



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

## **Mounting phase**

- Pike mount from floor
- Reverse mount (all variations)

## **Vaults**

- Straddle sitting
- Straight jump forwards and backwards
- Pike straddle jump
- Tuck and pike front somersault
- Tuck and pike back somersault

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