Naam:

Vereniging:

Categorie/ Niveau:

**Rechtuit**

| **Nr.** | **Code** | **Omschrijving element** | **Structuurgroep** | **Waarde** |
| --- | --- | --- | --- | --- |
| *Bv.* | *B8* | *Buck vrije vlucht aw, ½ draai buck vrije vlucht vw* | *I* | *0.4* |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Top 8 elementen | | \_\_ x A \_\_ x B \_\_ x C \_\_ x D | |  |
| Structuurgroepen | | I  II  III  IV  V  VI  VII  VIII  IX  X | |  |
| Totaal: | | | |  |

Structuurgroepen

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I | II | III | IV | V | VI | VII | VIII | IX | X |
|  |  |  |  |  |  |  |  |  | ­ |

­

Naam:

Vereniging:

Categorie/ Niveau:

**Spiralen**

| **Nr.** | **Code** | **Omschrijving element** | **Structuurgroep** | **Waarde** |
| --- | --- | --- | --- | --- |
| *Bv.* | *B4* | *Dubbel vrije vlucht in parallelstand* | *I* | *0.4* |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
|  |  |  |  |  |
| Top 8 elementen | | \_\_ x A \_\_ x B \_\_ x C \_\_ x D \_\_ x E | |  |
| Structuurgroepen | | I  II  III  IV  V  VI  VII  VIII  IX  X | |  |
| Totaal: | | | |  |

Structuurgroepen

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I | II | III | IV | V | VI | VII | VIII | IX | X |
|  |  |  |  |  |  |  |  |  | ­ |

Naam:

Vereniging:

Categorie/ Niveau:

**Sprong**

| **Nr.** | **Code** | **Omschrijving sprong** | **Waarde** |
| --- | --- | --- | --- |
| *Bv.* | *B4.0* | *Hoeksalto voorwaarts* | *4.6* |
| **Sprong 1** | | | |
|  |  |  |  |
| **Sprong 2** | | | |
|  |  |  |  |