

Trick list (C/BN/BI)

Rolls:

- Layout L & R – Half long arm roll L & R - Long arm roll (L & R) - Double long arm roll
- Single elbow roll L & R – Double elbow roll L & R - Double elbow blind (L & R)
- Layout L & R - Single elbow roll L & R – Double elbow roll L & R - Double elbow layout (L & R)
- Handroll L & R – Figure 8 hand roll L and R – Elbow roll L and R – Layout L and R – Wrist elbow L and R - Wrist elbow layout (L & R)
- Handroll L & R – Figure 8 hand roll L and R – Half fishtail L and R - Continuous R & L fishtails - Fishtail carry & pass
- Single elbow roll L & R – Double elbow roll L & R - 4 elbows around
- Continuous necktraps (10) - Backneck rolls
- Single elbow roll L & R – Double elbow roll L & R - Elbow shifts
- Single elbow roll L & R – Double elbow roll L & R Double elbow carry front and back - Fugimi
- Single elbow roll L & R – Double elbow roll L & R – Arm pops RH - Continuous elbow pops (L) - Elbow arm pops - Alternating elbow pops

Vertical contact:

- Continuous thumb flips L and R - Flip blind (L & R) - one spin blind
- Continuous thumb flips L and R - Flip slap (L & R)
- Continuous thumb flips L and R - Hug tricks (L & R)
- Continuous thumb flips L and R - Flip backcatch L and R - 1 ½ to the right
- Continuous thumb flips L and R - Flip catch left behind the back - 1 spin c. L bc.
- Continuous thumb flips L and R - Flip catch ground L and R – One spin ground
- Continuous thumb flips L and R – Flip catch backhand - Flip catch RH ground L and R – One spin RH ground
- Continuous thumb flips L and R - Thumb flip c. Backhand L and R - One spin catch backhand
- Continuous thumb flips L and R - Flip catch kick (RH), one spin catch kick
- Continuous thumb flips L and R - Longarm roll - Flip catch longarm - one spin catch longarm roll

Horizontal contact:

- Flat toss R and L - Washer
- Flat toss R and L - Flat backcatch - flat 1 ½ to the right
- Flat toss R and L – Continuous thumb flips R and L - Flat flip up (L & R)
- Flat toss R and L – Continuous thumb flips R and L – Continuous backhand flips R and L
- Flat backhand down (L & R) – Cleo flip – Cleo one spin

Tricks: (Vertical and Flat)

- RL splits - Reverse illusion without a toss - Toss illusion (reverse) – 1 spin reverse – 2 spin reverse
- Cartwheel - Toss cartwheel - 1 spin cartwheel
- Walkover - Toss walkover - 1 spin walkover
- Multiple spins - 1,2,3 spin catch anywhere (ground L/R, blind, headcatch, kick, backcatch L/R, backhand, longarm roll, inside cartwheel, inside illusion)
- Left hand thumb toss - LH release toss spin catch RH (spin to the left)
- Buttroll - Toss buttroll - Toss chaine buttroll
- Buttroll – Toss buttroll - Split floor roll - Toss split floor roll – toss leap split floor roll
- Leaps (jump sissione, grande jete) – Toss leap - Toss leap leap (catch somewhere)

2-baton:

- Toss pass catch LH - Toss pass toss – toss pass toss catch somewhere
- One shower – double release - Double release 1 spin/2 spin/illusion
- Toss pass elbow extension, Toss pass double elbow roll – toss pass double elbow layout – toss pass double elbow blind – toss pass 4 elbows around – toss pass long arm roll
- Dual: LH flat toss RH high toss catch catch – LH flat toss RH high toss neckwrap catch
- Showers (L & R)
- toss pass toss - High low one/two spin
- LH toss pass overhead flourish catch - LH toss vertical neckwrap catch
- Double arm roll front and back – hand elbow layout on its own - Hand elbow layout with loops (L & R)
- Elbow pops – showers - Elbow pop showers
- Mirror image: LH thumb toss RH thumb toss catch catch, LH thumb toss RH thumb toss flip blind/neckwrap catch catch

3-baton:

- Pendulums with loops
- Bowling pins
- Flat box
- Vertical box
- Crescents
- Juggles, one spin, juggles
- Juggles, backhand flourish, juggles
- Juggles, double arm roll, juggles
- Double toss, shower, catch, juggles
- RH showers, LH reverse figure 8s, juggles