

Category	Spot	Connection	Plane	Skill
Safety	Cradle	Back/Knees	Any	Any
		Armpits	Any	Any
	Forklift	Torso	Table	Mermaid, Star, Angel Roll Ups
Success	Sandwich	Apparatus + Hips	Wheel	Ship's Mast
		Apparatus + Back	Wheel	Back Stag
		Shoulder + Hip	Door	Katniss Press
		Back + Legs	Wheel	Tuck or Pike
		Hips	Wheel	Skater
	J-Hook	Hips	Table	Hip Lean, Hip Key
		Hips	Door	Back Balance
	Lift/Push	Hips	Table	Pinwheel
		Back	Table	Pinwheel
		Hips	Door	Beats, Scissor Kicks
Hips		Wheel	Fulcrum Split	
	Back	Wheel	Exit Cross Knee or Ankle Hang	
Refine	Resist/Press	Calves	Wheel	Front Balance
	Reach	Fingers/Toes	Any	Any
	Tapping	Any	Any	Any