



NEWSLETTER Nr 21 – February 12, 2008.

New Elements – February 2008

The following New Elements have been approved by Aerobic Gymnastics TC

	Elem No	Value	New Elements	Family Name	Shorthand
1	A200	1.0	Straddle Cut 1/2 Twist to Wenson	Cuts	
2	A187	0.7	Explosive A-Frame from One Arm PU	A-Frame	
3	A188	0.8	Explosive A-Frame to Wenson from One Arm PU	A-Frame	
4	A178	0.8	PU 1/1 Twist Airborne to 1 Arm PU	Plio Push Up	
5	A178	0.8	PU 1/2 Twist Airborne Straddle 1/2 Twist to PU	Plio Push Up	

John ATKINSON, MBA FNASC

AER-TC President

Hans van der Krogt

AER-TC Secretary