

WOMEN'S DEVELOPMENT PROGRAM

		A - .100	B - .200	C - .300	D - .400	E - .500	
1.	↑	01	L L L L	L L L L	L L L L		
		02	U	U U U U U U	U U U U		
		03		U U U U	U U U U		
		04	L L L L	L L L L L L	L L L L		
		05		L L L L			
		06	U U U U	U U U U	U U U U		
		07	U U U U		U U U U		
		08	U U U U	U U U U	U U U U		
		09		U U U U			
		10			U U U U	U U U U	
		11		U U U U	U U U U	U U U U	
		12				U U U U	U U U U
		13				U U U U	U U U U
		14		U U U U	U U U U	U U U U	
		15		U U U U	U U U U	U U U U	
		16				U U U U	
2.	P	01	U U U U	U U U U	U U U U	U U U U	
		02	U U U U	U U U U	U U U U	U U U U	
		03		U U U U	U U U U	U U U U	
		04		U U U U	U U U U	U U U U	
		05		U U U U	U U U U	U U U U	
		06			U U U U	U U U U	
		07				U U U U	
3.	P	01		U U U U	U U U U	U U U U	
		02	U U U U	U U U U	U U U U	U U U U	
		03		U U U U	U U U U	U U U U	
		04		U U U U	U U U U	U U U U	
		05	U U U U	U U U U	U U U U	U U U U	
		06			U U U U	U U U U	
		07				U U U U	
		08				U U U U	
4.	U	01	U U U U	U U U U	U U U U	U U U U	
		02	U U U U	U U U U	U U U U	U U U U	
		03		U U U U	U U U U	U U U U	
		04		U U U U	U U U U	U U U U	
		05		**		U U U U	
		06			U U U U	U U U U	
		07			U U U U	U U U U	

V	A - .100	B - .200	C - .300	D - .400	E - .500
5. A	01				
	02				
	03				
	04				
	05				
	06				
	07				
6. X	01				
	02				
	03				
	04				
	05				
7. W	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				
	11				
	12				
	13				
8. D	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				

MARRIORP T N Z E M O W D E V E L O P M E N T S I Z E M O W

		A-.100	B-.200	C-.300	D-.400	E-.500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					

7		A-.100	B-.200	C-.300	D-.400	E-.500
3.	01	○	∅	⊗	⊗	⊗
	02		∅ _{45°}	♂	♂	
	03		∅ _{45°}	♂	♂	
	04			♂	♂	
	05			♂	♂	♂
	06		♂	♂	♂	♂
	07	♂	♂	♂		
	08		♂	♂		
	09			♂	♂	♂
4.	01	2	2			
	02	2	2			
	03	2	2			
	04		2			
5.	01	1	1			
	02	1		1	1	
	03	1	1			
	04	1	1			
	05	1		1		
	06	1		1		
	07			1	1	
	08		1	1		
6.	01	0	0			
	02		0	0		
	03		0	0		
	04	0	0	0		
	05		0	0		

7		A-.100	B-.200	C-.300	D-.400	E-.500
7.	01	∩	∩	∩		
	02	∩	∩	∩	∩	∩
	03	X	X	X	X	X
	04	∩	∩	∩	∩	
	05	∩	∩	∩		
	06	∩	∩	∩		
	07	∩	∩	∩		
	08		∩	∩		∩
	09			∩	∩	∩
	10		∩	∩		∩
	11		∩	∩		∩
	12		∩	∩		∩
8.	01			∩	∩	∩
	02			∩	∩	∩
	03			∩	∩	∩
	04			∩	∩	∩
	05			∩	∩	∩
9.	01	∩	∩	∩		
	02	∩	∩	∩		
	03	∩	∩	∩		
	04	∩	∩	∩		
	05		∩	∩		
	06	∩	∩	∩		
	07			∩	∩	∩
	08	∩	∩	∩		
	09		∩	∩		
	10		∩	∩		

* #7.402, 7.403 & 8.402-From a step and from a stand on one leg-swing through are considered different elements

WOMEN'S DEVELOPMENT PROGRAM

		A - .100	B - .200	C - .300	D - .400	E - .500	
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
	15						
	16						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						

		A -.100	B -.200	C -.300	D -.400	E -.500
3.	01					
4.	01					
	02					
5.	01					
u	02					
	03					
	04					
	05					
	06					
	07					
6.	01					
	02					
7.	01					
z	02					
	01					
e	02					
	03					
	04					
	05					
	06					