



MOEILIKHEIDSTABELLEN

E-Instap | Seizoen 2020/2021

Paren

Samenstelling vrij

| | | | | | |
|-------------------------------|---------------------------------|---|----------------------------|---|----------------------------|
| Rij 1 Handstand | 3" b.p. of | 3" b.p. of | 3" b.p. of | 3" b.p. of | |
| | Rij 1-1 | Rij 1-2 | Rij 1-3 | Rij 1-4 | |
| | Rij 2 Tosshouding | Geen vlucht Staan in handen (hoek 90°) | Geen tot weinig vlucht | Geen vlucht Staan in handen (hoek 90°) | Geen tot weinig vlucht |
| | | Rij 2-1 | Rij 2-2 | Rij 2-3 | Rij 2-4 |
| Rij 3 Hurksteun | | Overheen springen | 3" | 3" | 3" |
| | | Rij 3-1 | Rij 3-2 | Rij 3-3 | Rij 3-4 |
| | Rij 4 Streksprong | Bij heupen of bij armen b.p. of | b.p. of 0° | b.p. of | 180° b.p. of |
| | | Rij 4-1 | Rij 4-2 | Rij 4-3 | Rij 4-4 |
| Rij 5 Vliegtuig | | 3" | 3" Handsen vast | 3" | 3" |
| | | Rij 5-1 | Rij 5-2 | Rij 5-3 | Rij 5-4 |
| | KEUZE Staan | 3" b.p. of | 3" | 3" | b.p. of of 3" |
| | | Rij 5-5 | Rij 5-6 | Rij 5-7 | Rij 5-8 |

Oefening #01






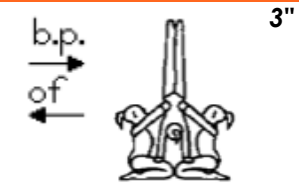


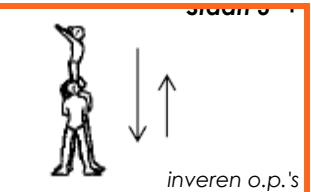

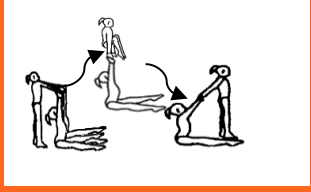

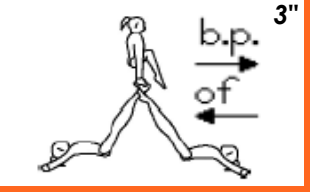

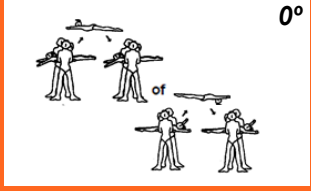


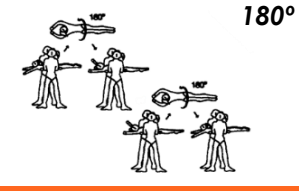

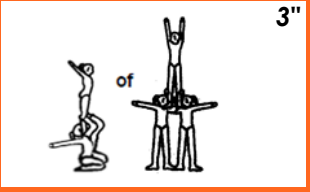
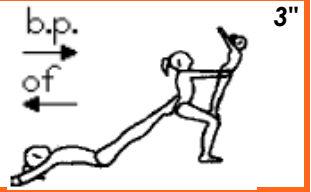
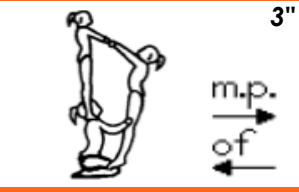

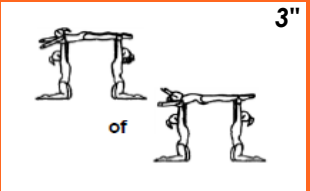
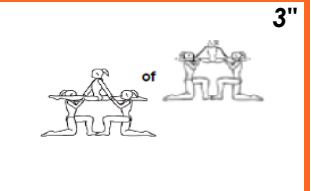
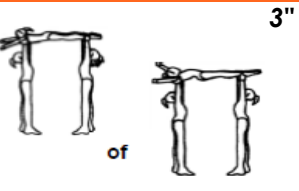


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Groepen

Samenstelling vrij

| | | | | | |
|--------------------------------------|---|---|---|--|---|
| Rij 1 <i>Handstand</i> |  |  |  |  | |
| | Rij 1-1 | Rij 1-2 | Rij 1-3 | Rij 1-4 | |
| | Rij 2 <i>Basket</i> |  |  |  |  |
| | | Rij 2-1 | Rij 2-2 | Rij 2-3 | Rij 2-4 |
| Rij 3 <i>Hurksteun</i> | |  |  |  |  |
| | | Rij 3-1 | Rij 3-2 | Rij 3-3 | Rij 3-4 |
| | Rij 4 <i>Plankjes</i> |  |  |  |  |
| | | Rij 4-1 | Rij 4-2 | Rij 4-3 | Rij 4-4 |
| Rij 5 <i>Staan</i> | |  |  |  |  |
| | | Rij 5-1 | Rij 5-2 | Rij 5-3 | Rij 5-4 |
| | KEUZE <i>Overig</i> |  |  |  |  |
| | | Rij 5-5 | Rij 5-6 | Rij 5-7 | Rij 5-8 |

Oefening #01





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Individueel

Elke partner voert uit elke rij een element uit

| | | | |
|--|-------------|-------------|---|
| Rij 6 <i>Dynamisch</i> | Rij 6-1 | Rij 6-2 | Rij 6-3 |
| Rij 7 <i>Lenigheid</i> | Rij 7-1 | Rij 7-2 | Rij 7-3 <i>Spreidzit met buik op grond handen bij enkels</i> |
| Rij 8 <i>Kracht&Balans</i> | Rij 8-1 | Rij 8-2 | Rij 8-3 |
| Rij 9 <i>Behendigheid</i> | Rij 9-1 | Rij 9-2 | Rij 9-3 |

Oefening #01

