

TRIFFIS ET QUADRIFIS : TERMINOLOGIES				Nombre 1/4 salto (90° transver sal)	Nbre 1/2 vrille (180° longitudinal) dans le x'ième salto				Valeur salto en 1/10	Bonus jbes tendues en 1/10	Valeur vrille en 1/10	Valeur Difficulté
"Française"	Anglaise	Usuelle	Num		1	2	3	4				
<b>ROTATION AVANT</b>												
2 3/4 avant groupé	2 and 3 quarter (front) tucked	2 3/4 groupé	11.0.0 o	11	0	0	0	13	0	0	1,3	
2 3/4 avant carpé	2 and 3 quarter (front) piked	2 3/4 carpé	11.0.0 <	11	0	0	0	13	2	0	1,5	
Barani out triffis groupé	half out triffis tucked	Triff groupé	12.0.0.1 o	12	0	0	1	16	0	1	1,7	
Rudy out triffis groupé	Rudy out triffis tucked		12.0.0.3 o	12	0	0	3	16	0	3	1,9	
Front full barani out groupé	Front(in) full(middle) barani out tucked		12.0.2.1 o	12	0	2	1	16	0	3	1,9	
Full Front Barani out groupé	Full(in) half out Triffis tucked		12.2.0.1 o	12	2	0	1	16	0	3	1,9	
Barani out triffis carpé	half out triffis piked	Triff carpé	12.0.0.1 <	12	0	0	1	16	3	1	2,0	
Full front rudy out groupé	Full(in) front (middle) rudy out tucked		12.2.0.3 o	12	2	0	3	16	0	5	2,1	
Rudy out triffis carpé	Rudy out triffis piked		12.0.0.3 <	12	0	0	3	16	3	3	2,2	
Front full barani out carpé	Front(in) full(middle) barani out piked		12.0.2.1 <	12	0	2	1	16	3	3	2,2	
Full Front Barani out carpé	Full(in) half out Triffis piked		12.2.0.1 o	12	2	0	1	16	3	3	2,2	
Barani out quadrifis groupé	Half out quadrifis tucked	Quadrif groupé	16.0.0.0.1 o	16	0	0	0 1	22	0	1	2,3	
Full front rudy out carpé	Full(in) front (middle) rudy out piked		12.2.0.3 o	12	2	0	3	16	3	5	2,4	
Barani out quadrifis carpé	Half out quadrifis piked	Quadrif carpé	16.0.0.0.1 <	16	0	0	0 1	22	4	1	2,7	
<b>ROTATION ARRIERE</b>												
Half in half out triffis groupé	half in half out triffis tucked	Half in triff groupé	12.1.0.1 o	12	1	0	1	16	0	2	1,8	
Half in rudy out triffis groupé	half in rudy out triffis tucked	Hiro triff groupé	12.1.0.3 o	12	1	0	3	16	0	4	2,0	
3/2 in Half out o triffis groupé	One & half in half out triffis tucked	Fifo trif? groupé	12.3.0.1 o	12	3	0	1	16	0	0	1,6	
Half in half out triffis carpé	half in triffis piked	Half in triff carpé	12.1.0.1 <	12	1	0	1	16	3	2	2,1	
3/2 in Rudy out o triffis groupé	One & half in Rudy out triffis tucked	Miller trif? Groupé	12.3.0.3 o	12	3	0	3	16	0	6	2,2	
Half in rudy out triffis carpé	half in rudy out triffis piked	Hiro triff carpé	12.1.0.3 <	12	1	0	3	16	3	4	2,3	
3/2 in Half out o triffis carpé	One & half in half out triffis piked	Fifo trif? carpé	12.3.0.1 <	12	3	0	1	16	3	4	2,3	
Half in Half out quadrifis piked	Half in Half out quadrifis tucked	Half in quadrif groupé	16.1.0.0.1 <	16	1	0	0 1	22	0	2	2,4	
3/2 in Rudy out o triffis carpé	One & half in Rudy out triffis piked	Miller trif? Carpé	12.3.0.3 <	12	3	0	3	16	3	6	2,5	
Half in Half out quadrifis carpé	Half in Half out quadrifis piked	Half in quadrif carpé	16.1.0.0.1 <	16	1	0	0 1	22	4	2	2,8	

