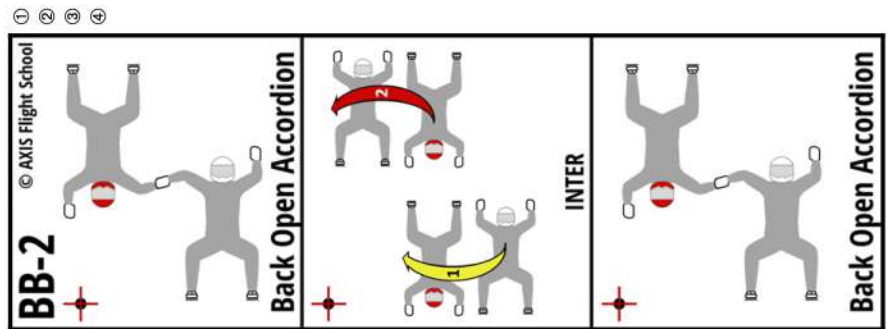
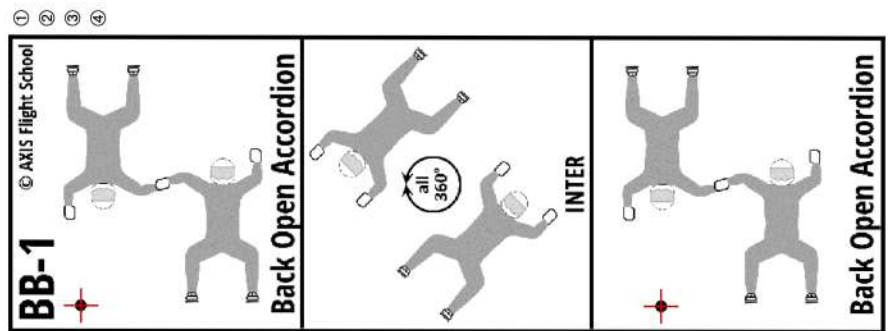


БЛОКИ



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°

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°

INTER

repeat original grip

Grip

HU-4 © AXIS Flight School ① ② ③

grip on same arm

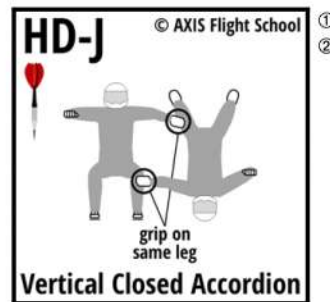
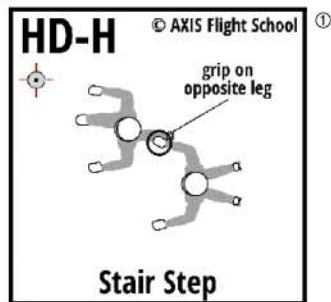
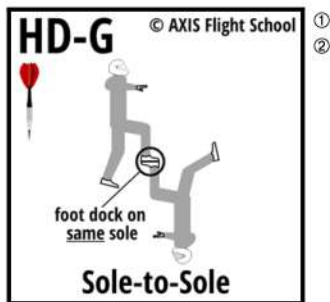
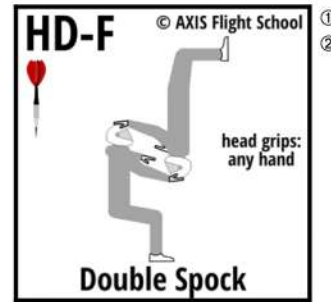
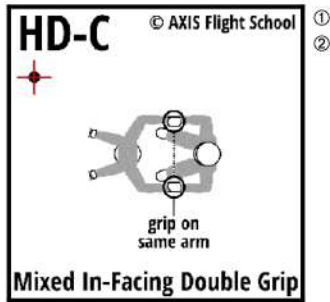
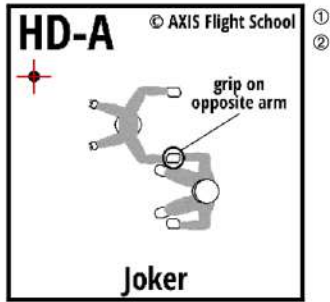
Grip

1

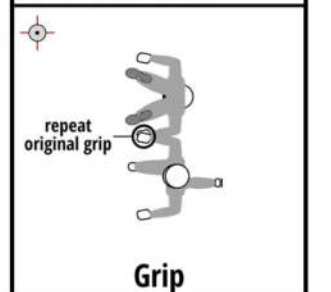
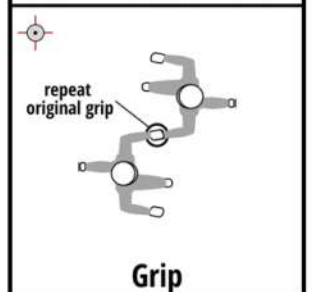
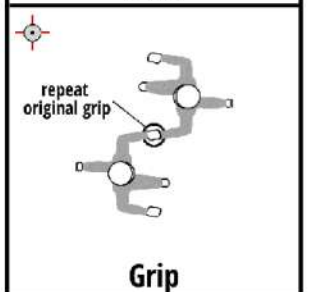
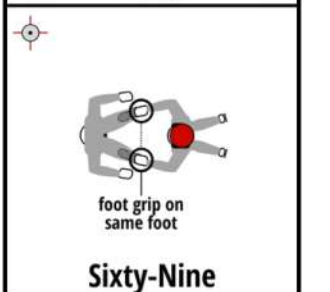
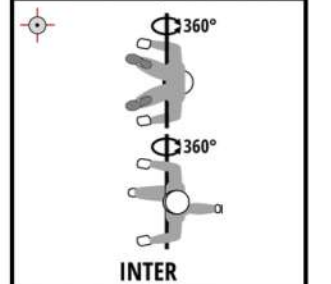
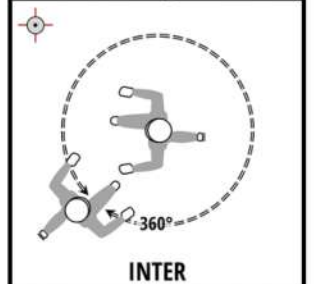
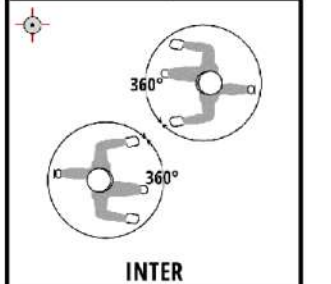
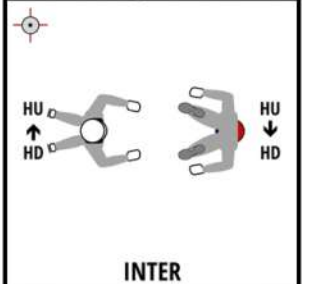
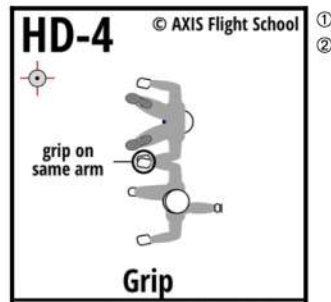
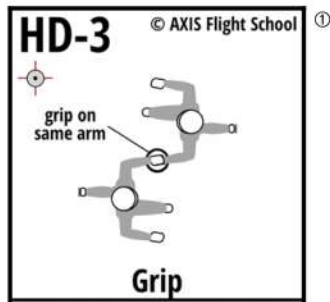
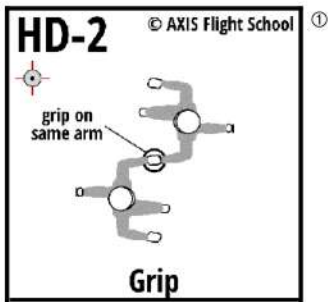
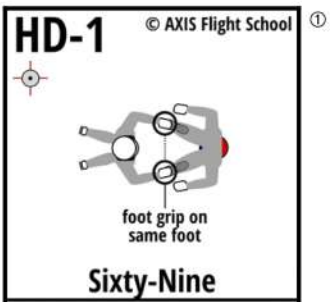
INTER

repeat original grip

Grip



БЛОКИ



HD-5 © AXIS Flight School ①

grip on same arm

Grip

half (180°) front-loop over

half (180°) front-loop under

Half-Eagle

repeat original grip in new orientation

Grip

HD-6 © AXIS Flight School ①

grip on same arm

Grip

half (180°) back-loop over

half (180°) back-loop under

Half-Cradle

repeat original grip in new orientation

Grip