

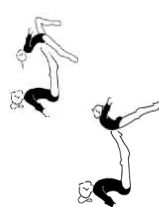



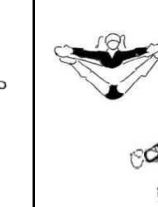

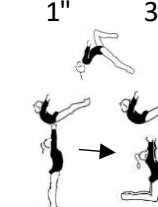
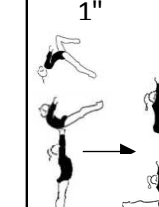




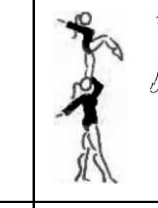
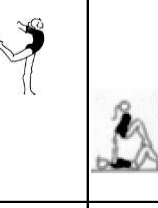
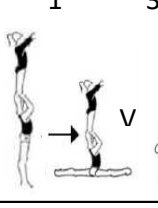




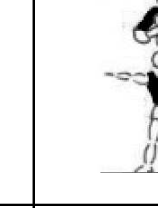

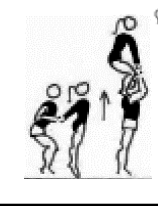
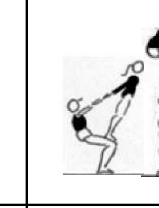

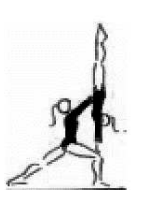
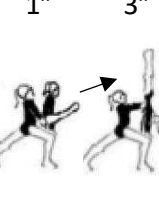
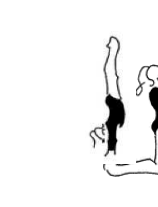
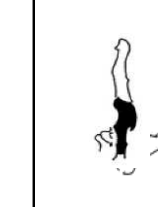


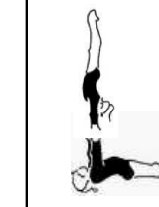
2. MELLÉKLET

GYERMEK PÁROSOK								
	1	2	3	4	5	6	7	8
A vízszintes helyzetek								
			0,1			0,1	0,2	0,3
	1	2	3	4	5	6	7	8
B Állások								
					0,1	0,2	0,2	0,2
	1	2	3	4	5	6	7	8
C Ülőtartások								
				0,1	0,1	0,1	0,2	0,3
	1	2	3	4	5	6	7	8
D Kézállások								
				0,1	0,1	0,1	0,2	0,3

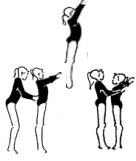
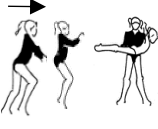







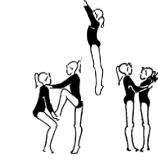

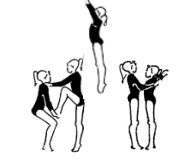
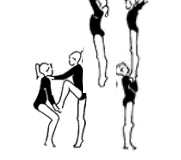

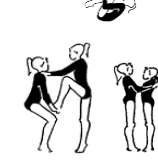
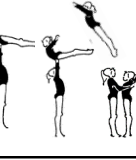
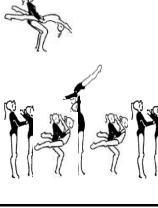
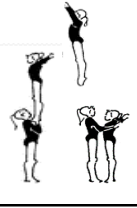
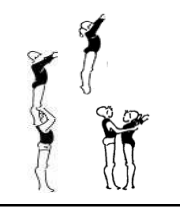
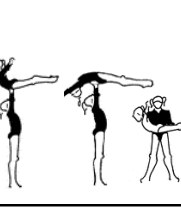
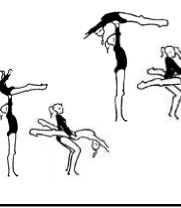
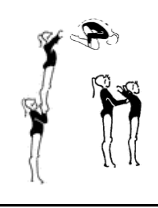
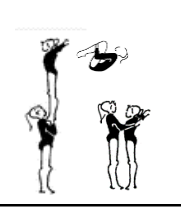
GYERMEK HÁRMASOK

	1	2	3	4	5	6	7	8	9	10
A (2 felsős gúlán)										
			0,1	0,2	0,2	0,3	0,3			
	1	2	3	4	5	6	7	8	9	10
B Tízes, hídas hátsó fekvős gúlán										
					0,1	0,2	0,2			
	1	2	3	4	5	6	7	8	9	10
C Két alsós gúlán										
				0,1	0,1	0,1	0,1	0,2	0,2	0,2


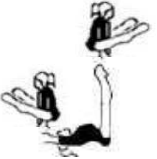



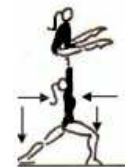












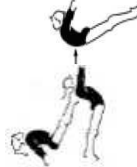

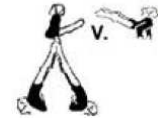


Serdülő Statika

	1	2	3	4	5	6	7	8
A vízszintes helyzetek							1" 3" 	1" 3" 
				0,1	0,1	0,1	0,2	0,3
	1	2	3	4	5	6	7	8
B Állások							1" 3" 	
				0,1		0,1	0,1	0,2
	1	2	3	4	5	6	7	8
C Ülőtartások								
				0,1	0,1	0,2	0,2	0,2
	1	2	3	4	5	6	7	8
D Kézállások			1" 3" 					
					0,1	0,1	0,2	0,2







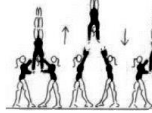
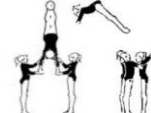
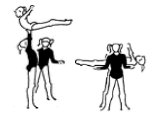
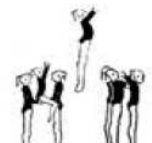




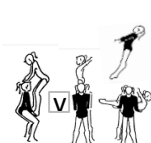
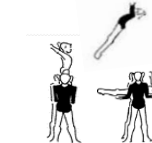





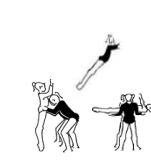




Serdülő dinamika

	1	2	3	4	5	6	7	8
A Földről dobások és elkapások	0/4 180° 	Előre 1/4 	0/4 360° 	Futásból 180° v. 360° 	Hátrabukfencből kiemelés 	Hátra 1/4 	Rundelből kiemeléssel 	rundelből eldobással 
		0,1	0,1	360° 0,1		0,2	0,1	0,2
	1	2	3	4	5	6	7	8
B Fuß dobások és elkapások	0/4 	0/4 	0/4 180° 	0/4 360° 	0/4 	Előre 1/4 	Hátra 4/4 	
			0,1	0,2	0,3	0,3	0,3	
	1	2	3	4	5	6	7	8
C Leugrások és elkapások	Előre v. Hátra 1/4 		0/4 	0/4 alsó fordul 180° 	0/4 0° v. 180° 	Melső v. hátsó 2/4 	Előre 4/4 	Hátra 4/4 
			0,1	0,1	0,1	0,2	0,3	0,3

SERDÜLŐ STATIKA női hármások

	1	2	3	4	5	6	7	8	9
A (2 felsős gúlán)									
			0,1	0,2	0,2	0,3			
	1	2	3	4	5	6	7	8	9
B Tilos, hídas hátsó fekvős gúlán									
				0,1	0,2	0,2	0,3	0,3	
	1	2	3	4	5	6	7	8	9
C Két alsós gúlán									
						0,1	0,1	0,1	0,1

SERDÜLŐ DINAMIKA női hármasok

	1	2	3	4	5	6	7	8	9
A Vízszintes helyzetek, kézállásból dobások	0°	0°	180° v 360°	0/4	2/4 Helicopter	540° v 720°	0/4	Háttra 2/4	0/4 180°
									
	0		0,1	0,1	0,2	0,2	0,1	0,2	0,1
	1	2	3	4	5	6	7	8	9
B Fuß és knot dobások	0/4	0/4	0/4 180°	Háttra 1/4	Előre 1/4	Háttra 1/4 180°	Előre 1/4 180°	Háttra 4/4	Előre 4/4
									
				0,1	0,1	0,2	0,2	0,3	0,3
	1	2	3	4	5	6	7	8	9
C Nekifutásból Rundelből Kézállásból	Háttra 1/4 beugrásból	0/4 futásból	Előre 1/4 futásból	Előre 1/4 180° futásból	Háttra 1/4	Háttra 1/4	Előre 1/4	Előre 4/4 futásból	
									
				0,1	0,1	0,2	0,2	0,3	