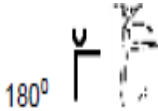

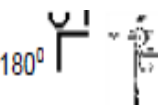
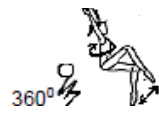
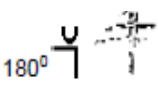

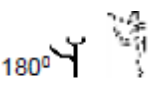
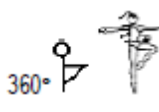

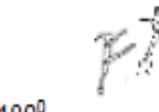
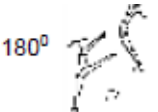

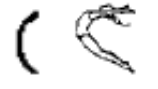










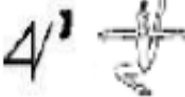








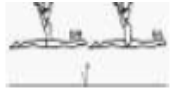













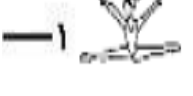



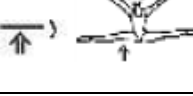
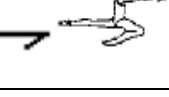




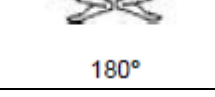







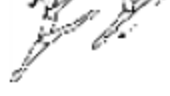
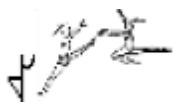




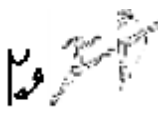













12. SYMBOLS OF JUMPS – LEAPS

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





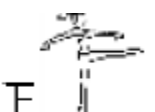







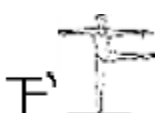
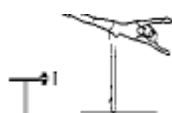
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
	 <p>(whole foot higher than head)</p>					
						
		 <p>180°</p>	 <p>180°</p>	 <p>180°</p>		 <p>180° 180° (Zk)</p>
		 <p>180°</p>				
			 <p>(Zr)</p>		 <p>2 — One Difficulty</p>	
					 <p>3 — (0.70) One Difficulty</p>	



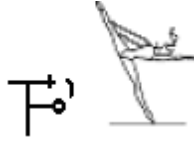






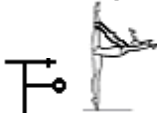



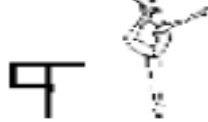






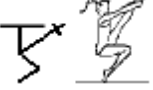
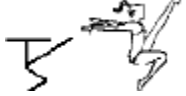
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
		180° 	180° 	180° 		
						
						
						
						
			180° 	180° 	180° 	
						
						

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



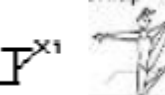
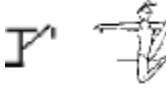
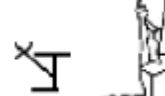



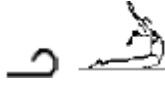


13. SYMBOLS OF BALANCES

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
						
						
						
						
						





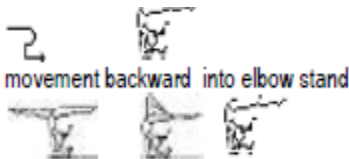





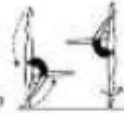
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						

Balances on other parts of the body

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



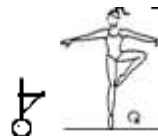


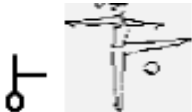



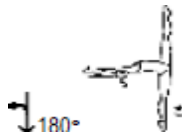
Dynamic Balances







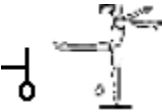

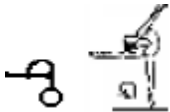



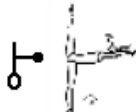



						
						
		D 				






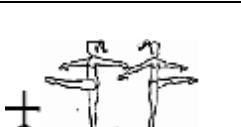
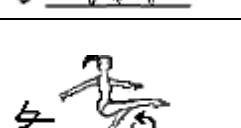
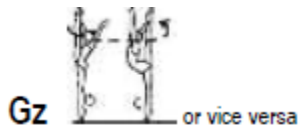
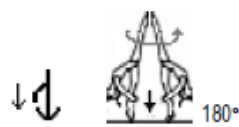



DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
	 <p>Leg at the horizontal for min 2 shapes + min 1 turn</p>		 <p>Leg above horizontal for min 2 shapes + min 1 turn</p>			
	 <p>movement backward into elbow stand</p>		<p>U₂  also vice versa</p> <p>U₃  (0.50)</p>	<p>U 180°  (0.60)</p>		
			<p>Gz  also vice versa</p> <p>Kp  also vice versa</p>	<p>U2 180°  (0.60) with 180 turn in any phase, or vice-versa</p>		

14. SYMBOLS OF PIVOTS

Rotations 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
						
						
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
Rotations on other parts of the body						
