



List of most desired elements for “How to...” straight-line videos

Element combinations in one or two bindings

- All free-fly elements
- Piked free-fly elements
- Element combination with pike and ½ turn
- Element combinations with a double turn, one of which is performed free

Decentralised moves

- Front lying backwards and forwards
- Forward hip circle
- Backward hip circle (also after front lying backwards)
- Downward hip circle with ½ turn
- High roll backwards
- High tuck over forwards and backwards
- High pike straddle support
- Knee circle (all variations)
- All dismounts with A difficulty

Centralised moves

- Bridges with A difficulty
- Giant bridge forwards and backwards
- Free knee swing (B and C difficulty)

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