



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

Mounting phase

- Reverse mount (all variations)
- From front lying to standing on the wheel

Vaults

- Straddle sitting
- Straight jump forwards and backwards
- 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.