

## **SPECIALIST - Jumping Freestyle Instructor (JF)**

**Freestyle –must do 4 or more from Tricktionary Jumping Freestyle (page 264)**

<b>Maneuvers</b>	Vulcan Spock Flaka Shove It Grubby Switch maneuvers Clew first maneuvers Front Loop Many others
<b>Simulator systems</b>	See separate section
<b>Tether systems</b>	See separate section
<b>Safety/Risk</b>	See separate section