**SAUTS**

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| **0,20** | **0,40** | **0,60** | **0,80** | **1** | **1,20** |
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**EQUILIBRES**

Pour les équilibres pouvant se faire sur un pied, rajouter le symbole suivant devant le symbole de la difficulté:

Exemples:

Pour les équilibres avec tour lent, rajouter le symbole suivant: Exemples: et sur pied plat :

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| **0,20** | **0,40** | **0,60** | **0,80** | **1** | **1.20** |
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|  |  |  | 00003 laterale1 alto senza  |   |  |
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| **0015 grand écart facciale aiuto piegato00012 piegato alto con** |  |  |  |  |  |
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| **00006 ginocchio laterale** |  |  |  |  |  |
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|  |  |  | **U2** | **U3** |   |
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**ROTATIONS**

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| **0,20** | **0,40** | **0,60** | **0,80** | **1** |
| **0001 flessione avanti gamba bassa 1**103 |  |  |  |  |
| **0002 flessione dietro gamba bassa 1**104 |  |  |  |  |
| 108bb |  |  |  |  |  |
|  |  |  |  |  |
|  |  086 |  |  |  |
|  |  |   097 | 101 | 180°  |
|  |  02 laterale |  | **0 orizzontale laterale 102 PLANCHE LATERALE C** |  |
|  |  |  |  |  |
|  |  | 180°  |  | 180° |
|  |  | 088 |  | **000 attitude e flessione** |
|  |  |  |  |  |
|  |  |  |  | **0 spaccata dorsale 1093** |  |
|  |  |  | **Rotazione in panché** |  |  |
|  |  |  089 | **0035 boucle a chiuso mezzo 100** |  | **0038 boucle senza a chiuso 04 boucle senza** |
|  | **0025 fouetté semplice gamba tesa** 109 FOUETTé A GAMBA TESA |  |  |  |
|  | 090 |  |  |  |
|  |  |  |  |  180°  |
| 0007 verso alto180° |
|  |  |  | **Gz**  |  |
| Rl  |  | Kn  |  |  |
| **020 rotolo a terra** |  | **022** |  |  |