

**FLIP&TWIST**

**Parkour**



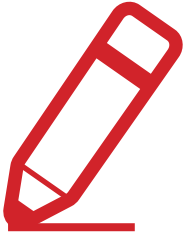
**Passport**

**Advanced**

1

# My Passport

This passport belongs to:



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**Advanced**

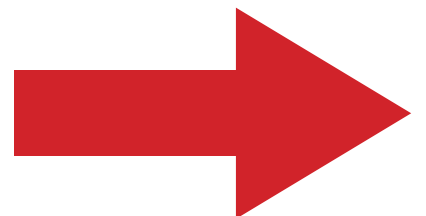
# **SKILLS**

**1. Floor**

**2. Vault**

**3. Wall**

**4. Bar**





## Final Score:

### Technique

### My Score

### Required

A Twist

<b>4</b>
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B Twist

<b>4</b>
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Back Full

<b>4</b>
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Cart Side

<b>4</b>
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Cart Full

<b>5</b>
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Cork

<b>5</b>
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## Advanced