

N.B. IN CIASCUNA CASELLA SONO RAGGRUPPATE, SOLO PER CONTENIMENTO DELLO SPAZIO, PIU' DIFFICOLTA', CHE SONO DIFFERENTI UNA DALLE ALTRE

Tavola Difficoltà di salto (^)



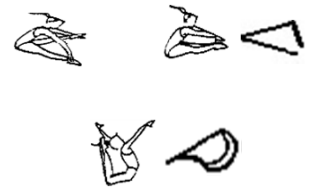
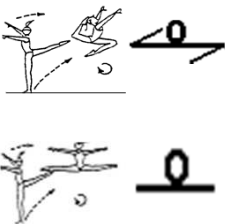



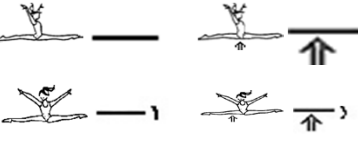




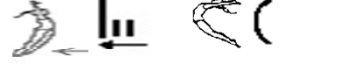




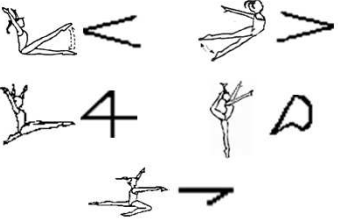
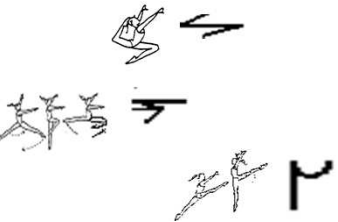

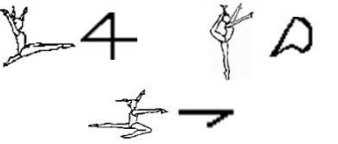

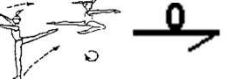










































































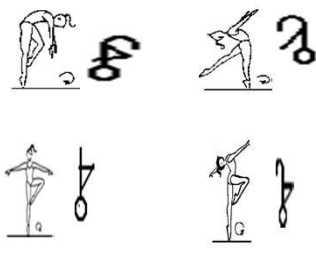
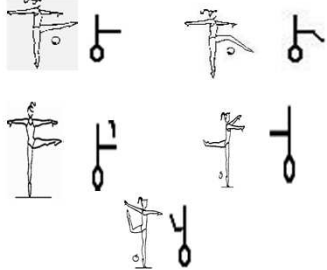
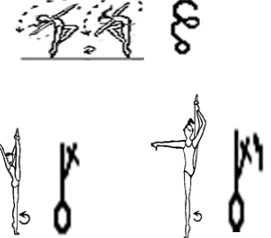
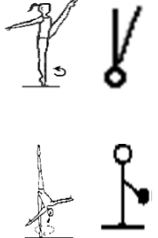

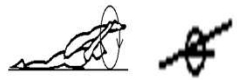
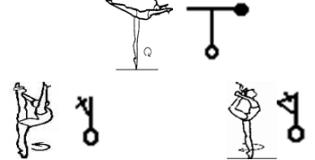

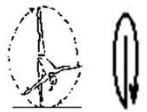

		Valore				
		0,10	0,20	0,30	0,40	0,50
1			360° 			
						
2			180° 			
						
3	Balzo con rimbalzo sullo stesso piede a Dx e a Sx			(tutto il piede più alto della testa) 		
	Serie di 4 galoppi laterali con 1 cambio di fronte					
4	Sforbiciata flessa (Gatto)					
						

Tavola Difficoltà di Equilibrio (T)

		Valore				
		0,10	0,20	0,30	0,40	0,50
1	Equilibrio sull'avampiede, arto libero sollevato (avanti/lat/dietro)		 	 	 	 
	Sull'avampiede: gamba libera al di sotto dell'orizzontale, busto flesso avanti	 	 	   	 	 
2	Staccata sagittale/frontale	 	 	 	 	 
		 	 	 	 	 
3	Flessione del busto indietro da in ginocchio	 	 	 	 	
		 	 	 	 	 
4	Flessione del busto indietro da in ginocchio		 	 	Gamba all'orizzontale per min.2 forme + min.1 giro	
			 	 		
5	Equilibrio sul bacino (squadra)	Movimento indietro fino sui gomiti				
		 	 			

N.B. Gli equilibri in relevé possono essere eseguiti a piede piatto: il valore è ridotto di 0,10 e il simbolo include una freccia ↓

Tavola Difficoltà di Rotazione ()

		Valore				
		0,10	0,20	0,30	0,40	0,50
1	Pivot 360°, arto sollevato avanti/laterale/dietro					
2	Uno chainée (non Lancio)					
3	Salto di mano (180° o più) partenza sedute, arrivo in ginocchio con appoggio su mano, posizione gambe a biche					
4	Capovolta laterale (non su lancio)					
5	Rotazione sul bacino con gambe raccolte (180° o più)					
6		