

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

Tavola Difficoltà di salto (^)

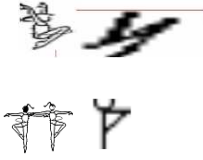


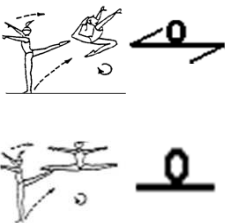


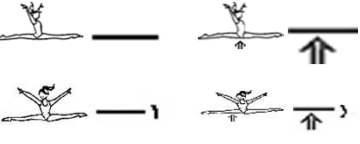

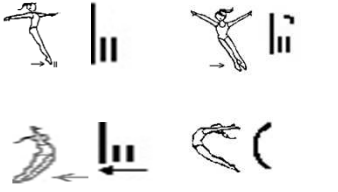
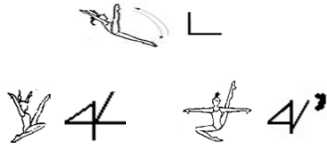
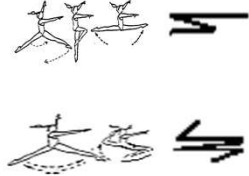



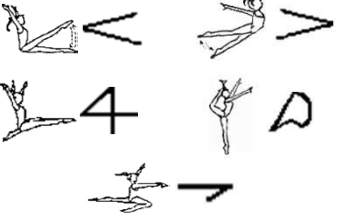
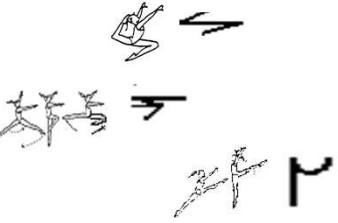
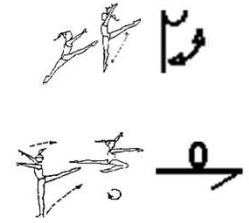
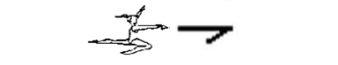

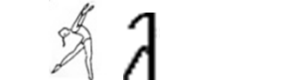

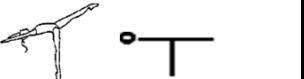
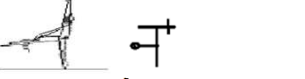
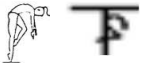


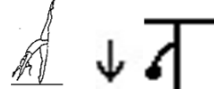




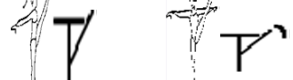
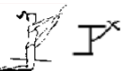



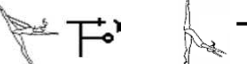


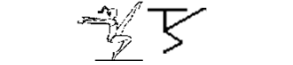





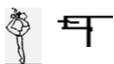


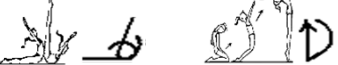

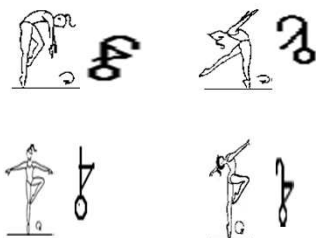
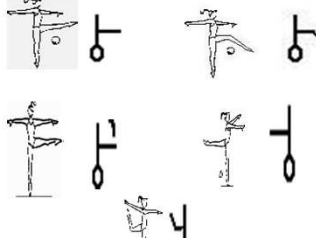
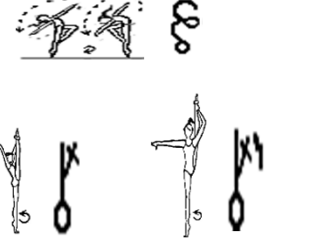
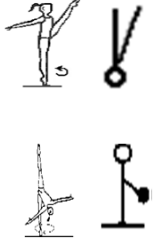


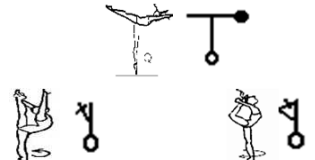
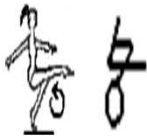


		Valore				
		0,10	0,20	0,30	0,40	0,50
1		360° 				
						
2		180° 				
						
3	Balzo con rimbalzo sullo stesso piede a Dx e a Sx Serie di 4 galoppi laterali con 1 cambio di fronte				(tutto il piede più alto della testa) 	
						
4	Sforbiciata flessa (Gatto) 					
						

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						
						
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	Due chainée (non Lancio)					
3						
4	Capovolta laterale (non su lancio)					
5	Rotazione sul bacino con gambe raccolte (180° o più)					
6		