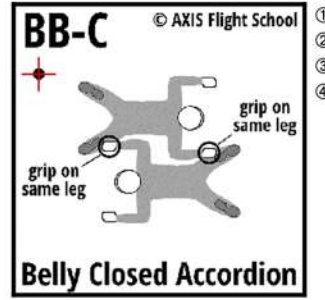
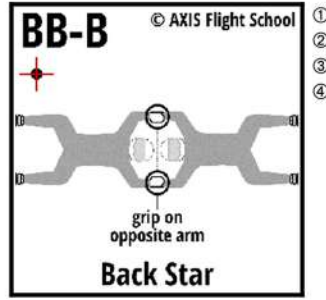
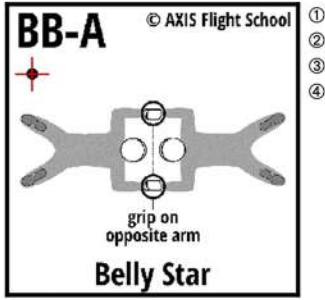
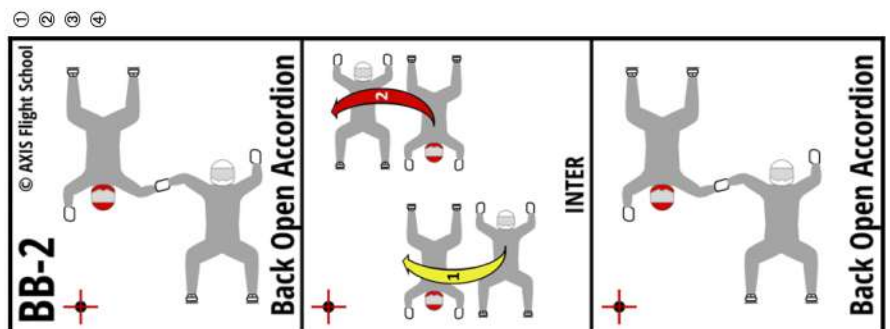
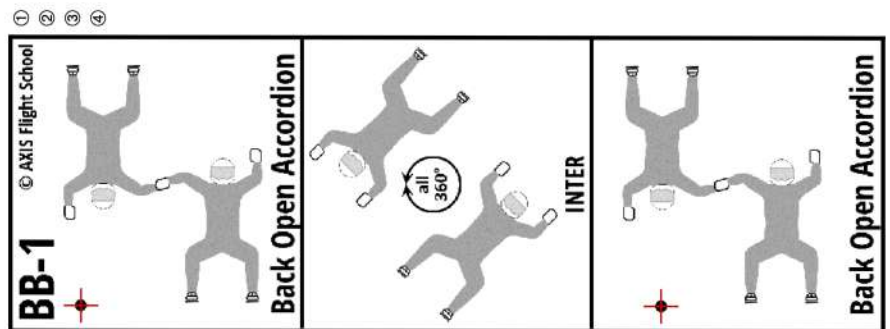


# А-класс ФИГУРЫ belly/back



## БЛОКИ



# А-класс ФИГУРЫ head-up

**HU-A** © AXIS Flight School ① ② ③

grip on opposite arm

**Single Grip**

**HU-B** © AXIS Flight School ① ② ③

grip on opposite arm

**In-Facing Double Grip**

**HU-C** © AXIS Flight School ① ② ③

grip on opposite arm

**Out-Facing Double Grip**

**HU-D** © AXIS Flight School ① ② ③

grip on opposite foot

**Hand-to-Foot**

**HU-E** © AXIS Flight School ① ② ③

grip on opposite foot

**Hands-to-Feet**

**HU-F** © AXIS Flight School ① ② ③

foot dock on opposite upper leg

**Feet-to-Knees**

**HU-G** © AXIS Flight School ① ② ③

feet dock on top of same shoulders (between neck and arm)

**Totem**

**HU-H** © AXIS Flight School ① ② ③

foot dock on same foot

**Foot-to-Foot**

**HU-J** © AXIS Flight School ① ② ③

**Double Spock**

## БЛОКИ

**HU-1** © AXIS Flight School ① ② ③

grip on same arm

**Grip**

360°

360°

**INTER**

repeat original grip

**Grip**

**HU-2** © AXIS Flight School ① ② ③

grip on same arm

**Grip**

360°

**INTER**

repeat original grip

**Grip**

**HU-3** © AXIS Flight School ① ②

grip on same arm

**Grip**

360°

360°

**INTER**

repeat original grip

**Grip**

**HU-4** © AXIS Flight School ① ② ③

grip on same arm

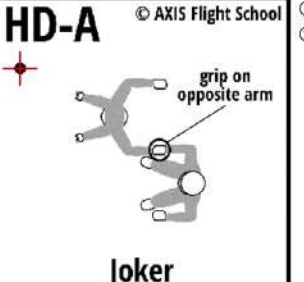
**Grip**

**INTER**

repeat original grip

**Grip**


**HD-A** © AXIS Flight School ① ②



grip on opposite arm

**Joker**

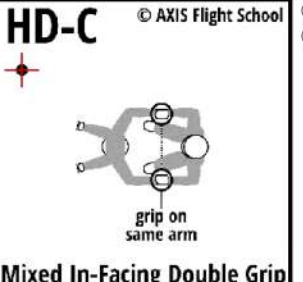
**HD-B** © AXIS Flight School ① ②



grip on opposite arm

**In-Facing Double Grip**


**HD-C** © AXIS Flight School ① ②



grip on same arm

**Mixed In-Facing Double Grip**

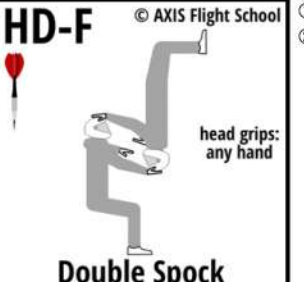
**HD-E** © AXIS Flight School ① ②



double-handed grip on head

**Mind Warp**

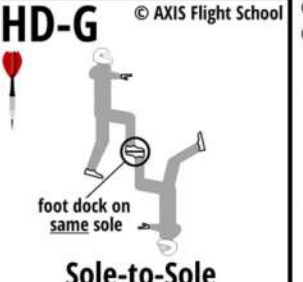
**HD-F** © AXIS Flight School ① ②



head grips: any hand

**Double Spock**

**HD-G** © AXIS Flight School ① ②



foot dock on same sole

**Sole-to-Sole**


**HD-H** © AXIS Flight School ① ②



grip on opposite leg

**Stair Step**


**HD-J** © AXIS Flight School ① ②



grip on same leg

**Vertical Closed Accordion**

**HD-K** © AXIS Flight School ① ②

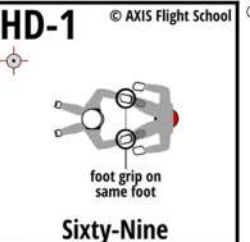


foot grip on same foot

**Sixty-Nine**

## БЛОКИ

**HD-1** © AXIS Flight School ①

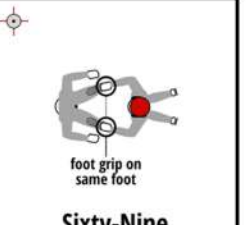


foot grip on same foot

**Sixty-Nine**

HU ↑ HD ↓


**INTER**



foot grip on same foot

**Sixty-Nine**

**HD-2** © AXIS Flight School

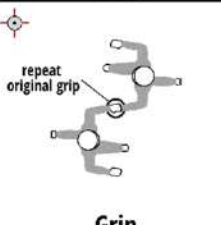


grip on same arm

**Grip**

360°


**INTER**



repeat original grip

**Grip**

**HD-3** © AXIS Flight School




grip on same arm

**Grip**

360°


**INTER**



repeat original grip

**Grip**

**HD-4** © AXIS Flight School ① ②




grip on same arm

**Grip**

360°


**INTER**



repeat original grip

**Grip**

**HD-5** © AXIS Flight School ① ②



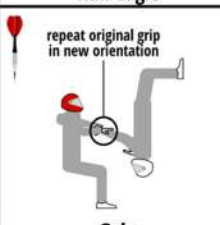
grip on same arm

**Grip**

half (180°) front-loop over

half (180°) front-loop under

**Half-Eagle**



repeat original grip in new orientation

**Grip**