

## Skill table - Trio's

Skill tabel trio's (versie 2023....)

		Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Deze punten tellen enkel voor de individuals		0-5 punten	6-10 punten	11-15 punten	16-20 punten	21-23 punten	24-25 punten
WATER	Front layout (angel)		Fake split	Elbow breaker	Extension pyramid (rope required)	Roll-Superman-Roll	Trapeze knee circle (pole required)
	Back layout		Side barbell	Handstand (rope handstand)	Pyramid-Split-Pyramid (rope required)	Split (no rope)	Burning torch
	Back barbell		Seat (c-press)	Superman table	Seat-Barbell-Seat	Low flip	Torch flip
	Pyramid (rope required)		Side step	Splits (rope required)	Side-Back-Side (barbell)	Side stepp give true	Inverted handstand
			High layout (angel)	Inverted Split (pole required)	Barbell-Superman-Barbell		Split-Barbell-Rol
LANDING	Op ski's	In armen	In lift op schouders of lager			Lift boven het hoofd	

Skill table trio's (met linken)

		Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Deze punten tellen enkel voor de individuals		0-5 punten	6-10 punten	11-15 punten	16-20 punten	21-23 punten	24-25 punten
WATER	<a href="#">Front layout (angel)</a>		<a href="#">Fake split</a>	<a href="#">Elbow breaker</a>	<a href="#">Extension pyramid (rope required)</a>	<a href="#">Roll-Superman-Roll</a>	<a href="#">Trapeze knee circle (pole required)</a>
	<a href="#">Back layout</a>		<a href="#">Side barbell</a>	<a href="#">Handstand (rope handstand)</a>	<a href="#">Pyramid-Split-Pyramid (rope required)</a>	<a href="#">Split (no rope)</a>	Burning torch
	<a href="#">Back barbell</a>		<a href="#">Seat (c-press)</a>	<a href="#">Superman table</a>	<a href="#">Seat-Barbell-Seat</a>	Low flip	<a href="#">Torch flip</a>
	<a href="#">Pyramid (rope required)</a>		<a href="#">Side step</a>	<a href="#">Splits (rope required)</a>	<a href="#">Side-Back-Side (barbell)</a>	Side stepp give true	<a href="#">Inverted handstand</a>
			<a href="#">High layout (angel)</a>	<a href="#">Inverted Split (pole required)</a>	<a href="#">Barbell-Superman-Barbell</a>		Split-Barbell-Rol
LANDING	Op ski's	In armen	In lift op schouders of lager			Lift boven het hoofd	

Tabel Badgerland (versie 2022)

Showhappening - Skill tabel trios (versie 2018)