

# FLIP&TWIST

**Ninja Green**



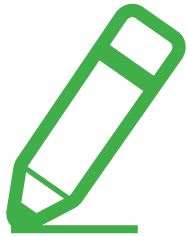
**Passport**

**Beginner**

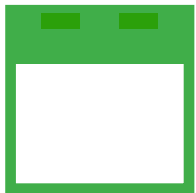
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# My Passport

This passport belongs to:



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**Beginner**

# SKILLS

1. Parkour  
Vaults/Box

7. Arms

2. Air Comfort

8. Ball Control

3. Wall

9. Inversions

4. Bar

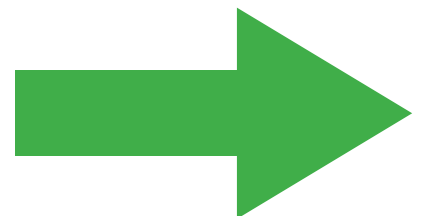
10. Floor/Box

5. Legs

11. Rope

6. Core

12. Climbing



# Parkour Vault/Box w



## Final Score:

### Technique

### My Score

### Required

Safety Vault

<b>4</b>
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Lazy Vault

<b>3</b>
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Reverse Vault

<b>3</b>
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Precision  
(Block-2-Block)

<b>3</b>
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Frog Mount

<b>3</b>
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## Beginner