













Sprongtabel supplement E t/m H

Groep 0 & 1				
Nr.	Sprong	Opm.	D-score	Symbol
0.10	Streksprong op - streksprong af	Alleen H	1.10 P.	
1.00	Overslag		1.60 P.	
1.01	Overslag - 1/2 draai		2.00 P.	
1.02	Overslag - 1/1 draai		2.60 P.	
1.03	Overslag - 1 1/2 draai		3.20 P.	
1.10	Yamashita		2.00 P.	
1.11	Yamashita - 1/2 draai		2.40 P.	
1.12	Yamashita - 1/1 draai		2.80 P.	
1.20	1/2 draai in - afstoot af		1.60 P.	
1.21	1/2 draai in - 1/2 draai uit		2.40 P.	
1.22	1/2 draai in - 1/1 draai uit		2.60 P.	
1.23	1/2 draai in - 1 1/2 draai uit		3.20 P.	
1.30	1/1 draai - overslag		3.20 P.	