

# NATIONAL DEVELOPMENT PLAN

## NDP 1

SET A	SET B
Full Twist	Back S/S (T)
Straddle Jump	Straddle Jump
½ to Seat Landing	½ to Seat Landing
½ to Feet	½ to Feet
½ Twist	½ Twist
Pike Jump	Pike Jump
Back Landing	Back Landing
½ Twist to Feet	½ Twist to Feet
Tuck Jump	Tuck Jump
Front S/S (T)	Front S/S (P)

## NDP 2

SET A	SET B
Back S/S (T)	Back S/S (T)
Straddle Jump	Straddle Jump
½ to Seat Landing	Barani (T)
½ to Feet	Tuck Jump
½ Twist	Back S/S (T) to Seat
Pike Jump	½ Twist to Feet
Back Landing	½ Twist
½ Twist to Feet	Pike Jump
Tuck Jump	½ Twist to Front
Front S/S (P)	To Feet

## NDP 3

SET A	SET B
Back S/S (T)	Back S/S (S)
Straddle Jump	Straddle Jump
Barani (T)	Back S/S (T)
Tuck Jump	Barani (T)
Back S/S (T) to Seat	½ Twist
½ Twist to Feet	Tuck Jump
½ Twist	Back S/S (T) to Seat
Pike Jump	½ Twist to Feet
½ Twist to Front	Pike Jump
To Feet	Front S/S (P)

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## NDP 4

SET A	SET B
Back S/S (S)	Back S/S (S)
Straddle Jump	Straddle Jump
Back S/S (T)	Back S/S (P)
Barani (T)	Barani (P)
½ Twist	½ Twist
Tuck Jump	Tuck Jump
Back S/S (T) to Seat	Barani (T)
½ Twist to Feet	Back S/S (T)
Pike Jump	Pike Jump
Front S/S (P)	Front S/S (P)

## NDP 5

SET A	SET B
Back S/S (S)	Back S/S (S)
Straddle Jump	Barani (S)
Back S/S (P)	Straddle Jump
Barani (P)	Back S/S (P)
½ Twist	Barani (P)
Tuck Jump	Tuck Jump
Barani (T)	Barani (T)
Back S/S (T)	Back S/S (T)
Pike Jump	¾ Front S/S (S)
Front S/S (P)	½ to Feet (or BOB)

## NDP 6

SET A	SET B
Back S/S (S)	¾ Back S/S (S)
Barani (S)	Cody (T)
Straddle Jump	Straddle Jump
Back S/S (P)	Barani (P)
Barani (P)	Back S/S (S)
Tuck Jump	Full (S)
Barani (T)	Barani (T)
Back S/S (T)	Back S/S (T)
¾ Front (S)	¾ Front (S)
Ballout Barani (T)	Ballout Barani (T)