

# Moguls Training 2008/09 - Ladies

## 1 Air

### Run 1.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump		Poor jump		Average jump		Good jump		Excellent jump														
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L = lay / T = tuck / P = Free Pos f = front / b = back p = Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I = Loop	Jump 1		Score 1																		
				Jump 2		Score 2																		

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### Run 2.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump		Poor jump		Average jump		Good jump		Excellent jump														
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L = lay / T = tuck / P = Free Pos f = front / b = back p = Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I = Loop	Jump 1		Score 1																		
				Jump 2		Score 2																		

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### Run 3.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump		Poor jump		Average jump		Good jump		Excellent jump														
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L = lay / T = tuck / P = Free Pos f = front / b = back p = Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I = Loop	Jump 1		Score 1																		
				Jump 2		Score 2																		

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### Run 4.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 5.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 6.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 7.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 8.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											
				Jump 1			Score 1			Jump 2			Score 2											

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### Run 9.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											
				Jump 1			Score 1			Jump 2			Score 2											

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### Run 10.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											
				Jump 1			Score 1			Jump 2			Score 2											

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### Run 11.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											
				Jump 1			Score 1			Jump 2			Score 2											

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### Run 12.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 13.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 14.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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### Run 15.

Bib#	Name	M	W	Elim	Final	6																		
		Very poor jump			Poor jump			Average jump			Good jump			Excellent jump										
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	Traditional Uprights K - Kosak M - Mule Kick S - Spread Eagle D - Daffy L - Leg Cross/Uncross Z - Zudnik T - Twister Y - Back Scratcher X - Iron Cross	Modifiers / Inverted Flips / Rotations 1=180/3=360/5/7/9/10 F = full / H = half (twist) - = switch TO /Land L= lay / T= tuck / P= Free Pos f = front / b = back p= Position G = Tweaked grab g = Held grab	Off Axis Group A Dspin / loopfull (only on 720) Group B Cork / Misty / Bio Group C Rodeo / Flatspin Loop I= Loop	Jump 1			Score 1			Jump 2			Score 2											

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## Run 16.

Bib#	Name															M	W	Elim	Final	<b>6</b>				
Very poor jump				Poor jump					Average jump					Good jump					Excellent jump					
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
<b>Quality</b> • athleticism displayed • control • balance, and • continuity of motion.  <b>Air</b> (Height and Distance)  <b>Spontaneity</b>	<b>Traditional Uprights</b>	K - Kosak	<b>Inverted Flips / Rotations</b>	1=180/3=360/5/7/9/10	<b>Off Axis</b>	Group A	Jump 1 Score 1																	
		M - Mule Kick		F = full / H = half (twist)		Dspin / loopfull (only on 720)		Jump 2 Score 2																
		S - Spread Eagle		= switch TO /Land		Group B																		
		D - Daffy		L= lay / T= tuck / P= Free Poe		Cork / Misty / Bio																		
		L - Leg Cross/Uncross		f = front / b = back		Group C																		
		Z - Zudnik		p= Position		Rodeo / Flatspin																		
		T - Twister		G = Tweaked grab		Loop																		
		Y - Back Scratcher		g = Held grab		I= Loop																		
		X - Iron Cross																						

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