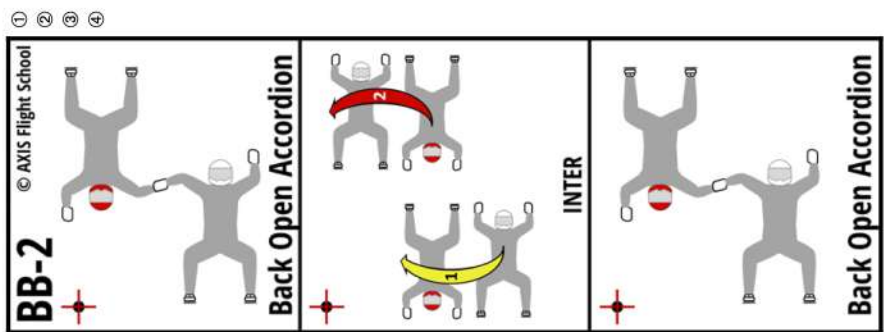


БЛОКИ



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

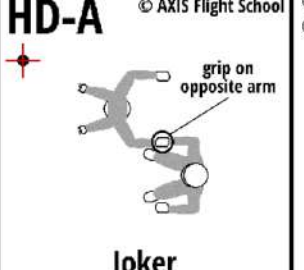
1

INTER

repeat original grip

Grip

HD-A © AXIS Flight School ① ②



grip on opposite arm

Joker


HD-B © AXIS Flight School ①



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-D © AXIS Flight School ①



grip on opposite arm

grip on opposite arm

Out-Facing Double Grip

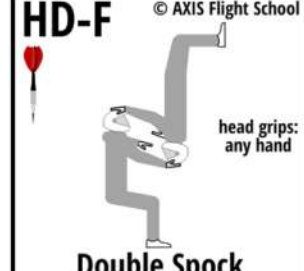
HD-E © AXIS Flight School ① ②



double-handed grip on head

Mind Warp


HD-F © AXIS Flight School ① ②



head grips: any hand

Double Spock

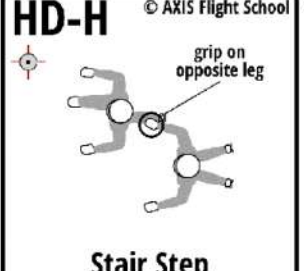
HD-G © AXIS Flight School ① ②



foot dock on same sole

Sole-to-Sole

HD-H © AXIS Flight School ①



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

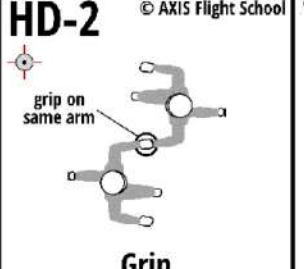
HD-1 © AXIS Flight School ①



foot grip on same foot

Sixty-Nine

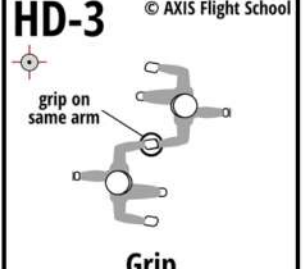
HD-2 © AXIS Flight School ①



grip on same arm

Grip

HD-3 © AXIS Flight School ①



grip on same arm

Grip

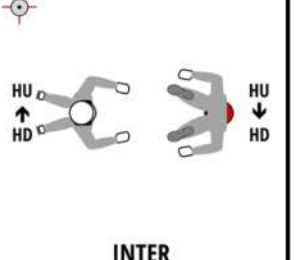
HD-4 © AXIS Flight School ① ②



grip on same arm

Grip

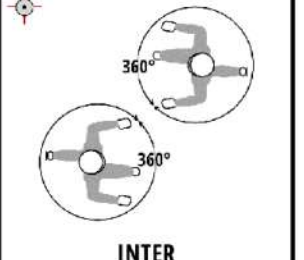
INTER



HU ↑ HD ↓

INTER

INTER

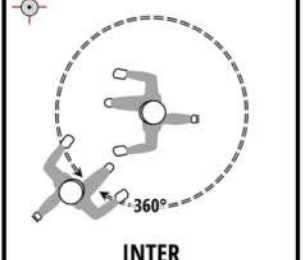


360°

360°

INTER

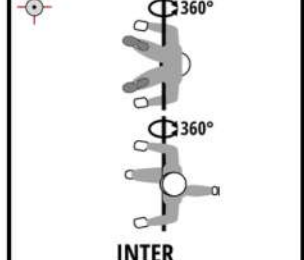
INTER



360°

INTER

INTER

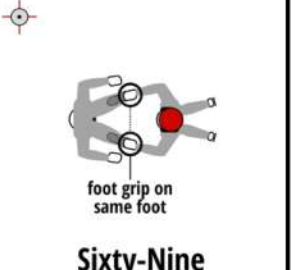


360°

360°

INTER


Sixty-Nine



foot grip on same foot

Sixty-Nine


Grip



repeat original grip

Grip


Grip



repeat original grip

Grip

Grip



repeat original grip

Grip

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