



List of most desired elements for “How to...” spiral videos

Basic elements in bindings

- Side rotation
- Front support and its variations
- Spindle rotation
- Basic elements performed behind
- Free-fly moves

Basic elements without bindings

- Side rotation
- Side angled (tucked) hang
- Tip change
- Bridge variations

Small spiral

- Side front support with and without bindings (all variations)
- Low side straddle stand (also one-armed)

This document is updated regularly. Please contact the [IRV Academy Team](#) if you would like to film one of these (or any other) element.