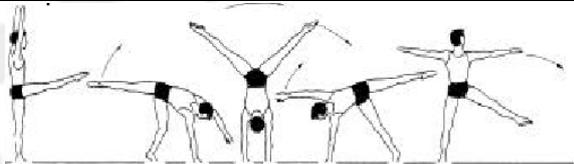
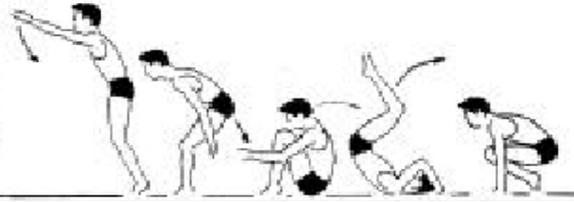


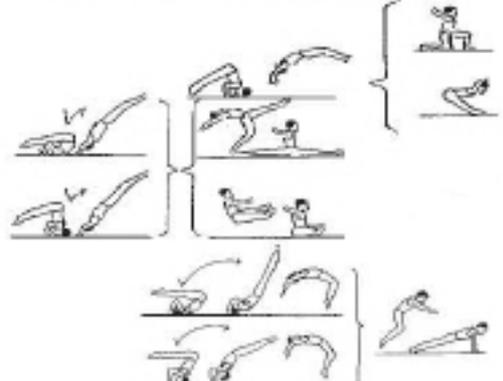


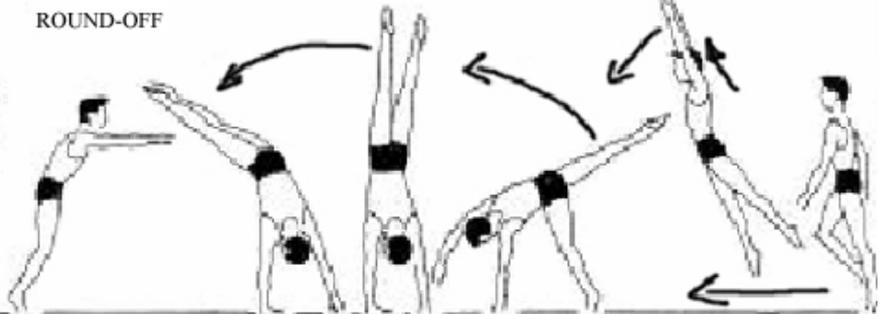
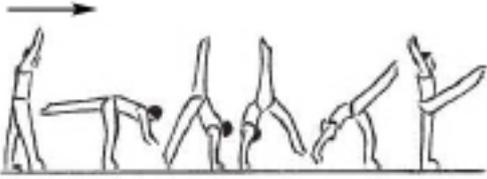
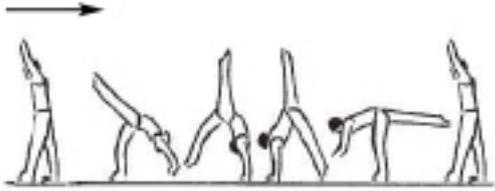
QUADERNO TECNICO

Safety Level Categoria MINI

CATEGORIA MINI SAFETY LEVEL

ELEMENTI ACROBATICI E GINNICI		
Cod.	ELEM. ACROB./PUNTEGGIO	DETTAGLIO/DESCRIZIONE
01	RUOTA PUNTI 2	
02	CAPOVOLTA AVANTI PUNTI 2	
03	CAPOVOLTA DIETRO PUNTI 2	
04	CANDELA PUNTI 2	
05	EQUILIBRIO SULLE MANI CON GAMBE SOTTO IL LIVELLO DELLA TESTA PUNTI 3	

<p>06</p>	<p>EQUILIBRIO SULLA TESTA PUNTI 3</p>	
<p>07</p>	<p>PLANCHE CON L'AUSILIO DI ENTRAMBE LE BRACCIA PUNTI 3</p>	
<p>08</p>	<p>PONTE SENZA ROVESCIATA PUNTI 3</p>	<p>BRIDGE</p>  
<p>09</p>	<p>ONDA PUNTI 4</p>	<p>wave</p> 
<p>10</p>	<p>KIPPE DI NUCA, DI TESTA, DI BRACCIA PUNTI 4</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p> 

<p>11</p>	<p>VERTICALE (Minimo 4 secondi) PUNTI 5</p>	<p>HANDSTAND</p>  <p>A line drawing of a person performing a handstand, balancing on their hands with their feet and legs straight up in the air.</p>
<p>12</p>	<p>RONDATA PUNTI 5</p>	<p>ROUND-OFF</p>  <p>A sequence of five line drawings showing the steps of a round-off: starting from a standing position, moving into a handstand, then a backbend, and finally a standing position with one leg raised.</p>
<p>13</p>	<p>ROVESCIAIA AVANTI PUNTI 6</p>	<p>WALKOVER</p>  <p>A sequence of five line drawings showing the steps of a forward walkover: starting from a standing position, moving into a handstand, then a backbend, and finally a standing position with one leg raised.</p>
<p>14</p>	<p>ROVESCIAIA DIETRO PUNTI 6</p>	<p>BACKWARD WALKOVER</p>  <p>A sequence of five line drawings showing the steps of a backward walkover: starting from a standing position, moving into a handstand, then a backbend, and finally a standing position with one leg raised.</p>

<p>15</p>	<p>RIBALTATA PUNTI 6</p>	<p>FLYSPRING</p> 
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