












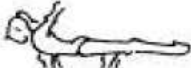



















1. Melléklet

Felső vállban					
		A	B	C	D
	1/1				
	1/2				



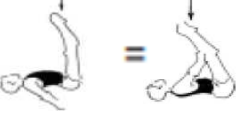
























Felső alacsony tartásban						
		A	B	C	D	
	2/1					
	2/2		kézállás variáció: lásd. Lejebb			

Felső magasban, talpon, térden, könyökön, és csípőn					
		A	B	C	D
csak magasban és talpon	3/1				
csak magasban és talpon	3/2				
ezeket bokán is lehet és fejen, de csak fiú párosoknál!	3/3			magasban kézben nem lehet 	kézállás variáció: lásd. Lejebb
	3/4	 kézben	 talpon	 egykézen	 egykézen

Felső csak csoportoknak					
		A	B	C	D
magasban	4/1				
magasban és alacsonyan	4/2				
Csak 2 felsőnél	4/3				
Csak F4-es	4/4	Földön 	kézállás variáció: lásd. Lejebb		

Kézállás variációk	
	=       

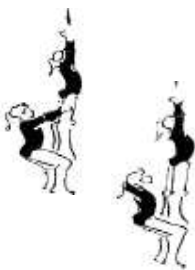
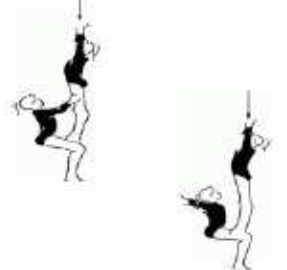
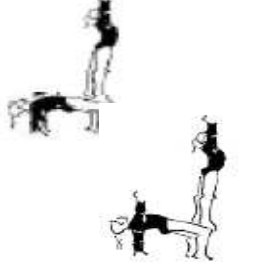
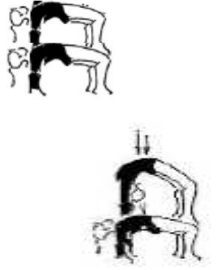





Párosok alsó pozíciói

		A	B	C	D
	1				
alsó variációi: lásd. Lejjebb	2	 A. alsó ráfog B. szabadon			
	3	 A. alsó ráfog B. szabadon			
	4	 A. alsó ráfog B. szabadon			
	5	  A. alsó ráfog B. szabadon			
	6				
csak F2-nál	7	 alsó variációk lásd. Lejjebb			

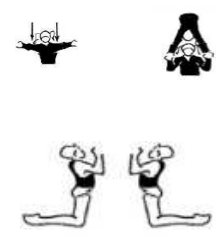
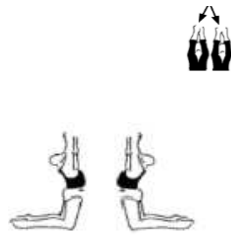
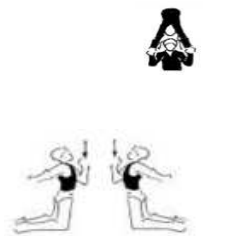
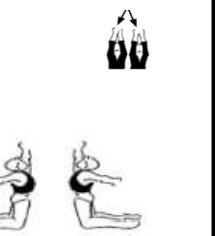
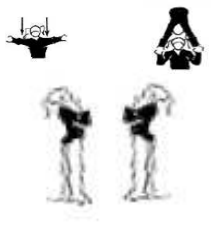
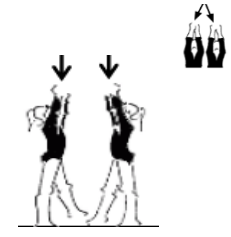
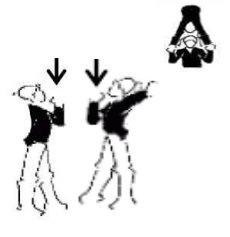
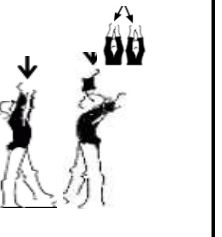
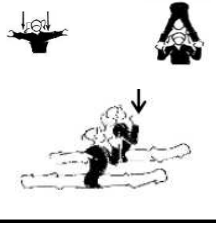
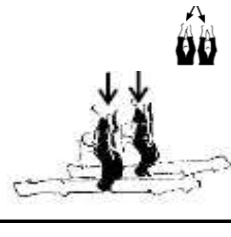
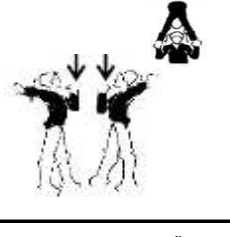
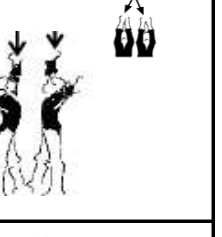
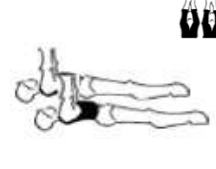


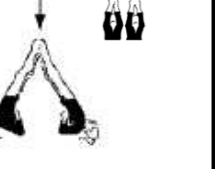
Alsó variációk



Párosok kész elemek













		A	B	C	D
	8				
	9				
	10				

Csoportoknál minden gúlát másik sorból kell választani!

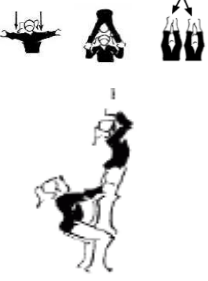
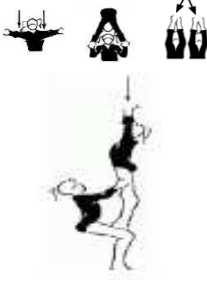
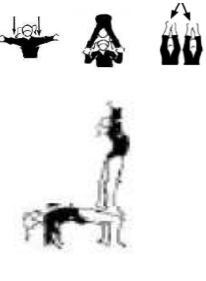










Csoportok alapgúái 1					
		A	B	C	D
alsók variációi: lásd. lejjebb	1/1				
	1/2				
	1/3				
	1/4				

Alsó variációk	
	
=	=
	



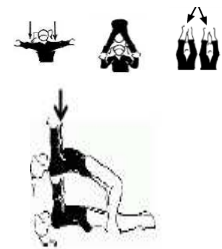
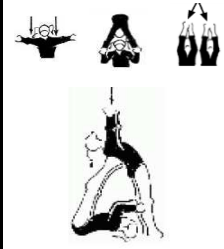

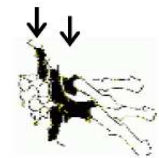

Csoportok alapgúái 2

		A	B	C	D
	2/1				
	2/2				
	2/3				
	2/4				



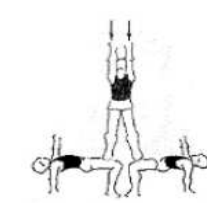
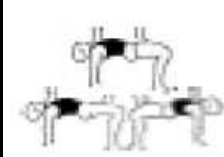
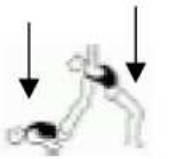
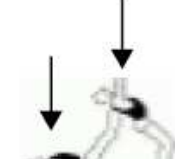
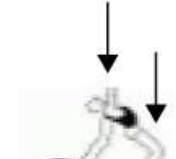



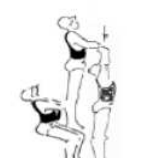
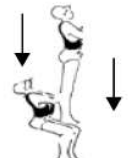
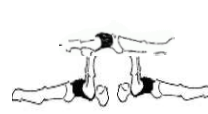
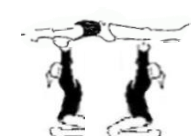

Csoportok alapgúái 3

		A	B	C	D
	3/1				
	3/2				
	3/3				
	3/4				

Csoportok alapgúái 4

		A	B	C	D
	4/1				
	4/2				

Csoportok alapgúái 5

		A	B	C	D
	5/1				
	5/2				
	5/3				
	5/4				
	5/5	