

Instap - Nationaal 1

Uitgangspositie: Hang aan rekstok met schlaufen of bandjes

	1 - 2 - 3			4 - 5 - 6 - 7				8	9	10	11	12	(13)	14
+ 0.30											 45° boven horizontaal	 naar 14		 3x
Basis D = 4.50								 1 sec 1 sec	 3x min 45°		 horizontaal	 naar 13	Onderuit- zwaai 	 3x minimaal horizontaal
- 0.30											 45° onder horizontaal			

Pupil 1 - Nationaal 1

Uitgangspositie: Hang aan rekstok met schlaufen of bandjes

	1 - 2 - 3			4 - 5 - 6 - 7				8	9	10	11		12	13	14		15
+ 0.30									 of 			overgang reus a.o. naar reus v.o. binnen 10° van verticaal: D + 0,30				overgang reus v.o. naar reus a.o. binnen 10° van verticaal: D + 0,30	
Basis D = 4.50									 45° boven horizontaal		 3x						
- 0.30									 horizontaal								

Pupil 2 - Nationaal 1 - Oefening 1

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7	8	9	10
+ 0.30										
Basis D = 4.50										
- 0.30										

Pupil 2 - Nationaal 1 - Oefening 2

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7	8	9	10
+ 0.30										
Basis D = 5.40										
- 0.30										

Jeugd 1 - Nationaal 1 - Oefening 1

Uitgangspositie: Hang aan enkele brugligger


















	1	2	3	4	5	6	7	8	9	10	11
+ 0.30											
Basis D = 4.50											

Jeugd 1 - Nationaal 1 - Oefening 2
























Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7	8	9	10	11	12
+ 0.30												
Basis D = 5.40												

In stap - Nationaal 2*Uitgangspositie: Hang aan rekstok met schlaufen of bandjes*







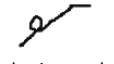

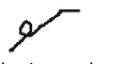
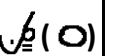

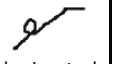
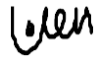



	1	2-3-4			5		6	7	8	9	10	11	
+ 0.30									 45° boven horizontaal				
Basis D = 4.50									 3x min 45°		 horizontaal	 Onderuit- zwaai	 3x minimaal horizontaal
- 0.30									 45° onder horizontaal				

Pupil 1 - Nationaal 2*Uitgangspositie: Hang aan rekstok met schlaufen of bandjes*

	1-2-3			4-5-6			7	8	9	10	11	(12)	13		
+ 0.30										 45° boven horizontaal	 naar 13		 3x		
Basis D = 4.50											 3x min 45°	 horizontaal	 naar 12	Onderuit- zwaai 	 3x minimaal horizontaal
- 0.30										 45° onder horizontaal					

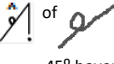


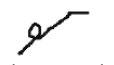





Pupil 2 - Nationaal 2 - Oefening 1

Uitgangspositie: Hang aan rekstok met schlaufen of bandjes

	1	2	3	4	(5)	6	7	8
+ 0.30		 45° boven horizontaal		 45° boven horizontaal	()		 45° boven horizontaal	
Basis D = 4.50		 horizontaal		 horizontaal		 ()	 horizontaal	
- 0.30		 45° onder horizontaal		 45° onder horizontaal			 45° onder horizontaal	

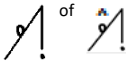










Pupil 2 - Nationaal 2 - Oefening 2

Uitgangspositie: Hang aan rekstok met schlaufen of bandjes

	1	2	(3)	4	5	6	7
+ 0.30		 45° boven horizontaal	()				
Basis D = 5.40		 horizontaal					
- 0.30		 45° onder horizontaal					

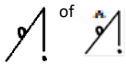











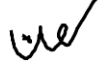

Jeugd 1 Nationaal 2 - Oefening 1

Uitgangspositie: Hang aan enkele brugligger









	1	2	3	4	5	6	7
+ 0.30		 of 					
Basis D = 4.50		 45° boven horizontaal					
- 0.30		 horizontaal					

Jeugd 1 Nationaal 2 - Oefening 2












Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7	8	9
+ 0.30		 of 							
Basis D = 5.40		 45° boven horizontaal							
- 0.30		 horizontaal							

In stap - Nationaal 3*Uitgangspositie: Hang aan rekstok met schlaufen of bandjes*









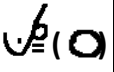

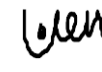




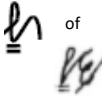
	1 - 2 - 3			4		5	6	7	8	9	10
+ 0.30								 horizontaal			
Basis D = 4.50		strek- hang	L) (1 sec 1 sec) () (^{3x}  min 45°		 45° onder horizontaal		Onderuit- zwaai	^{3x}  horizontaal
- 0.30											

Pupil 1 - Nationaal 3*Uitgangspositie: Hang aan rekstok met schlaufen of bandjes*

	1 - 2 - 3 - 4				5		6	7	8	9	10	13
+ 0.30									 45° boven horizontaal			
Basis D = 4.50		V	L	) (1 sec 1 sec) () (^{3x}  min 45°		 horizontaal		Onderuit- zwaai	^{3x}  minimaal horizontaal
- 0.30									 45° onder horizontaal			









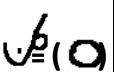

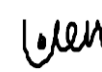




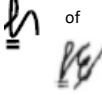
Pupil 2 - Nationaal 3

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7
+ 0.30		 45° boven horizontaal		 45° boven horizontaal		 45° boven horizontaal	
Basis D = 4.50		 horizontaal		 horizontaal		 horizontaal	
- 0.30		 45° onder horizontaal		 45° onder horizontaal		 45° onder horizontaal	

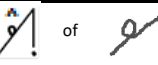










Jeugd 1 - Nationaal 3 - Oefening 1

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	(4)	5	6	7
+ 0.30		 45° boven horizontaal	 door naar 5	 45° boven horizontaal		 45° boven horizontaal	
Basis D = 4.50		 horizontaal		 horizontaal		 horizontaal	
- 0.30		 45° onder horizontaal	 door naar 4	 45° onder horizontaal		 45° onder horizontaal	









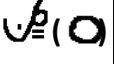






Jeugd 1 - Nationaal 3 - Oefening 2

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7
+ 0.30		 of  45° boven horizontaal	()				
Basis D = 5.40		 horizontaal					
- 0.30		 45° onder horizontaal					

Jeugd 1 - Nationaal 4

Uitgangspositie: Hang aan enkele brugligger

	1	2	3	4	5	6	7
+ 0.30		 45° boven horizontaal		 45° boven horizontaal		 45° boven horizontaal	
Basis D = 4.50		 horizontaal		 horizontaal		 horizontaal	
- 0.30		 45° onder horizontaal		 45° onder horizontaal		 45° onder horizontaal	 of 