

Pupil 2 - District 1
choreografie
Uitgangspositie: parallelstand borstlings in het midden van de balk Balkhoogte: 100 cm Tijd: 70 seconden

Maat	1	2-4	5	6	7-8	9	10	11	12	13	14
+ 0.30				 135° - 135°			 of ! 2 sec				
Basis D = 4.50				 135° - 135°			 of ! vluchtig				
- 0.30							 of ! < 180°				


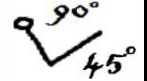
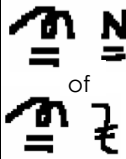
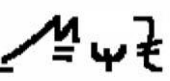
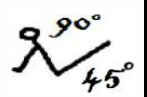









Jeugd 1 - District 1
choreografie
Uitgangspositie: is vrij vanwege opsprong naar keuze Balkhoogte: 125 cm Tijd: 80 seconden

Maat	1	2-3	4	5-6	7	8-9	10-11	12	13
+ 0.30			geen stops				 of ! 2 sec		
Basis D = 4.50	Opsprong A- waarde of hoger		 1 stop 135° - 135°				 of vluchtig		Afsprong A- Waarde
- 0.30	Opsprong TA- waarde		2 stops				 of ! < 180°		Afsprong TA- Waarde

Instap - District 2
Uitgangspositie: parallelstand borstlings in het midden van de balk
choreografie

Balkhoogte: 100 cm

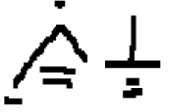
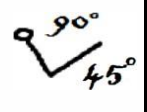

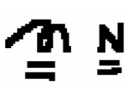
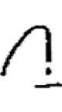
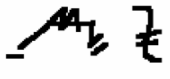
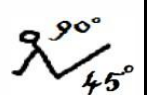





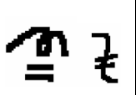

Tijd: 80 seconden

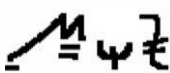

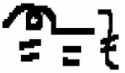
Maat	1	2-3	4	5	6	7-8	9-10	11-12	13-14	15-16	17	
+ 0.30						! > 150°						
Basis D = 4.50						! < 150°				squa t landin g		
- 0.30												

Pupil 1 - District 2
Uitgangspositie: parallelstand borstlings in het midden van de balk
choreografie

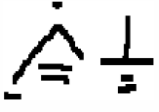

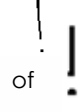

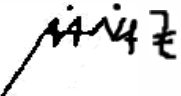

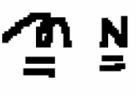




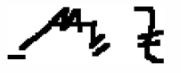
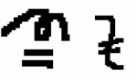



Balkhoogte: 100 cm

Tijd: 70 seconden



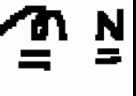

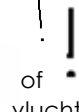

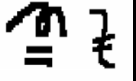
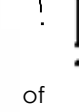
Maat	1	2	3-4	5	6	7	8-9	10	11	12	13	
+ 0.30						! vluchtig						
Basis D = 4.60						! < 180°				squa t landin g		

-0.30						!				)
						< 150°					

Pupil 2 - District 2
choreografie
Uitgangspositie: parallelstand borstlings in het midden van de balk Balkhoogte: 100 cm Tijd: 70 sec.

Maat	1	2	3	5	6	7-8	9	10	11	12	13
+ 0.30				X	 135°		 of vluchtig				
Basis D = 4.50					 135°		 of < 180°				
- 0.30							 of < 150°				

Jeugd 1 - District 2
choreografie
Uitgangspositie: is vrij vanwege opsprong naar keuze Balkhoogte: 125 cm Tijd: 70 seconden

Maat	1	2	3	4-5	6	7-8	9	10	11	12	13
+ 0.30				X	geen stops		 of 1 sec.				Afspron g A- Waarde
Basis D = 4.50	Opspron g A- waarde of hoger				 135°		 of vluchtig				Afspron g TA- Waarde
- 0.30	Opspron g TA- waarde				2 stops		 of < 180°				

Instap - District 3

choreografie

Uitgangpositie: parallelstand borstlings in het midden van de balk

Balkhoogte: 100 cm Tijd: 80 sec.

Maat	1	2-4	5	6	7	8-9	10	11	12-13
+ 0.30								assemblé	
Basis D = 4.50									
- 0.30									 zonder assemblé

Pupil 1 - District 3

choreografie

Uitgangpositie: parallelstand borstlings in het midden van de balk

Balkhoogte: 100 cm Tijd: 70 seconden

Maat	1	2	3-4	5	6	7	8-9	10	11	12	13
+ 0.30											
Basis D = 4.50										 squat landin g	
- 0.30											

Pupil 2 - District 3
choreografie
Uitgangspositie: parallelstand borstlings in het midden van de balk Balkhoogte: 100 cm Tijd: 70 sec.

Maat	1	2-4	5	6	7	8	10	11	12	13
+ 0.30				 135°		 of < 180°				
Basis D = 4.50				 135°		 of < 150°		 of EX		
- 0.30	 of 									

Jeugd 1 - District 3
choreografie
Uitgangspositie: is vrij vanwege opsprong naar keuze Balkhoogte: 125 cm Tijd: 70 seconden

Maat	1	2	3	4-5	6	7-8	9	10	11	12	13
+ 0.30				 of 	geen stops		 of vlucht				
Basis D = 4.50	Opsprong TA- of A- waarde			 135°	1 stop		 of < 180°		 EX		Afsprong TA- of A- Waarde
- 0.30					2 stops		 of < 150°				