











SYMBOLEN OPBOUW

BALK EN VLOER

BRUG

Uitvoering										
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




2 voeten 1 voet steun sprong strek of hang hurk hoek spreid verbinden vrij

Handstand										
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hand stand spagaat zweef stand

Salto's										
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v.o. rol hurk strek a.o. strek stut

Acro										
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

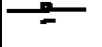
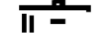
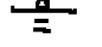




radslag arabier boogje a.o. boogje v.o. overslag flikflak tempo flikflak vrije radslag

Draaien										
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1/2 op 2 voeten halve draai hele pirouette ander half dubbel fouilletté draai 1/2 pirouette passé parallel 1/2 draai schroeven

Sprongen				Divers						
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

Strek spr halve draai strek spr hele draai Halve draai op 2 rechte benen Danspassage vloer/zijwaartse beweging op balk stand op 1 been, passé parallel beweging laag op de vloer en balk afweerdering element liggerwissel brug/element parallel balk

Sprongen										
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

hurk sprong katten sprong spagaat-sprong spagaat-afzet 2 spagaat zit spagaat-135o sisonne wissel spagaat op-hurken

				
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

zwaaien borstw.om 2 benen borstw.om 1 been 3/4 reus

				
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

opzwaai horizon-taal hand stand met 1/2 draai

				
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salto afsprong strek salto dubbel salto tegen spreiden

				
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buik draai losom op hurken zolen draai

				
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zweef kip pendel kip reuzen draai reus 1/2 draai