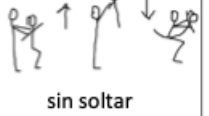
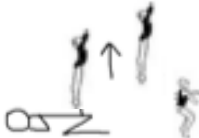
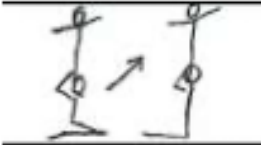
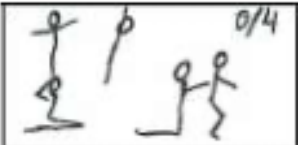
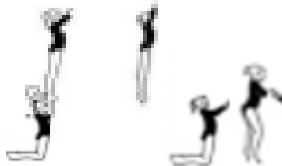
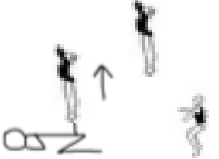
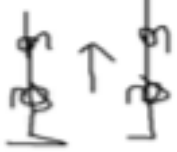
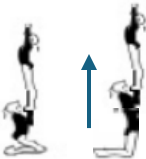
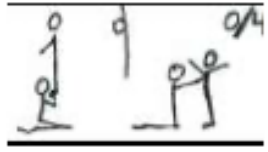


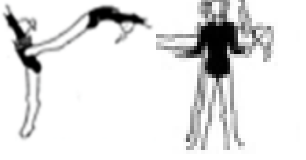
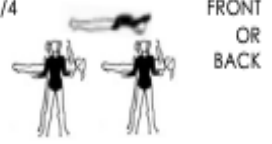
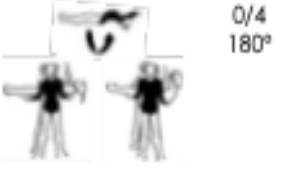
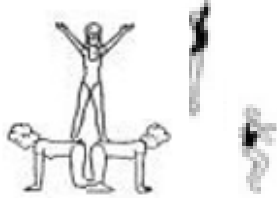
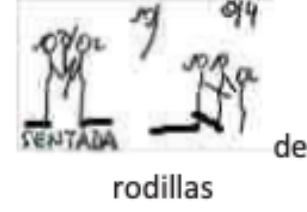
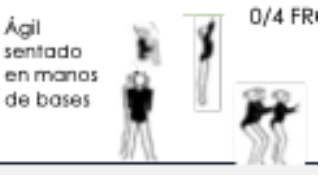
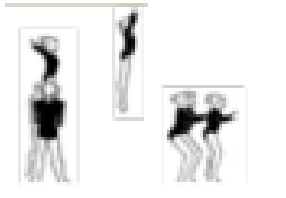
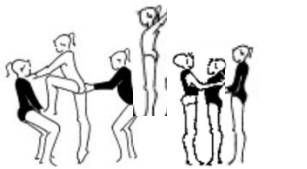
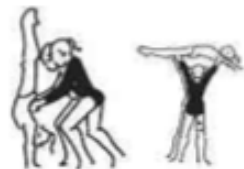


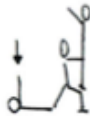
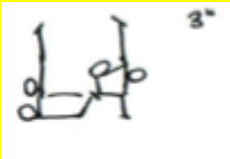
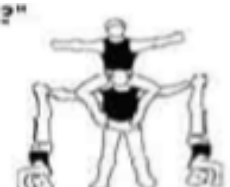
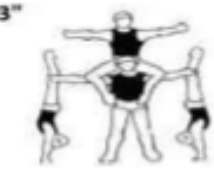
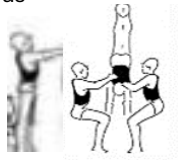
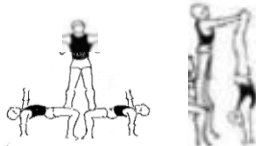
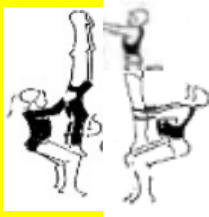
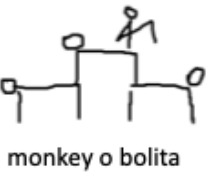
TABLAS DE DIFICULTAD ESCOLAR – ROWS INDIVIDUALES

	A	B	C	D	E
ROW I					
ROW II					
ROW III					
ROW IV					
ROW V					
	0	0,1	0,2	0,3	0,4

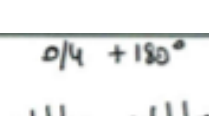
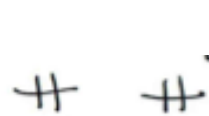
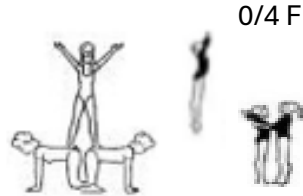
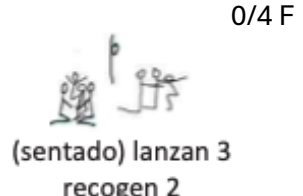
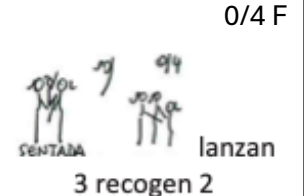
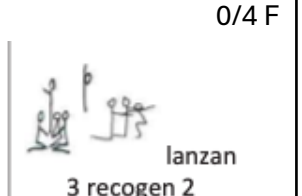
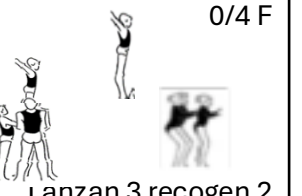
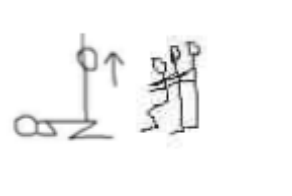
	A	B	C	D	E
ROW I					
ROW II	 sin soltar	 sin soltar (agrupado)			
ROW III	 sin soltar	 sin soltar			
ROW IV					
ROW V					
	0	0,1	0,2	0,3	0,4

	A	B	C	D	E
ROW I			 AGARRE POR DEBAJO DE LA CINTURA		monito o bolita
ROW II					
ROW III				Monito o bolita 	 monito o bolita
ROW IV	boca arriba o boca abajo 		monito o bolita 	boca arriba o boca abajo 	
	0	0,1	0,2	0,3	0,4

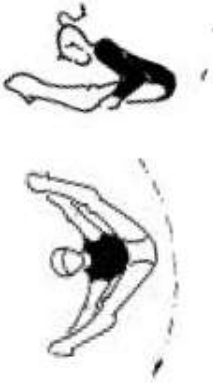
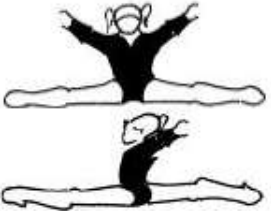
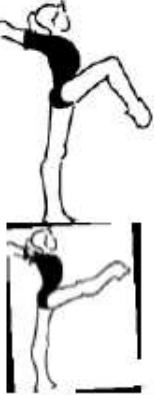
	A	B	C	D	E
ROW I	 1/4 B	 1/4 F	 1/4 B	FRONT OR BACK  0/4 FRONT OR BACK	 0/4 180°
ROW II	0/4 F 	0/4 F  rodillas	0/4 F  Ágil sentado en manos de bases	0/4 F  0/4	0/4 F 
ROW III	0/4 B 	0/4 B 	0/4 B 	0/4 B 	0/4 B 
ROW IV	 (dejar caer a bandeja)	 1/4 Front sin soltar	 1/4 Front soltar al llegar arriba y captura en bandeja	 Timing sin soltar	 2/4 Front
	0	0,1	0,2	0,3	0,4

	A	B	C	D	E
ROW I			 3" posición libre de piernas en el pino	 monkey o bolita	
ROW II					
ROW III					
ROW IV		 Tercer base agarre por las piernas			 monkey o bolita
	0	0,1	0,2	0,3	0,4

El pino del top puede ser realizado con la cabeza entre las piernas (agarre en las rodillas)

	A	B	C	D	E
ROW I	 1/4 Front recogen 3	 1/4 Back recogen 3	 0/4 <u>LANZAN Y RECUGEN 3</u>	 0/4 + 180° LANZAN Y RECUGEN 3	 <u>CAMBIO BASE</u>
ROW II	 0/4 F	 0/4 F (sentado) lanzan 3 recogen 2	 0/4 F SENTADO lanzan 3 recogen 2	 0/4 F lanzan 3 recogen 2	 0/4 F Lanzan 3 recogen 2
ROW III	 0/4 B	 0/4 B lanzan 2 recogen 2	 0/4 B Lanzan 2 recogen 3	 0/4 B Lanzan 3 recogen 2	 0/4 B Lanzan 3 recogen 3
ROW IV	 3 bases trabajando (dejar caer a bandeja)	 tercer <u>agarre en los hombros</u>		 1/4 B	 Lanzan 3 recogen 2
	0	0,1	0,2	0,3	0,4

INDIVIDUALES ESCOLAR

	1	2	3	4	5
FLEXIBILIDAD					
EQUILIBRIO					
AGILIDAD / TUMBLING	 180°	 360°			