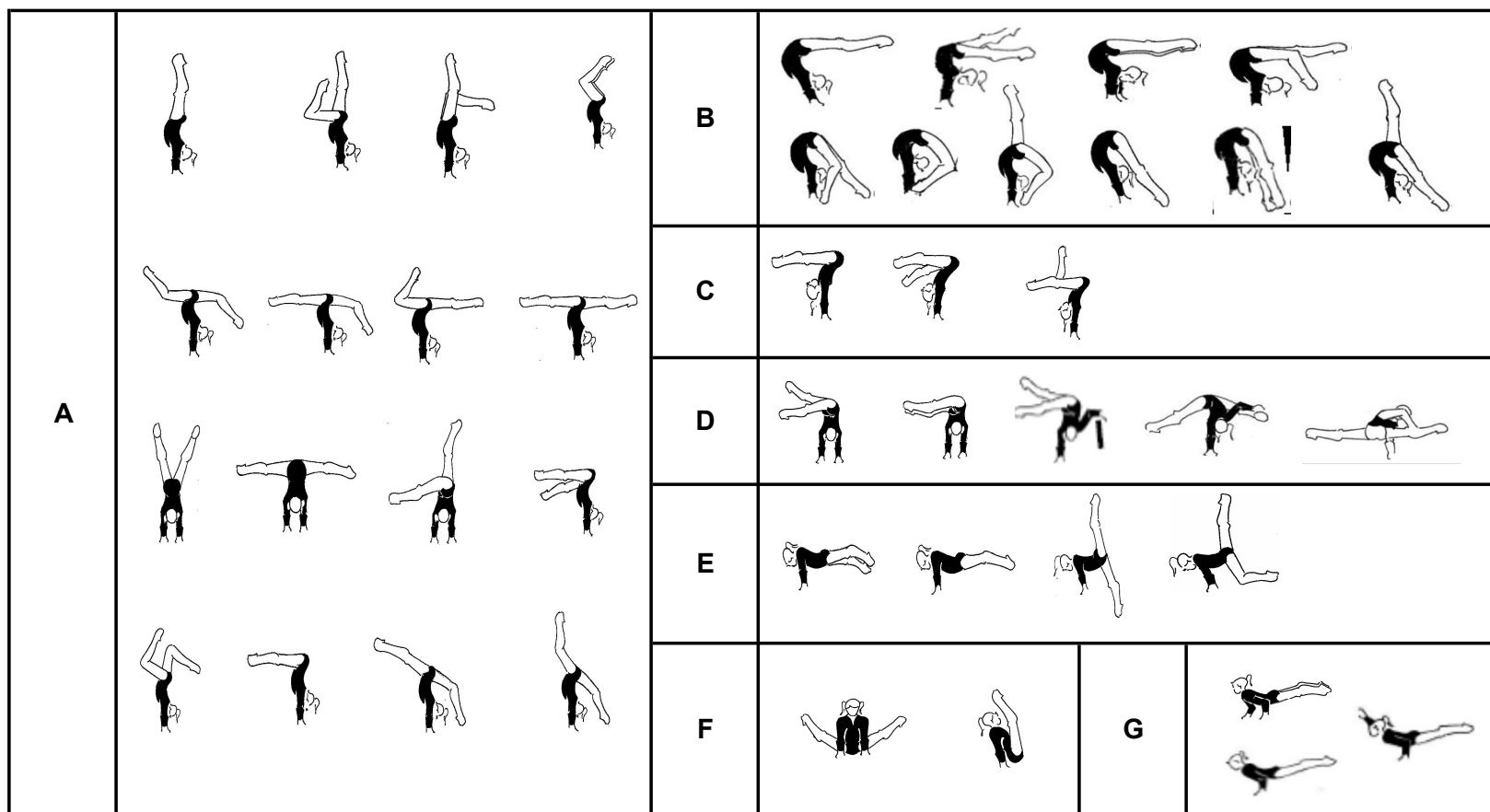
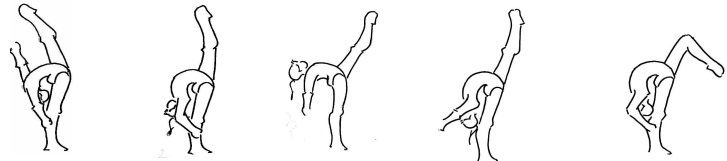
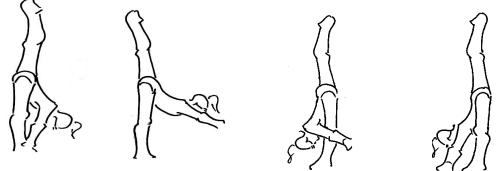
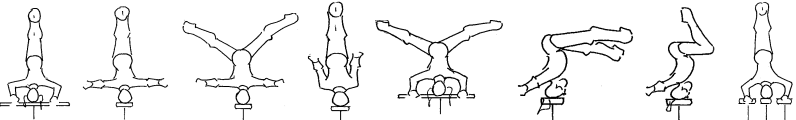


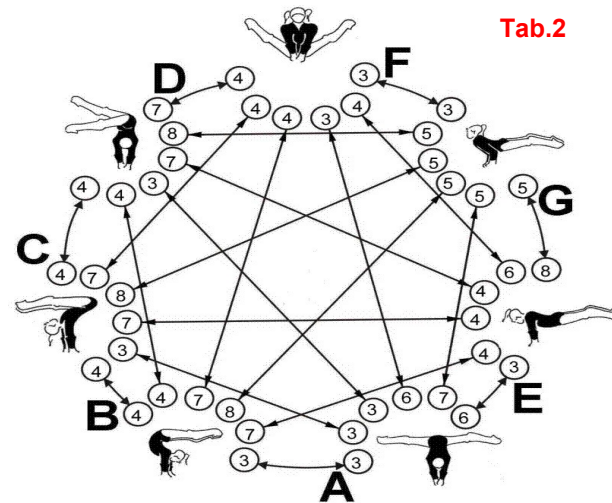
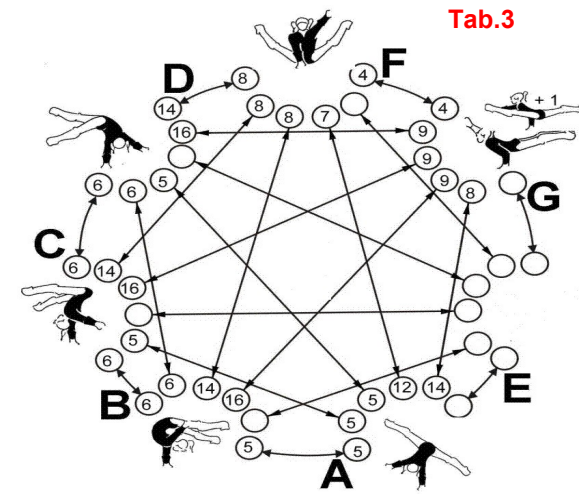
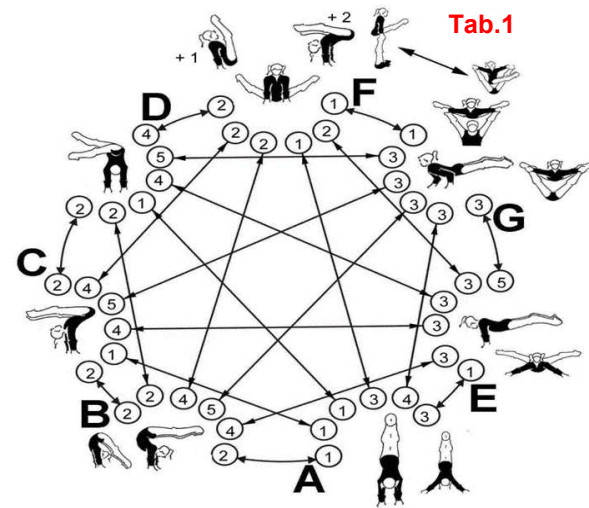
Anhang 1 - 6.1. - Handstände



Anhang 1 - 6.1. - Stände

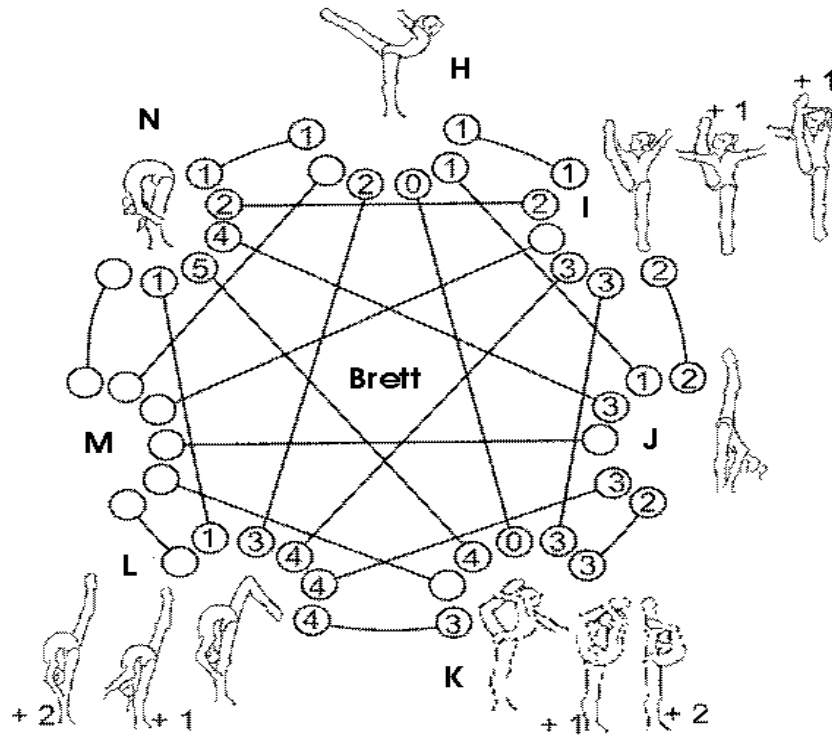
H		L	
I		M	
J		O	
K		Q	

Anhang 1 - 6.2. - Motion Kat. A-G

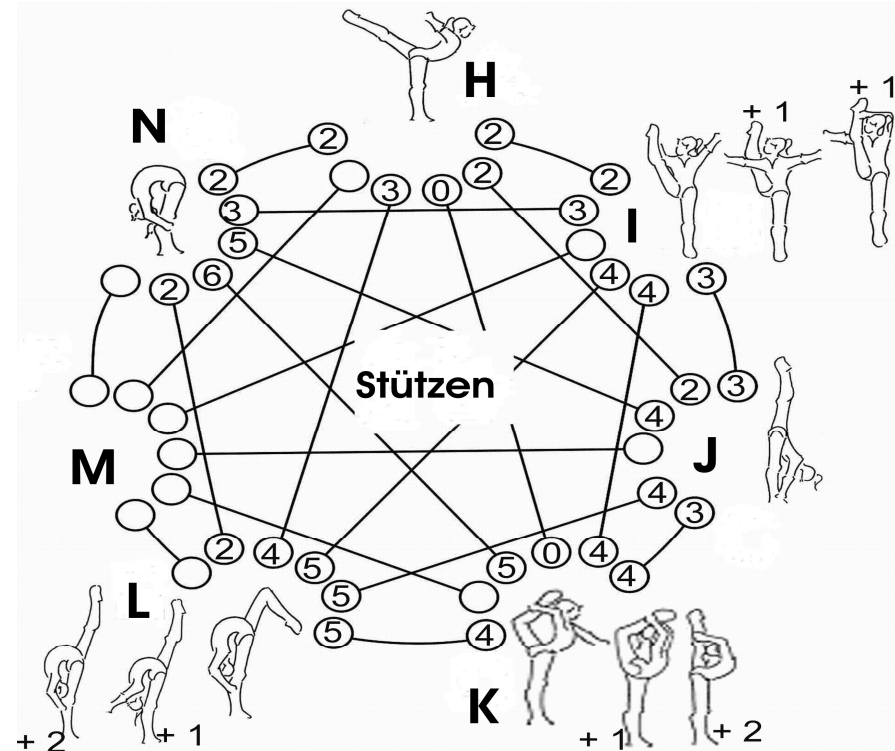


Anhang 1 - 6.2. - Motion Kat. H-N

Tab.4



Tab.5

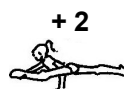
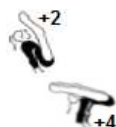


Anhang 1- 6.3. - Elementekatalog

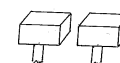
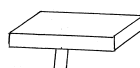
1. Übung															2. Übung															
A B C D E															A B C D E															
Start															Start															
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15															16 19 20 21 24 25 26 29 30 31 34 35 36 39															
Brett															Stützen															
3 5 7 5 7 9 5 7 9 5 7 9 5 7 15															4 7 10 6 9 12 6 9 12 6 9 12 5 8															
Drehung 360°															Drehung 360°															
8 13 18 13 18 23 13 18 23 13 18 23 13 18 23															18 25 23 30 23 30 23 30 20															

Anhang 1- 6.3. - Elementekatalog

5	Start	A	B	C	D	E	F	G	H	I	J	L	M	Start	7
															
		1	2	3	4	5	6	7	9	11	12	14	16		
6	Brett	1	2	3	1	2	4	1	3	6	1	3	5	Stützen	8
	Drehung 360°	2	4	6	2	4	8		6	12		6	10	Drehung 360°	



+ 2



Ausführung nur mit geschlossenen Beinen



Ausführung nur mit geschlossenen Beinen

Anhang 1 - 6.3. - Elementekatalog

																															
		M	N						H					K					I			J				L					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	
9	Brett	1	1	2	1	2	2	2	1	2	1	2	2	4	3	4	4	5	3	4	5	4	3	5	2	6	7	5	5	4	
	Drehung 360°	2	2	4	2	4	4	4	2	4	2	4	4	8	6	8	8	10	6	8	10	8	6	10	4	12	14	10	10	8	
10																															

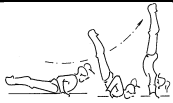
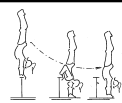
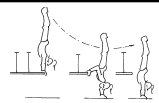
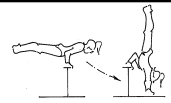


																																																																																																																																																
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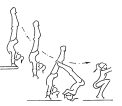


															
	O				P		Q								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
13	2	5	4	4	1	1	2	9	8	10	1	8	7	1	
14	Drehung 360°	4	10	8	8	2	2	4	18	16	20	2	16	14	

Abgänge Anhang 1 - 6.3. - Abgänge

						
	R	S	T	U	V	W
15	Value	6	2	2	3	2

Absprünge Anhang 1 - 6.3. - Absprünge

									
					180	360	540	720	
	A	B	C	D	E	F	G	H	
16		3							
17			4	5	6	8	10	12	16
18			6	7	8				
19			5	6	7	9	11	13	17