



MOEILIKHEIDSTABELLEN

E-Instap | Seizoen 2020/2021

Paren

Samenstelling vrij

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

Oefening #03



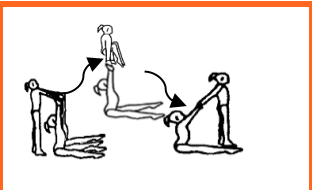

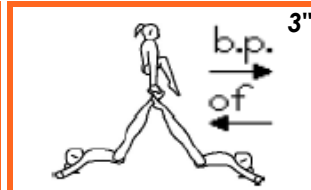

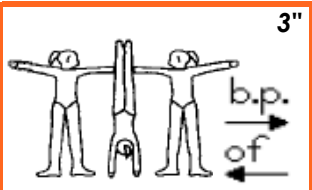
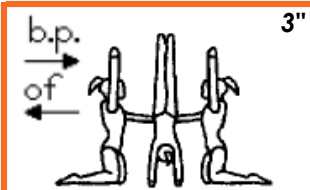
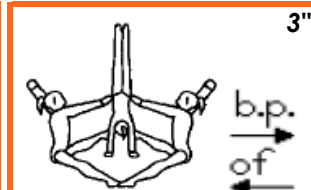
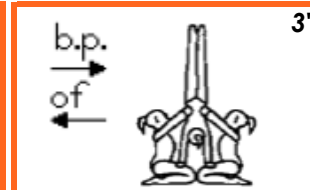

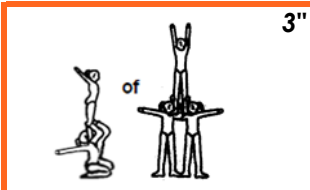
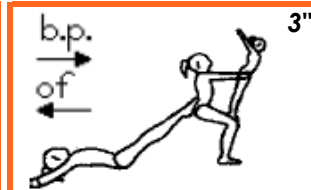

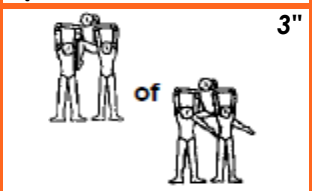
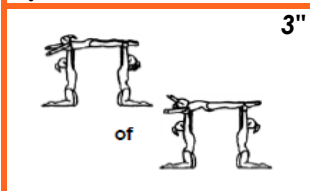
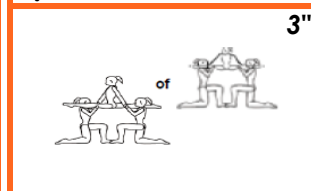
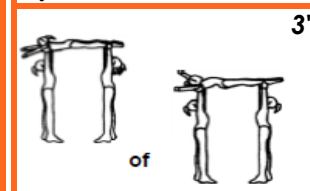
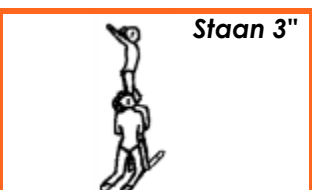
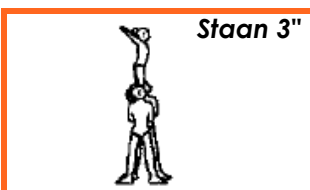
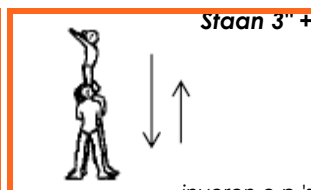
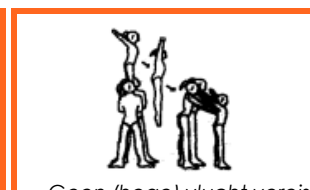



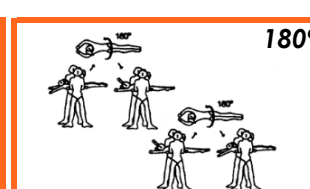


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Groepen

Samenstelling vrij

Rij 1 Hurksteun	 3"	 3"	 3" b.p. of	 3"	
	Rij 1-1	Rij 1-2	Rij 1-3	Rij 1-4	
	Rij 2 Handstand	 3" b.p. of	 3" b.p. of	 3" b.p. of	 3" b.p. of
		Rij 2-1	Rij 2-2	Rij 2-3	Rij 2-4
Rij 5 Staan KEUZE Overig		 3"	 3" of	 3" b.p. of	 3" m.p. of
		Rij 3-1	Rij 3-2	Rij 3-3	Rij 3-4
	 3"	 3"	 3"	 3"	
	Rij 3-5	Rij 3-6	Rij 3-7	Rij 3-8	
Rij 4 Basket	 Staan 3"	 Staan 3"	 Staan 3" + inveren o.p.'s	 Geen (hoge) vlucht vereist	
	Rij 4-1	Rij 4-2	Rij 4-3	Rij 4-4	
	Rij 5 Plankjes	 0°	 1/4 vo of ao	 1/4 ao of vo	 180°
		Rij 5-1	Rij 5-2	Rij 5-3	Rij 5-4

Oefening #03



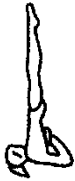







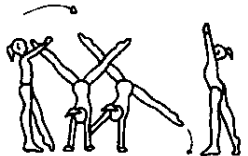

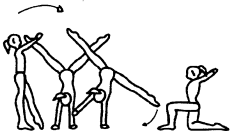
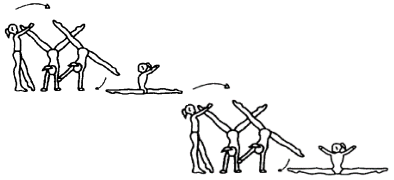


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Individueel

Elke partner voert uit elke rij een element uit

Rij 6 <i>Kracht&Balans</i>	 Rij 6-1	 Rij 6-2	 Rij 6-3
Rij 7 <i>Lenigheid</i>	 Rij 7-1	 Rij 7-2	 Rij 7-3
Rij 8 <i>Dynamisch</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 #03

