

Contact Staff Moves

	Notes	Done it	Both	Continuous	Anti-Turn	V	H
Matrix Family							
The Matrix							
Andre Matrix							
Missed Shoulder Matrix	First						
Missed Shoulder Matrix	Second						
Prayer Matrix							
Origami Matrix							
Origamatrix							
Steve Matrix							
Propeller Matrix							
Spiral Matrix							
Substitution Matrix	Back						
Substitution Matrix	Front						
Meast Matrix	Front						
Meast Matrix	Back						
Matrix Takeouts							
Takeout Conveyor Matrix							
Elbow Rotation Matrix							
Full Neck Wrap Matrix							
Mels No Arm Matrix							
Mels Steve Matrix							
Mel's Steve Matrix – Chest Steve							
Mel's Steve Matrix – Minimal Steve							
Mel's Steve ½ Matrix	Meg						
Mel's Steve ½ Matrix – Chest	Meg						
Mel's Steve ½ Matrix – Minimal	Meg						
Full Neck Wrap Missed Shd Matrix							
Vertical Matrix							
Angel Matrix							
Anti-Turn Matrix							
Anti-Turn Andre Matrix							
Anti-Turn Meast Matrix							
Steve to Andre Matrix							
Matrix Both Direction Pattern							
2bt Everywhere Matrix	Keith						
Sub. Matrix Cont. Around 1 Arm.							
Sub. Matrix with Around the Head.							
Power Slide Matrix	Chad						
Joel's Move							
Joel's Move – full matrix	Linda						
Andre Steve Matrix							
Andre Propeller Matrix							
Andre Spiral Matrix							
Back Halo Matrix	Ancient						
4bt Angel Matrix							
Propeller Angel Matrix							
Angel Matrix Shoulder Take-outs							
Angel Matrix Shoulder Place-ons							
Brandon Style Lazy Matrix							

Contact Staff Moves

Full Neck Wrap Matrix Both Directions Pattern							
BTB Matrix Take-out							
BTB Take-out & Place-on Matrix							
One Arm Take-out and In Matrix	First						
One Arm Take-out and In Matrix	Second						
Conveyor Take-out Matrix							
Sub. Angel Matrix	Keith						
Matrix with Combined Full Neck Wraps							
Caged Matrix Steve Transition							
Matrix with Full Arm Roll Transition							
Snaked Hand Matrix							
		Done it	Both	Continuous	Anti-Turn	Ver	Hc?
Angel Family							
Angel Roll							
Horizontal Angel Roll							turr
2bt Angel Roll	Shoulders						
4bt Angel Roll							
2bt Angel Roll	Elbows						
Angel Squared							
Propeller Angel Rolls							
Throat Angel							
Vertical Steve							
Vertical Steve to Angel Roll							
2bt Throat Angel Roll							
2bt Pivot							
Anti-Spin Angel Roll							
Caged Angel Roll							
Caged Horizontal Angel Roll							
Downwards Angel Roll							
Crossed Arm Angel Roll							
High to Low Angel Roll							
Holy Trinity							
2bt Holy Trinity							
Vertical Same Arm Rolls	Angel						
Vertical Same Arm Rolls	Steve						
Cork Move							
Cork Move without Turning	Caged						
Crossed Arm Chest Angel Roll							
Turning Vertical Steve Chest Roll							
Fishtail to Angel Roll to Fishtail							
Super-Spin Horizontal Angel Roll	Belgium						
¾ Angel Torso Turns – Rob							
¾ Angel Torso Turns – Meast							
Vertical Take-outs							
Vertical Place-ons							
2bt Angel Cont – Propeller Transfer							
2bt Angel Cont – Flick Transfer							
Horizontal Angel Roll from Elbows							Ver
Crossed Arm Angel Pass							

Contact Staff Moves

BTB Entrance to Half Angel							
Cross Body Entrance to Half Angel							
Wrong arm BTB Entrance to Half Angel							
BTB Entrance Anti-Spin Angel – Angel Pattern							
2bt Angel Cont – Crossed Arm Transfer							
Angel Interrupted Pattern							
Popped Angel Roll							
2bt Popped Angel Roll							
Angel Interrupted – Anti-Spin							
Angel Interrupted – Across Throat							
2bt Angel Roll Take-outs and Place-ons							
Vertical Around Neck Place-on – In Front							
Halo Half Angel Pattern							
Around Head Half Angel Pattern							
Balance to Angel Roll & Back	Strugz						
Bastl Stall to Angel Roll & Back							
Angel Roll to Bent Arm							
Bent Arm Angel							
Arm Wave Angel	Valerie						
Extenso							
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc?
Steve Family							
The Steve	Half						
Full Steve							
Prayer Steve							
Anti-Turn Steve							
Chest Steve							
Caged Steve							
Minimal Steve							
Fei-Cha Steve							
Minimal Caged Steve							
Forearm Transfer							
Minimal Transfer							
Bfly Prayer Transfer							
Folded Transfer							
Crossed Arm Transfer							
Normal Wrist Transfer							
Safe Wrist Transfer							
Thrown Transfer							
Vertical Steve							
Vertical Chest Steve							
Gay Steve							
BTB Steve							
BTB Steve to Angel Roll							
Caged Chest Steve							
Yet Another Steve							
Prayer Chest Steve							
Prayer Vertical Steve							
Horizontal (Full) Arm Rolls	First						

Contact Staff Moves

Horizontal (Full) Arm Rolls	Second							
Horizontal Angel Roll								
Steve Takeouts – Short								
Steve Takeouts – Long								
Steve Place-ons								
Head Roll Steve								
Blind Steve								
Underside Steve								
Bridge Transfer Steve								
Assisted Pull Over Steve	Clubs							
Turned Vertical Chest Steve								
Head Steve with Anti-Turn Head Spin								
Steve from Elbows								
Steve from Elbows with Rotations								
Super Extra Beat Prayer Steve								
Super Extra Beat Steve								
Brandon Transfer								
Caged Brandon Transfer								
Hand Rotations in Prayer Steve								
Underarm Big Circle Steve								
Turning Bridge Roll								
Joel's Move								
Vert Chest Steve to Low Hand	Joel – Spiral							
Full Arm Rolls Connected								
Prayer Full Arm Rolls								
BTB Forearm Pass								
BTB Turning Forearm Pass								
BTH Forearm Pass								
Popped Steve	Paul							
Mel's / Chronos Back Breaking Inside BTB Steve								
Back Breaking Chest Steve								
Back Breaking Horizontal Angel								
Caged Anti-Turn Chest Steve								
Caged Anti-Turn Minimal Steve								
Underside Other Direction Steve	Place-ons							
Tutted Steve Transfer	Keith							
Forearm Rolls								
Gregs Move - ½ Forearm Roll								
Prayer Forearm Rolls								
Stepped Horizontal Angel Roll								
Stepped Steve								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc?	
Halo Family								
Halo Roll								
BTB Halo Roll								
BTB Halo Throat Wrap								
360 Halo								
Jesus								
Pivot								
Side On Pivot								

Contact Staff Moves

Halo to Pivot								
Halo Roll to SNES								
Frontside Halo								
Prayer Pivot								
Elbow Pivot								
Luceros								
Reverse Luceros								
2bt Luceros								
Throat Luceros								
Horizontal Jesus								
1 Armed Elbow Jesus								
Halo Back and Forth Neck Pinch								
BTB Halo Pass to BTB Halo								
Horizontal Anti-Spin Halo	Weird							
Anti-Spin Halo	Weird							
Downwards Halo	Chris Carlos							
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Arms
Elbow Family								
Conveyor Belt								
Prayer Conveyor Belt								
Propellor Conveyor Belt								
Conveyor Belt Arm Rolls	Noel							
Elbow Only Conveyor Belt								
Conveyor Belt to Pivot								
Conveyor Belt with Neck Wrap								
Russian Conveyor Belt								
Continuous Conveyor Belt								
Elbow Traps								
Elbow Pops								
Layouts								
BTB Elbow Pass								
Elbow Wrap								
Elbow Rotations								
Fujimi's								
Reverse Fujimi's								
Elbow Carry								
Elbow Fishtail								
Elbow Throw								
1 Armed Elbow Jesus								
Layouts Stepped								
Extra Beat Elbow Conveyor Belt								
Outer Elbow Fishtails								
Horizontal Conveyor								
Horizontal Prayer Conveyor								
Shoulder Place-ons in Horizontal Conveyor								
Around One Arm ½ Conveyor								
Russian Around One Arm ½ Conveyor								
Popped Conveyor Belt Return	Paul							
Pivot Entrance to Shoulder Take-out								

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Contact Staff Moves

Rem's Crazy Style Pivot Pass									
Anti-Spin Elbow Conveyor Origami									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc?		
SNES Family									
SNES									
SNES 180									
Missed Shoulder SNES	First								
Missed Shoulder SNES	Second								
Horizontal SNES									
Fake SNES									
Chest SNES									
SNES Arm Roll									
Sweep									
Anti-Turn Sweep									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands	
Fishtail Family									
Reverse Fishtails									
Forwards Fishtails									
Foot Fishtails									
Elbow Fishtails									
Anti-Spin Fishtail									
Isolation Fishtail									
Propeller Fishtail	Front								
Propeller Fishtail	Back								
Bastl Propeller Fishtail									
Above Head Fishtail Propeller Turn									
Inverted Fishtail									
Fishtail Shoulder Carry									
Fishtail 360									
Prayer Fishtails									
2 Handed Fishtail									
2 Handed Fishtail Propeller									
2 Handed Fishtail 360									
All Around Head Fishtail									
Crossed Wrist Fishtails									
Fishtail Stalls									
Underarm Fishtail Entrance to Halo									
Fishtail Halo Pattern									
BTH Fishtail Pass	Prayer								
Throat Fishtail Pass	Prayer + Chad								
BTH Throw to Overhead Fishtail Carry									
Contact Weave									
Rolling Fishtail	Dragonstaff								
Retarded Fishtail									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands	
Neck Family									

Contact Staff Moves

Neck Wrap								
Vertical Neck Wrap								
Full Neck Wrap Vertical								
Back of Neck Spins								
Super-Spin Neck Spins	Kyle							
Anti-Spin Neck Spins								
Prayer Pass down to Neck Spins								
Around Head Wrap								
Throat Wrap								
Anti-Spin Throat Wrap	Weird							
Anti-Spin Neck Wrap	Weird							
Downwards Neck Wrap								
Neck Wrap 360								
Baton Upwards Neck Wrap								
Neck Wrap to Halo Roll								
Neck Wrap Traps								
Heartbeat								
Origami								
Full Neck Anti-Wrap	Chronos							
Neck Wrap to Chest Spin								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Body Part Wraps and Spins								
Arm Wrap								
Belly Wrap								
Back Wrap								
Butt Wrap								
Butt Wrap to Hand								
Butt Wrap to Foot								
Head Spin								
Chest Spin								
Palm Spin								
Elbow Spin								
Back Spin								
Back of Hand Spin								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both
Shoulder Family								
Shoulder Wrap								
Shoulder Mount								
Shoulder Carry								
Cross Back Shoulder Wrap								
Shoulder Move Missed from BJC								
Above and Below Shoulder Trap	Flame-Oz Esque							
Shoulder Wrap down to Fishtail								

Contact Staff Moves

	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Head Family								
Head Spin								
Anti-Spin Head Spin								
Super-Spin Head Spin								
Head Roll Steve								
Head Wrap								
Head Wrap 360								
Head Wrap Pivot								
Head Wrap Jesus								
Head Wrap Angel Roll								
Forehead Spin								
Back of Head Spin								
Head Spin Side to Side								
Static Head Rolls								
Static Pirouette Head Spin								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Static Family								
Static Steve								
Globetrotter								
Static Head Pirouette								
Static Arm Rolls								
Static Head Rolls								
Static Leg Roll to Kick up								
Static Underside CJ Arm Rolls								
Kyle's Tai-Chi Arm Rolls								
Kyle's Static Shoulder Balances								
Kyle's Static Neck Wraps								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Hand Wraps								
Hand Wrap	1 hand							
Continuous Hand Wrap								
2 Hand Wraps								
Horizontal Hand Wraps								
Contact Weave								
Devilstick Manipulation								
Hand Carries								
Forearm Carries								
Hand Propellers								
2bt Contact Weave								
Bastl Stall	Ado-P							
Around Head Bastl Stall	Linda							
Prayer Bastl Stall								
Finger Balance	Steve Carlos							
Thumb Wrap	Laundromat							
Tankboy Stall								

Contact Staff Moves

Tankboy Stall to Fingers								
Tankboy Stall to Assisted Jesus								
Linda Forearm BTH Carry								
Andre's Buzzsaw								
Ninja Steve's Illusion Hand Wrap								
Ninja Steve's Extended Illusion Hand Wrap								
Ninja Steve's Illusion Hand Wrap Horizontal								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Bodyrolls								
Bodyroll from Neck Wrap								
Bodyroll from Matrix								
Bodyroll from Horizontal Angel Roll								
Bodyroll from Chest Steve								
Bodyroll from BTB Steve								
Angel Bodyroll								
Halo Bodyroll								
Upwards Brunn Roll	Valerie							
Angel Bodyroll – Same side of Body								
Backside Turning Bodyroll								
Backside Turning Bodyroll to Knee Catch								
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands
Ground Work								
Going to Ground								
Extra Rotation on Ground								
B-Boy Style Extra Rotation								
Laid back Steve								
Laid back Chest Steve								
Neck Cartwheel								
Neck Capoeira Flic Flac	Kyle							
Neck Butterfly Kick								
Ground Matrix								
Rolling Ground Matrix	Horner							
Contemporary Neck Shunt								
Leg Steve								
Ultimate Cartwheel								
Btw Legs Cartwheel	Sandy							
Twister	Sandy							
Foot Continuous Wraps								
Foot Rotation	Meg							
Double Foot Rotation								
Calf Steve Transfer								
Foot Wrap Catch	Val & Josh							
Foot Spinning	Val & Josh							
Turning Leg Steve								
Back and Forth on Ground	Training							

Contact Staff Moves

Crutch Handstand									
Knee Trap Handstand	Zazie								
Aileen's Move									
Holding up on Toes									
Matrix Cartwheel									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands	
Foot Work									
Kick up									
Vertical Kick up									
Horizontal Step Kick up									
Kick up to Knee Conveyor									
Kick up to Shoulder									
Kick up to Angel Roll									
Backside Kick up	Linda								
Kick up to Bastl Stall Turn									
Kick Up to over head Foot Catch.									
Knee Conveyor									
Toe Delay									
Foot Fishtails									
Static Leg Roll to Kick up									
Vertical Leg Roll to Kick up									
Horizontal Leg Roll to Kick up									
Knee Rolls									
BTB Pass to Knee Roll									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands	
Grounded									
Maelle Club Rotation Thing									
Fei-Cha Basic Move									
Chest Steve	Sword Move								
Angel Roll									
Grounded Folding Line									
Fred Astaire Move									
Fred Astaire Move using Legs									
Fred Astaire Move Circle									
Fei-Cha Grounded Bodyroll									
Andre's Move									
Andre's Move – Other Way									
	Notes	Done	Both	Continuous	Anti-Turn	Ver	Hc	Both Hands	
Combinations									
Jesus – Head Jesus – Jesus									
Angel – Jesus – Angel									
2bt Angel – Jesus – 2bt Angel									
Angel – 2bt Angel – Angel – 2bt Angel									
Angel – Vert Steve – Angel – Vert Steve									
Angel – Throat Angel – Angel – Throat Angel									

Contact Staff Moves

Steve Takeouts to H. Angel Roll								
Full Arm Rolls to H. Angel Roll								
Continuous Horizontal Angel Roll								
Brandon Transfer in Steve Takeouts								
Brandon Transfer in Full Arm Rolls								
Steve Takeout to Sub. Matrix								
Andre Steve to Sub. Matrix								
Steve Andre Entrance to Missed Shoulder Matrix then Min. Steve out.								
Propeller Meg Style: Vert Steve								
Propeller Meg Style: Vert Chest Steve								
Propeller Meg Style: Min Vert Steve								
Propeller Meg Style: Gay Steve								
Vert Full Arm Rolls in Cont. Angel Rolls.								
2bt Angel Both Directions Connected by Luceros								
Pivot Both Directions Connected by Luceros								
Cork Move Both Directions – Stepping.								
Fei-cha Steve to Place-on to Angel Roll								
Test Out:								
Caged Min Steve to Matrix @ 2 Points								
Right Matrix to Hand takeout (left)								
Mel's BTB Steve ½ as an entrance								
Throws to Contact								
Throw to Shoulder								
Throw to Fei-Cha Steve								
BTB Throw to Elbow								
Around the Back Horizontal Throw to Hand								
Around the Back Horizontal Throw to Foot								
BTB Flick to Neck	BJC							
BTB Flick to Hand	BJC							

- Anti-Spin Matrix
- Anti-Spin Big Circle Hand Wraps
- Anti-Spin Contact Weave
- Super-Spin Steve Transfer
- Inside Circle Forearm Rolls TransMarcus

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