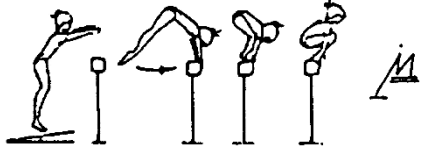
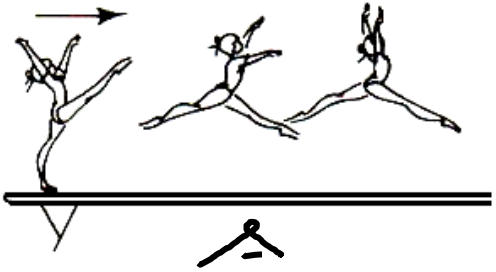
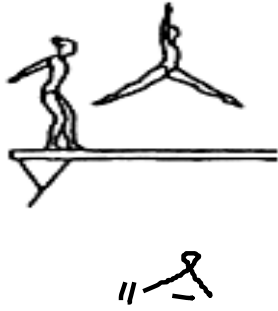
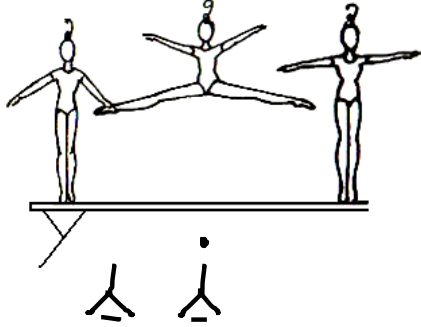
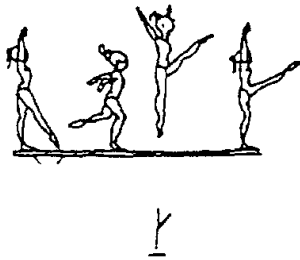
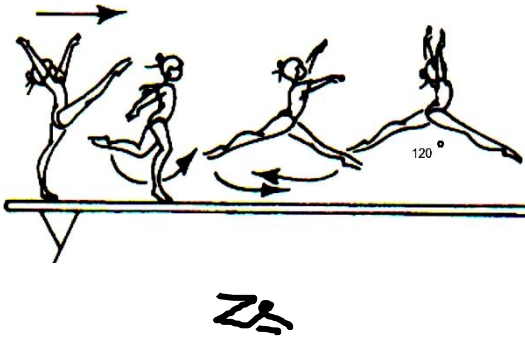
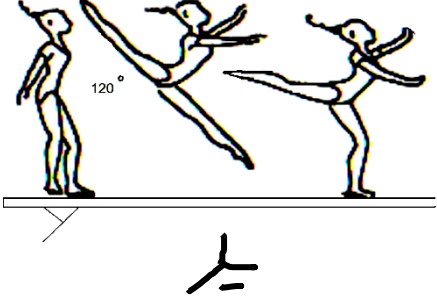


# **EVENWICHTSBALK TOEGEVOEGDE A-ELEMENTEN**


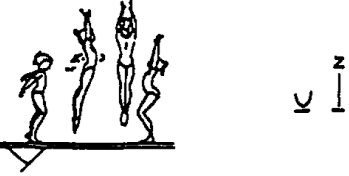


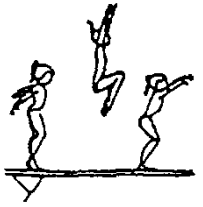
## 1.000 - OPSPRONGEN (TOEGEVOEGDE A-ELEMENTEN (TA))

<p><b>1.006</b> Vanuit parallelstand voorlings of aanloop 90° ten opzichte van de balk - sprong tot hurkstand (ophurken)</p>  <p>The diagram shows a sequence of four illustrations of a gymnast performing a front salto. The first illustration shows the gymnast in a parallel stand on the floor, with a vertical bar to their right. The second illustration shows the gymnast jumping forward, with their arms and legs extended. The third illustration shows the gymnast in a piked position, with their body arched and arms and legs bent. The fourth illustration shows the gymnast in a piked position, with their body arched and arms and legs bent. To the right of the sequence is a small icon of a hand holding a pen, indicating a writing area.</p>		
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2.000 - GYMNASTISCHE SPRONGEN (TOEGEVOEGDE A-ELEMENTEN (TA))

<p>2.001 Loopsprong voorwaarts (beenspreiding 90°-135°), dwars of parallel</p> 	<p>2.002 Loopsprong op de plaats (afzet van beide benen, beenspreiding 90°-135°), dwars of parallel</p> 	<p>2.003 Spreidsprong met gestrekte heupen dwars of parallel op de balk (beenspreiding 90°-135°)</p> 
<p>2.004 Sprong met het vrije been boven horizontaal - afzet van 1 been</p> 	<p>2.005 Wisselloopsprong (beenspreiding 90°-135°)</p> 	<p>2.008 Sissone (beenspreiding 90°-135°)</p> 

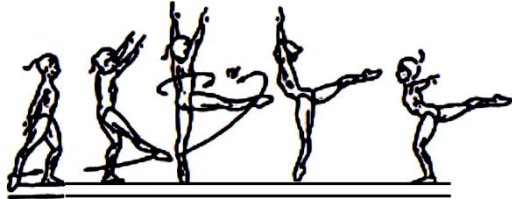
2.000 - GYMNASTISCHE SPRONGEN (TOEGEVOEGDE A-ELEMENTEN (TA))

<p>2.009 Streksprong</p>  <p>Streksprong met ½ draai (180°) - idem met beenwissel</p> 	<p>2.010 Schaarsprong voorwaarts of achterwaarts met gestrekte benen</p>  	<p>2.011 Hurksprong - afzet van een of beide benen</p> 
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### 3.000 - GYMNASISCHE DRAAIEN (TOEGEVOEGDE A-ELEMENTEN (TA))

3.001

Fouetendraai (werkbeen voor en na de draai 90°  
geheven)



64

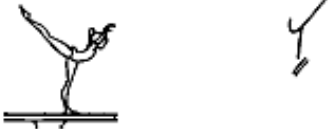
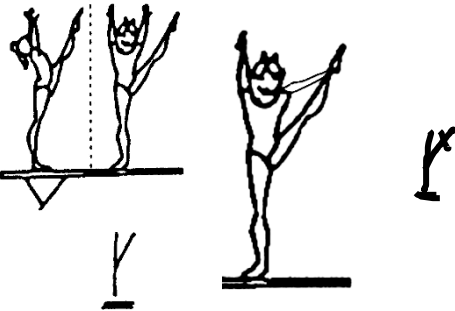

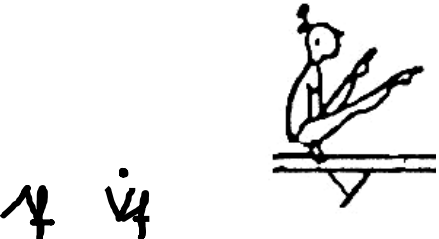
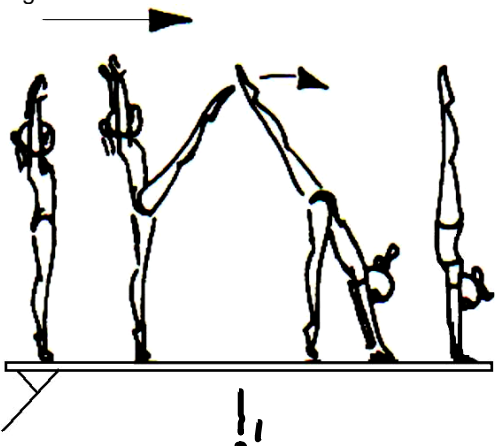
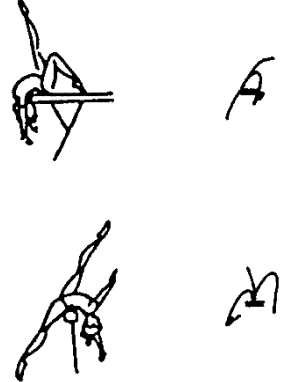
3.009

½ Draai (180°) in buiklig - handen steunen na  
elkaar



65

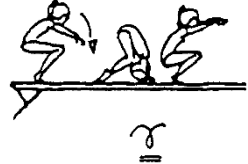
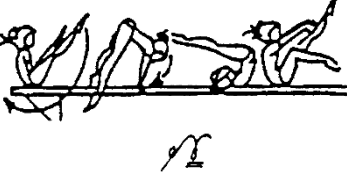


4.000 - HOUDINGEN EN ACROBATISCHE ELEMENTEN ZONDER VLUCHT (TOEGEVOEGDE A-ELEMENTEN (TA))

<p>4.002(D) Zweefstand voorover, standbeen gestrekt (beenspreiding 135°) – 2 seconden</p> 	<p>4.002(D) Stand op 1 been (hele voet) - vrije been voor- of zijwaarts houden boven 90° (2 sec)</p> 	<p>4.002 Hoge hoeksteun gesloten of gespreid, 1 seconde vast houden</p> 
<p>4.002 Vrije spreidhoeksteun, vrije hoeksteun</p> 	<p>4.003 Vluchtige handstand of handstand 1 seconde</p> 	<p>4.003(D) Liggen zonder steun van de handen met grote beenspreiding en sterke romp-buiging aan einde van de balk of parallel aan de balk (2 sec)</p> 

**4.000 - HOUDINGEN EN ACROBATISCHE ELEMENTEN ZONDER VLUCHT (TOEGEVOEGDE A-ELEMENTEN (TA))**

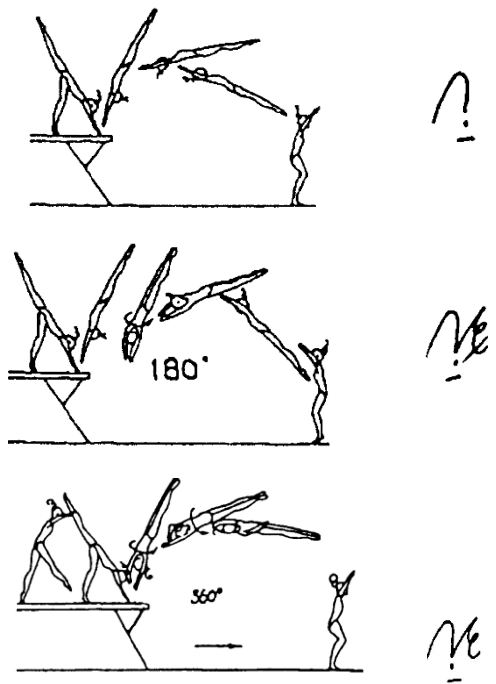
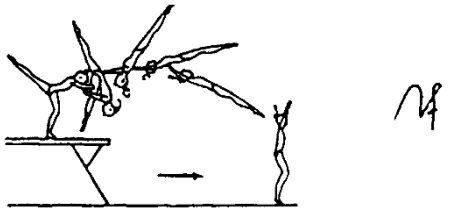
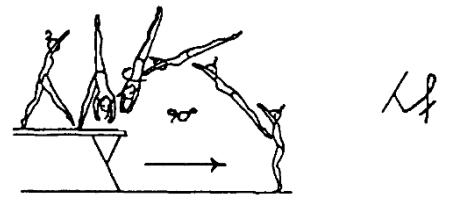
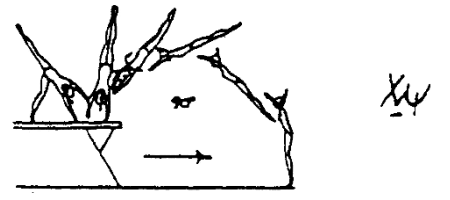
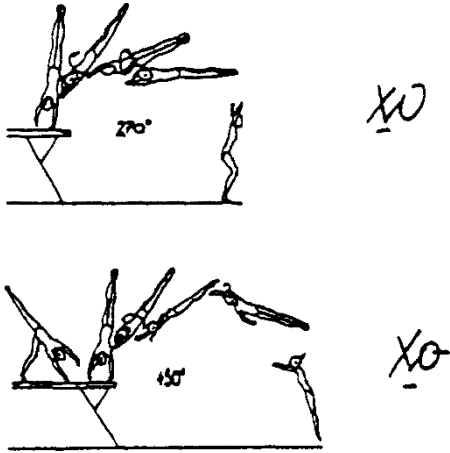
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4.000 - HOUDINGEN EN ACROBATISCHE ELEMENTEN ZONDER VLUCHT (TOEGEVOEGDE A-ELEMENTEN (TA))

<p>4.005 Rol voorover met steun van de handen</p>  <p>Idem rol voorover vanuit achteropzwaai</p> 	<p>4.006 Rol achterover</p>  	
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6.000 - AFSPRONGEN (TOEGEVOEGDE A-ELEMENTEN (TA))

<p>6.001 Overslag voorover - ook met ½ draai (180°) of 1/1 draai (360) na de steun van de handen</p>  <p>Three diagrams illustrating forward somersaults. The first shows a standard forward somersault. The second shows a forward somersault with a 180-degree rotation, labeled '180°'. The third shows a forward somersault with a 360-degree rotation, labeled '360°'. Each diagram includes a starting position on a beam, a hand support, and a landing position. Handwritten notes 'Ve' and 'i' are present next to the diagrams.</p>	<p>6.001 Vrije overslag voorover</p>  <p>Diagram of a free forward somersault. The gymnast starts on a beam, performs a handstand, and then executes a forward somersault. A handwritten note 'Nf' is next to the diagram.</p> <p>Vrije arabier</p>  <p>Diagram of a free arabesque somersault. The gymnast starts on a beam, performs a handstand, and then executes a somersault in an arabesque position. A handwritten note 'Lf' is next to the diagram.</p>	<p>6.001 Overslag zijw. /radslag met ¼ draai (90°) tot dwarsstand aan uiteinde balk</p>  <p>Diagram of a side somersault with a 90-degree rotation. The gymnast starts on a beam, performs a handstand, and then executes a side somersault. A handwritten note 'Xf' is next to the diagram.</p> <p>Idem met ¾ draai (270°) of 1 ¼ draai (450°) tot dwarsstand aan uiteinde van balk</p>  <p>Two diagrams illustrating side somersaults with 270-degree and 450-degree rotations. The first is labeled '270°' and the second is labeled '450°'. Both diagrams include a starting position on a beam, a hand support, and a landing position. Handwritten notes 'Xf' and 'Xo' are present next to the diagrams.</p>
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