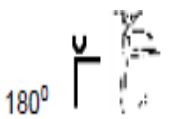

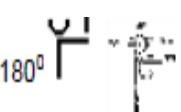
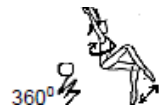
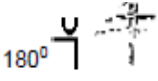
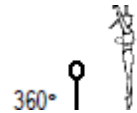
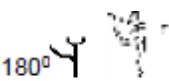


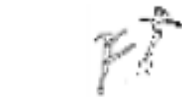
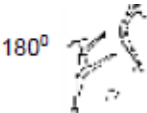












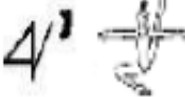








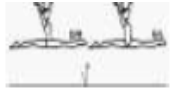













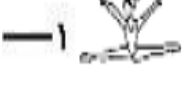



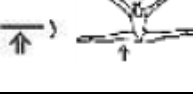
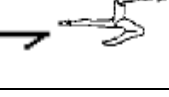




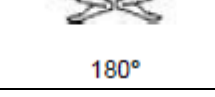







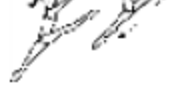
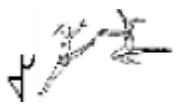




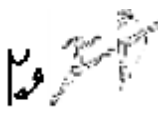













TABLE A

12. SYMBOLS OF JUMPS – LEAPS		SALTOS				
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
180° 	360° 					
180° 	360° 					
180° 	360° 					
180° 	360° 					
	180° 	180° 				
						
		180° 				

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
	 <p>(whole foot higher than head)</p>					
						
		 <p>180°</p>	 <p>180°</p>	 <p>180°</p>		 <p>180° 180° (Zk)</p>
		 <p>180°</p>				
			 <p>(Zr)</p>		 <p>2 — One Difficulty</p>	
					 <p>3 — (0.70) One Difficulty</p>	






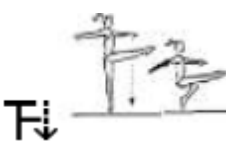






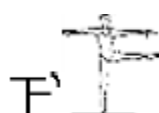
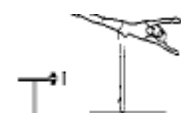
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
		180° 	180° 	180° 		
						
						
						
						
			180° 	180° 	 180°	
						
						



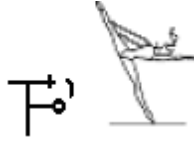

















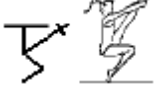

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						

13. SYMBOLS OF BALANCES

EQUILIBRIOS





Balances on the foot

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						





Balances on other parts of the body





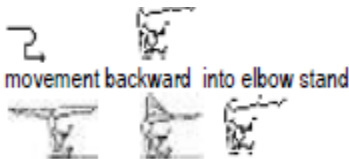
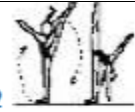




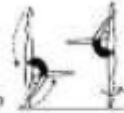
EQUILIBRIOS SOBRE OTROS PARTES DEL CUERPO

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
	Kb 					

Dynamic Balances

EQUILIBRIOS DINAMICOS

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
	 <p>Leg at the horizontal for min 2 shapes + min 1 turn</p>		 <p>Leg above horizontal for min 2 shapes + min 1 turn</p>			
	 <p>movement backward into elbow stand</p>		<p>U<sub>2</sub>  also vice versa</p> <p>U<sub>3</sub>  (0.50)</p>	<p>U 180°  (0.60)</p>		
			<p>Gz  also vice versa</p> <p>Kp  also vice versa</p>	<p>U<sub>2</sub> 180°  (0.60) with 180 turn in any phase, or vice-versa</p>		



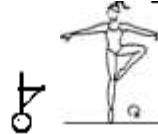


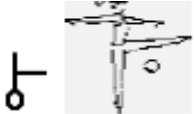



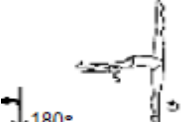








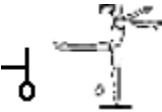

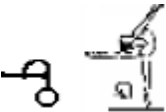


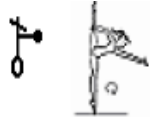
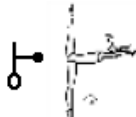



14. SYMBOLS OF PIVOTS






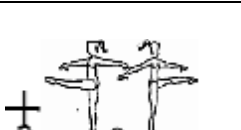

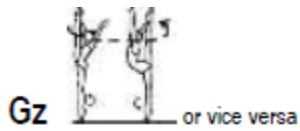
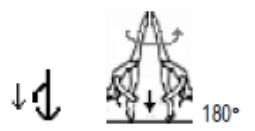



GIROS

Rotations on the foot

GIROS SOBRE UN PIE

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
<b>Rotations on other parts of the body</b>			<b>RODAMIENTOS SOBRE OTROS PARTES</b>			
