

B	I	N	G	O
stick a handspring 1/1	1/2 1/1 off	block	stick a 1/2 on	handspring 1/2
Tsuk drill no foot touch	stick a handspring	no knee bend	1/2 on	stick
stick a 1/2 on 1/2 off	stick a handspring 1/2	FREE	1/2 or 1/4 on 1/2 or 3/4 off	block over 3 blocks
front handspring	stick a 1/2 on 1/1 off	handspring 1/1	block over 2 blocks	hurdle on over panel mat
block over 1 block	1/4 on	no toe seperation	super fast run	Tsuk flip in pit

B	I	N	G	O
stick a handspring 1/2	1/2 on	stick a 1/2 on	Tsuk drill no foot touch	no knee bend
block	super fast run	handspring 1/2	1/4 on	stick
front handspring	1/2 or 1/4 on 1/2 or 3/4 off	FREE	block over 3 blocks	1/2 1/1 off
block over 2 blocks	no toe seperation	stick a handspring 1/1	Tsuk flip in pit	stick a 1/2 on 1/1 off
handspring 1/1	hurdle on over panel mat	stick a 1/2 on 1/2 off	stick a handspring	block over 1 block

B	I	N	G	O
1/4 on	no toe seperation	1/2 on	hurdle on over panel mat	1/2 or 1/4 on 1/2 or 3/4 off
stick a handspring 1/1	front handspring	handspring 1/1	stick a handspring	handspring 1/2
stick a 1/2 on 1/2 off	Tsuk flip in pit	FREE	stick a 1/2 on 1/1 off	block over 2 blocks
stick a handspring 1/2	stick	stick a 1/2 on	super fast run	block
block over 3 blocks	1/2 1/1 off	no knee bend	Tsuk drill no foot touch	block over 1 block