

# FLIP&TWIST

**Warrior Blue**



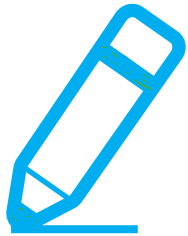
**Passport**

**Intermediate**

1

# My Passport

This passport belongs to:



---



---

**Intermediate**

# SKILLS

**1. Parkour**

**Vaults/Box**

**7. Arms**

**2. Air Comfort**

**8. Ball Control**

**3. Wall**

**9. Inversions**

**4. Bar**

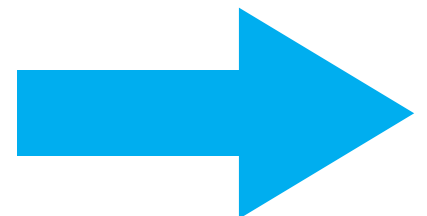
**10. Floor/Box**

**5. Legs**

**11. Rope**

**6. Core**

**12. Climbing**





## Final Score:

**Scores Coming Soon!**

### Technique

### My Score

### Required

Safety Vault

Lazy Vault

Reverse Vault

Precision 4'

Frog Mount

Kong Mount

Stride 4'



**Intermediate**