

TABELLA PUNTEGGI					
SKILLS		PARALLELE	SBARRA	ANELLI	TERRA
F R O N T L E V E R	FRONT LEVER ISO TUCK	2	2	2	
	FRONT LEVER ISO ADV	4	4	4	
	FRONT LEVER ISO STRADDLE	8	8	8	
	FRONT LEVER ISO FULL	12	12	12	
	FRONT LEVER PULLS STRADDLE	9	9	9	
	FRONT LEVER PULLS FULL	13	13	13	
	FRONT LEVER TOUCH ISO ADV		10	10	
	FRONT LEVER TOUCH ISO STRADDLE		15	15	
	FRONT LEVER TOUCH ISO FULL		20	20	
	FRONT LEVER SAT PULL UP		29		
	FRONT LEVER SAT ISO		34		
	FRONT LEVER TOUCH PULLS STRADDLE		17		
	FRONT LEVER TOUCH PULLS FULL		23		
	VICTORIAN ISO ADV	10	10		
	VICTORIAN ISO STRADDLE	14	14		
	VICTORIAN ISO FULL	22	16	65	
	VICTORIAN PULLS FULL	26			
	CARUSO		50	76	
	FRONT LEVER ONE ARM ISO FULL		38	38	
	FRONT LEVER ONE ARM PULLS FULL		31	31	
	FRONT LEVER ONE ARM PULL UP FULL		43	43	
	DRAGON PRESS ISO ADV				6
	DRAGON PRESS ISO FULL				16
	FRONT LEVER PULL UP ADV	7	7	7	
	FRONT LEVER PULL UP STRADDLE	11	11	11	
	FRONT LEVER PULL UP FULL	17	17	17	
	FRONT LEVER PULL UP TO TOUCH ADV		11		
	FRONT LEVER PULL UP TO TOUCH STRADDLE		18		
	FRONT LEVER PULL UP TO TOUCH FULL		23		
B A C K L E V E R	BACK LEVER ISO TUCK	1	1	1	
	BACK LEVER ISO ADV	2	2	2	
	BACK LEVER ISO STRADDLE	5	5	5	
	BACK LEVER ISO FULL	8	8	8	
	BACK LEVER PULLS STRADDLE	7	7	7	
	BACK LEVER PULLS FULL	9	9	9	
	BACK LEVER ONE ARM ISO FULL	15	15	15	
	BACK LEVER ONE ARM PULLS FULL	14	14	14	
	BACK LEVER TOUCH BENT ARM SUPINO FULL		15		
	BACK LEVER TOUCH PULLS FULL		21		
	BACK LEVER SAT ISO		22		
	BACK LEVER WIDE TO SAT		24		
	BACK LEVER PULL UP ADV	4	4	4	
	BACK LEVER PULL UP STRADDLE	7	7	7	
	BACK LEVER PULL UP FULL	11	11	11	
	BACK LEVER PULL UP SUPINO FULL	23	23	23	
	BACK LEVER PULL UP TO TOUCH FULL		20		
	BACK LEVER MUSCLE-UP		24	22	
	HEFESTO		22	20	
	PLANCHE BENT ARM STRADDLE	7	8	8	8

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SKILLS		PARALLELE	SBARRA	ANELLI	TERRA
P L A N C H E	PLANCHE BENT ARM FULL	9	10	10	10
	PLANCHE ISO TUCK	3	4	4	4
	PLANCHE ISO ADV	6	7	8	7
	PLANCHE ISO STRADDLE	12	13	16	14
	PLANCHE ISO FULL	18	19	22	20
	PLANCHE PRAYER ISO STRADDLE				12
	PLANCHE PRAYER ISO FULL				15
	PLANCHE PRESS STRADDLE	14	16	19	15
	PLANCHE PRESS FULL	21	25	27	24
	PLANCHE PRAYER PRESS STRADDLE				13
	PLANCHE PRAYER PRESS FULL				16
	VAN GELDER			65	
	PELLICAN		53	63	
	ZANETTI	48		70	
	ZANETTI FULL R.O.M.			83	
	PLANCHE PUSH UP TUCK	4		5	
	PLANCHE PUSH UP ADVANCE	7	8	9	
	PLANCHE PUSH UP STRADDLE	14	16	18	16
	PLANCHE PUSH UP FULL	22	24	26	23
	MALTESE ISO STRADDLE	25	28	36	30
	MALTESE ISO FULL	30	32	40	38
	MALTESE TO PLANCHE FULL			52	
	MALTESE PRESS STRADDLE	28		40	36
	MALTESE PRESS FULL	42	49	69	52
	MALTESE ELEVATOR STRADDLE	25	27	34	30
	MALTESE ELEVATOR FULL	34	35	43	42
H A N D S T A N D	HS BENT ARM ISO STRADDLE	3		4	4
	HS BENT ARM ISO FULL	5		6	6
	HS BENT ARM PRESS STRADDLE	4			6
	HS BENT ARM PRESS FULL	6			8
	HSPU	7		16	8
	HSPU FULL R.O.M.	10		18	
	HSPU REVERSE MU			25	
	HSPU ELEVATOR	18			
	HSPU 90 DEGREE STRADDLE	10		14	12
	HSPU 90 DEGREE FULL	11		20	16
	PRESS TO HS STRADDLE	6			8
	PRESS TO HS FULL	8			10
	HS STALDER PRESS STRADDLE	8		15	10
	HS STALDER PRESS FULL	10		17	
	HS ISO	4		14	6
	HS JAPANESE	10			15
	HS FLAG	17			18
	HS IGUANA ISO STRADDLE	9			
	HS IGUANA ISO FULL	11			
	HS IGUANA PRESS STRADDLE	12			
	HS IGUANA PRESS FULL	14			
	HS ONE ARM ISO STRADDLE	14			16
	HS ONE ARM ISO FULL	16			18

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SKILLS		PARALLELE	SBARRA	ANELLI	TERRA
	HS SHOULDER FLAG	8			
A L T R O	L-SIT	1		3	3
	V-SIT	4			5
	I-SIT	6			7
	MANNA	30			32
	PULL OVER		2		
	PULL OVER INVERSO		4		
	FROGSTAND				2
	ELBOW LEVER FULL	2	3	5	4
	ELBOW LEVER ONE ARM FULL		7	9	8
	IMPOSSIBLE DIP (TED)	22			
	OAP PRONO	18		16	
	MUSCLE UP		7	5	
	BUTTERFLY			50	
	BUTTERFLY FULL R.O.M.			61	
	PINEDA			48	
	ENTRADA		25		
	CROCE			20	
	CROCE V-SIT			30	
	CROCE NAKAYAMA			41	
	CROCE AZARIAN			40	
	CROCE INVERSA			50	
	CROCE PULLS			23	