



























































































































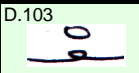
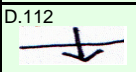
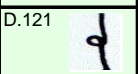
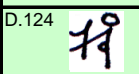



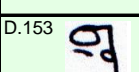
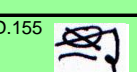
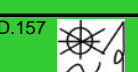
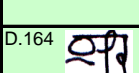
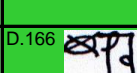
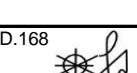
























These are the only skills recognised in NAC

NAC	National Development			Group 1	Group 2	Seniors		0.8
	0.1	0.2	0.3	0.4	0.5	0.6	0.7	
<b>PUSH-UP FAMILY (Push Up &amp; Wenson PU)</b>								
1	A.101	A.102	A.103	A.104				
		A.112		A.114				
		A.122	A.123		A.125			
		A.132	A.133	A.134	A.135			
5		A.142	A.143					
			A.153	A.154				
<b>EXPLOSIVE PUSH UP (Plio PU , A Frame, Cut)</b>								
1		A.172						
A				A.184		A.186		
				A.194		A.196		A.198
				A.205	A.206	A.207		A.208
4				A.215	A.216	A.217		A.218
<b>EXPLOSIVE SUPPORT FAMILY (High V &amp; Reverse Cut)</b>								
		A.222			A.225	A.226	A.227	A.228
							A.237	A.248
<b>LEG CIRCLE FAMILY (Leg Circle &amp; Flair)</b>								
8					A.305			
					A.315		A.317	
						A.326	A.327	A.328
							A.337	
<b>HELICOPTER FAMILY</b>								
10x				A.364	A.365	A.366		A.368
				A.374	A.375			
<b>SUPPORT FAMILY (L &amp; Straddle Support)</b>								
^		B.102	B.103	B.104	B.105	B.106		
				B.114	B.115	B.116	B.117	
				B.124		B.126		
L		B.132	B.133	B.134	B.135	B.136		
<b>V SUPPORT FAMILY (V &amp; High V Support)</b>								
V			B.143	B.144	B.145	B.146	B.147	
					B.155	B.156	B.157	B.158
<b>HORIZONTAL SUPPORT FAMILY (Lever Support, Wenson Support &amp; Planche)</b>								
3			B.173	B.174				
	Jan-17	© Jackie Murphy				B.186	B.187	B.198
								B.208

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NAC	National Development			Group 1	Group 2	Seniors		0.8
	0.1	0.2	0.3	0.4	0.5	0.6	0.7	
<b>STRAIGHT JUMP FAMILY (Air Turn, Free Fall)</b>								
C			C.103 	C.104 	C.105 		C.107 	C.108 
			C.113 	C.114 	C.115 	C.116 		C.118 
			C.123 	C.124 	C.125 	C.126 	C.127 	
<b>HORIZONTAL JUMP FAMILY (Gainer)</b>								
E				C.144 			C.147 	
				C.154 		C.156 		
<b>BENT LEG(S) JUMP (Tuck &amp; Cossack)</b>								
I		C.162 	C.163 	C.164 	C.165 	C.166 		
			C.193 	C.194 	C.195 	C.196 	C.197 	
			C.204 	C.205 	C.206 	C.207 	C.208 	
K			C.223 	C.224 	C.225 	C.226 	C.227 	
				C.234 	C.235 	C.236 	C.237 	C.238 
					C.245 	C.246 	C.247 	C.248 
<b>PIKE FAMILY</b>								
L				C.264 	C.265 	C.266 	C.267 	C.268 
					C.275 	C.276 	C.277 	C.278 
						C.286 	C.287 	C.288 
<b>STRADDLE JUMP FAMILY (Straddle, Frontal Split)</b>								
^							C.307 	C.308 
				C.314 	C.315 	C.316 	C.318 	
					C.325 	C.326 	C.327 	
+						C.336 	C.337 	C.338 
						C.347 	C.348 	C.349 
				C.354 	C.355 	C.356 	C.357 	C.358 
					C.365 	C.366 	C.367 	C.368 
						C.376 	C.377 	C.378 
<b>SPLIT JUMP FAMILY (Split, Switch)</b>								
-				C.384 	C.385 	C.386 	C.387 	C.388 
					C.395 	C.396 	C.397 	C.398 
						C.406 	C.407 	C.408 
						C.416 	C.417 	C.418 
=				C.424 	C.425 			
					C.435 	C.436 		
						C.446 		
<b>SCISSORS LEAP FAMILY</b>								
y					C.465 	C.466 	C.467 	
						C.476 	C.477 	C.478 
							C.487 	C.488 
							C.497 	C.498 
<b>KICK JUMP FAMILY</b>								
x		C.502 			C.505 	C.506 		
<b>BUTTERFLY FAMILY</b>								
				C.584 			C.587 	

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NAC	National Development			Group 1	Group 2	Seniors		
	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
<b>Split Family</b>								
p			D.103 					
		D.112 						
	D.121 	D.122		D.124 				
<b>Turn Family</b>								
o		D.142 		D.144 		D.146 		
			D.153 		D.155 		D.157 	
				D.164 		D.166 		D.168 
					D.185 		D.187 	
						D.196 		D.198 
							D.207 	
<b>Balance Turn Family</b>								
k				D.224 		D.226 		D.228 
					D.235 		D.237 	
						D.246 		D.248 
<b>Illusion Family</b>								
↓				D.264 	D.225 	D.266 		
						D.276 	D.277 	D.278 
					D.285 	D.286 	D.287 	
							D.297 	D.298 
<b>Kick Family</b>								
k		D.302 	D.303 