

1° Livello Duo

Scegliere 2 Posizioni Statiche tenute 3"

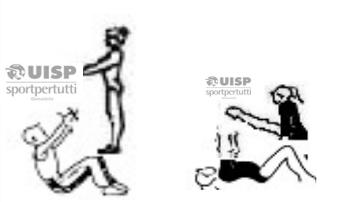
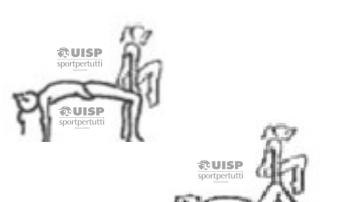
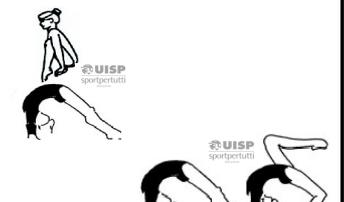
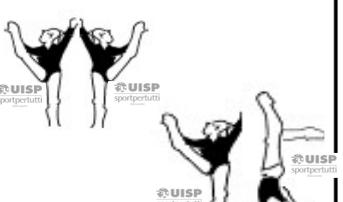
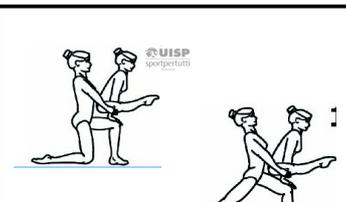
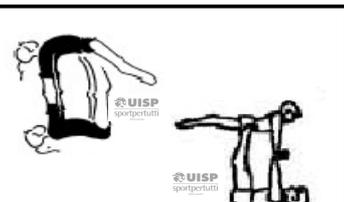
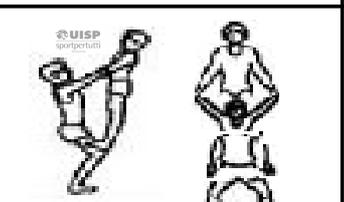
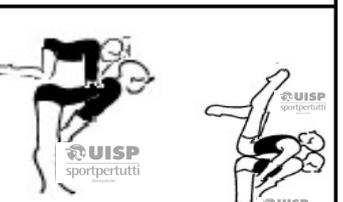
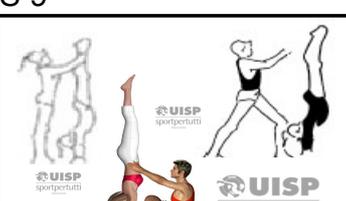
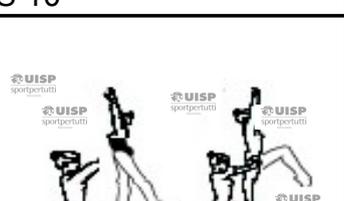
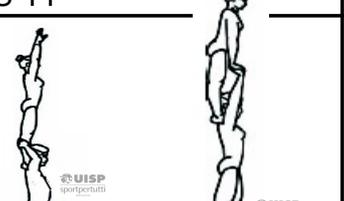
S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

Scegliere 2 Posizioni Dinamiche

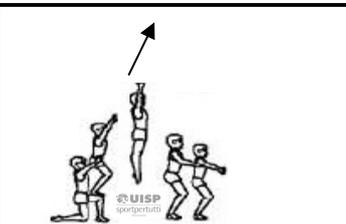
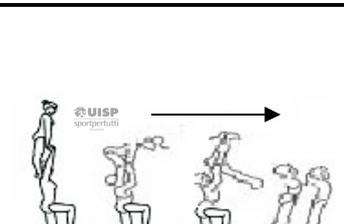
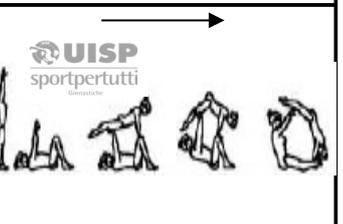
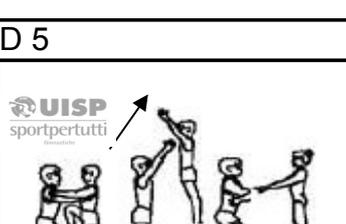
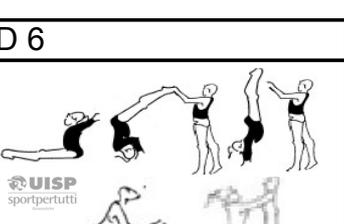
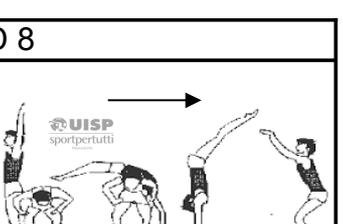
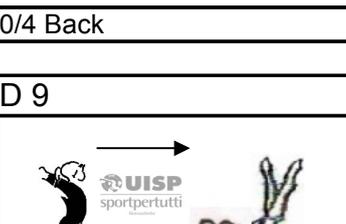
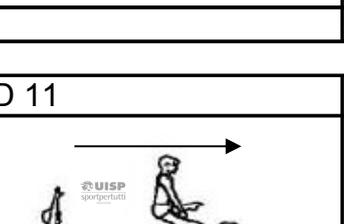
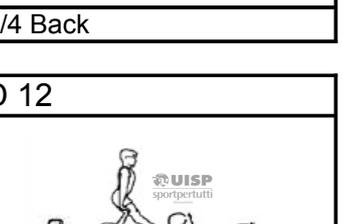
D 1	D 2	D 3	D 4
0/4 Front	0/4 Front con mani	0/4 Front Raccolto con mani	0/4 Divaricato con mani
D 5	D 6	D 7	D 8
Cap.superando Base Supina	0/4 Back con mani	Capovolta tra le gambe	Capovolta Avanti
D 9	D 10	D 11	D 12
0/4 Front	1/4 Front	Salita da terra a cosce	0/4 Front con mani

2° Livello Duo

Scegliere 2 Posizioni Statiche tenute 3"

<p>S 1</p>  <p>con mani</p>	<p>S 2</p> 	<p>S 3</p> 	<p>S 4</p> 
<p>S 5</p> 	<p>S 6</p> 	<p>S 7</p> 	<p>S 8</p> 
<p>S 9</p> 	<p>S 10</p> 	<p>S 11</p> 	<p>S 12</p> 

Scegliere 2 Posizioni Dinamiche

<p>D 1</p>  <p>0/4 Front</p>	<p>D 2</p>  <p>0/4 Front</p>	<p>D 3</p>  <p>Capovolta Avanti in Piedi</p>	<p>D 4</p>  <p>2 Capovolte "legate"</p>
<p>D 5</p>  <p>0/4 Back</p>	<p>D 6</p>  <p>Puntata alla Verticale</p>	<p>D 7</p>  <p>4/4 Back</p>	<p>D 8</p>  <p>4/4 Back</p>
<p>D 9</p>  <p>Ruota fronte base</p>	<p>D 10</p>  <p>Verticale Capovolta</p>	<p>D 11</p>  <p>0/4 Front</p>	<p>D 12</p>  <p>0/4 Front</p>

1° Livello Trio

Scegliere 2 Posizioni Statiche tenute 3"

S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

Scegliere 2 Posizioni Dinamiche

D 1	D 2	D 3	D 4
0/4 Front	0/4 Front Sagittale con mani	0/4 Front Raccolto con mani	0/4 Front Divaricato Carp.
D 5	D 6	D 7	D 8
1/4 Front	0/4 Front	Verticale Capovolta	0/4 Front Ripresa da Media
D 9	D 10	D 11	D 12
0/4 Back	0/4 Back	1/4 Back	0/4 Back Ripresa da Media

2° Livello Trio
Scegliere 2 Posizioni Statiche tenute 3"

S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

Scegliere 2 Posizioni Dinamiche

D 1	D 2	D 3	D 4
0/4 Front	0/4 Front	0/4 Front	Rovesciata Indietro con assistenza
D 5	D 6	D 7	D 8
0/4 Back	0/4 Back	1/4 Back	Puntata alla Verticale
D 9	D 10	D 11	D 12
Capovolta Avanti	0/4 Front	Verticale Capovolta + pennello con mani di M	0/4 Front

1° Livello Scegliere 2 Elementi: 1 di cat.1 e 1 di cat.2

1° Livello CATEGORIA 1			
I 1	I 2	I 3	I 4
		Gambe Divaricate	
I 5	I 6	I 7	I 8
	Con mani a terra	2 Passi Saltellati	Pennello
1° Livello CATEGORIA 2			
I 9	I 10	I 11	I 12
Capovolta Laterale	Arrivo supino	Arrivo in ginocchio	Ruota

2° Livello Scegliere 2 Elementi: 1 di cat.1 e 1 di cat.2

2° Livello CATEGORIA 1			
I 1	I 2	I 3	I 4
I 5	I 6	I 7	I 8
Gambe divaricate	Con mani a terra	Salto del Gatto	Pennello 180°
2° Livello CATEGORIA 2			
I 9	I 10	I 11	I 12
Arrivo a "panino"	Arrivo accosciata	Ruota con un braccio	Arrivo in ginocchio