










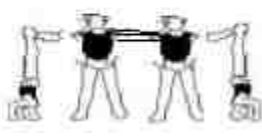
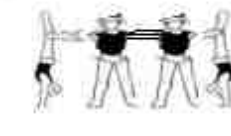
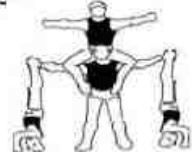

TABLAS DE DIFICULTAD ESCOLAR – ROWS INDIVIDUALES



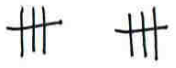
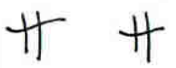
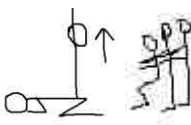





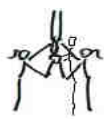
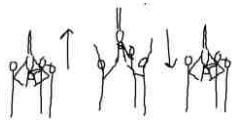
PAREJAS BENJAMÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I	3''	3'' Con asistencia del/a portor/a	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW II	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW III	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW IV	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3

PAREJAS BENJAMÍN		A	B	C	D
ROWS DINÁMICO	ROW I		↑	↑	↑ 0/4
	Valor	-	0,1	0,2	0,3
	ROW II	↑ 0/4 sin soltar	↑ 0/4 sin soltar (agrupado)	↑ 0/4 sin soltar (carpa abierta)	↑ 0/4
	Valor	-	0,1	0,2	0,3
	ROW III	↑ sin soltar	↑ sin soltar	↑ sin soltar	↑ 0/4
	Valor	-	0,1	0,2	0,3
	ROW IV	↑	↑	↑	↑ 0/4
	Valor	-	0,1	0,2	0,3

W3 BENJAMÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I		 APOYO EN SUELO AGARRE POR DEBAJO DE LA CINTURA		Monkey o bolita ^{3''}
	Valor	-	0,1	0,2	0,3
	ROW II	 orientación en el pino libre			
	Valor	-	0,1	0,2	0,3
	ROW III				
	Valor	-	0,1	0,2	0,3

W3 BENJAMÍN		A	B	C	D
ROWS DINÁMICO	ROW I	 1/4 B	 1/4 F	 1/4 BACK	 0/4
	Valor	-	0,1	0,2	0,3
	ROW II		 SENTADA de rodillas	 SENTADA	 0/4
	Valor	-	0,1	0,2	0,3
	ROW III				 0/4
	Valor	-	0,1	0,2	0,3
	ROW IV		 (dejar caer a bandeja)	 1/4 Front sin soltar	 1/4 Front soltar al llegar arriba y captura en bandeja
	Valor	-	0,1	0,2	0,3

M4 BENJAMÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I				 3" posición libre de piernas en el pino
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
	ROW III				
Valor	-	0,1	0,2	0,3	

M4 BENJAMÍN		A	B	C	D
ROWS DINÁMICO	ROW I	 1/4 Front recogen 3	 1/4 Back recogen 3	 LANZAN Y RECIBEN 3	 Lanzan y reciben 2
	Valor	-	0,1	0,2	0,3
	ROW II			 SENTADA lanzan 3 recogen 2	 lanzan 3 recogen 2
	Valor	-	0,1	0,2	0,3
	ROW III			 lanzan 2 recogen 2	 lanzan 2 recoge 1
	Valor	-	0,1	0,2	0,3
	ROW IV			 tercer agarre en los hombros	
	Valor	-	0,1	0,2	0,3

PAREJAS ALEVÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW II	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW III	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3
	ROW IV	3''	3''	3''	3''
	Valor	-	0,1	0,2	0,3

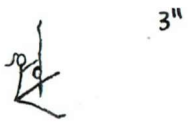

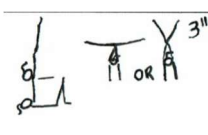

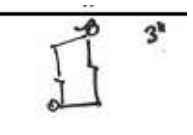

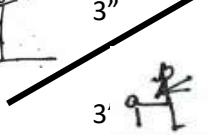
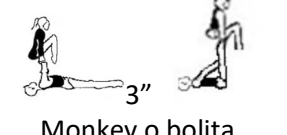
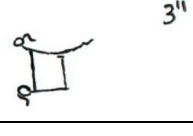
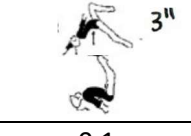
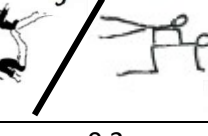

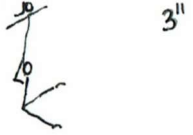
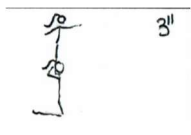
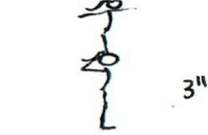
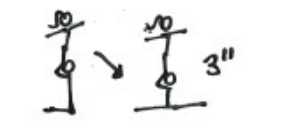
PAREJAS ALEVÍN		A	B	C	D
ROWS DINÁMICO	ROW I		↑	↑	↑
	Valor	-	0,1	0,2	0,3
	ROW II	↑ sin soltar	↑ sin soltar	↑ 0/4	↑ 0/4
	Valor	-	0,1	0,2	0,3
	ROW III	↑ ↓ sin soltar	↑ ↓ sin soltar	↑ ↓	↑ ↓ 0/4
	Valor	-	0,1	0,2	0,3
	ROW IV	↑	↑	↑	↑ 0/4
	Valor	-	0,1	0,2	0,3

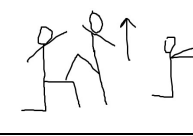
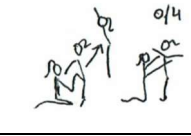

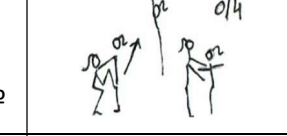



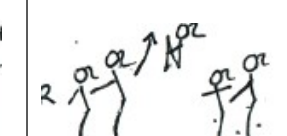
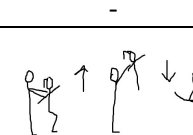
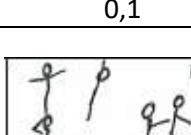
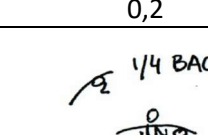
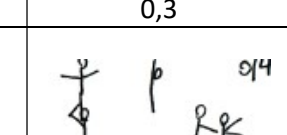

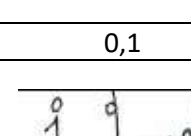
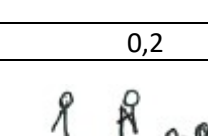
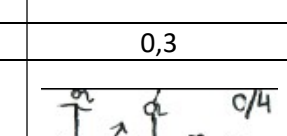
TRIOS ALEVÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I			 3'' AGARRE POR DEBAJO DE LA CINTURA	Monkey o bolita ^{3''}
	Valor	-	0,1	0,2	0,3
	ROW II	 3'' orientación en el pino libre			
	Valor	-	0,1	0,2	0,3
ROW III					
Valor	-	0,1	0,2	0,3	

TRÍOS ALEVÍN		A	B	C	D
ROWS DINÁMICO	ROW I	 1/4 B	 1/4 F	 1/4 BACK	 0/4
	Valor	-	0,1	0,2	0,3
	ROW II		 SENTADA de rodillas	 SENTADA	 0/4
	Valor	-	0,1	0,2	0,3
ROW III				 0/4	
Valor	-	0,1	0,2	0,3	
ROW IV	 (dejar caer a bandeja)	 1/4 Front sin soltar	 1/4 Front soltar al llegar arriba y captura en bandeja	 2/4 Front	
Valor	-	0,1	0,2	0,3	

CUARTETOS ALEVÍN		A	B	C	D
ROWS EQUILIBRIO	ROW I				 posición libre de piernas en el pino
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
ROW III					
Valor	-	0,1	0,2	0,3	

CUARTETOS ALEVÍN		A	B	C	D
ROWS DINÁMICO	ROW I	 1/4 Front recogen 3	 1/4 Back recogen 3	 0/4 LANZAN Y RECIBEN 3	 0/4 + 180°
	Valor	-	0,1	0,2	0,3
	ROW II		 (sentado) lanzan 3 recogen 2	 SENTADA lanzan 3 recogen 2	 lanzan 3 recogen 2
	Valor	-	0,1	0,2	0,3
ROW III		 lanzan 2 recogen 2	 lanzan 3 recoge 1	 lanzan 2 recoge 1	
Valor	-	0,1	0,2	0,3	
ROW IV			 tercer agarre en los hombros		
Valor	-	0,1	0,2	0,3	




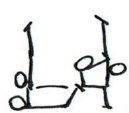








PAREJAS INFANTIL		A	B	C	D
ROWS EQUILIBRIO	ROW I				
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
	ROW III				
	Valor	-	0,1	0,2	0,3
	ROW IV				
Valor	-	0,1	0,2	0,3	

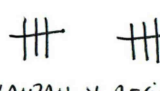


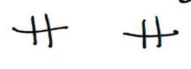

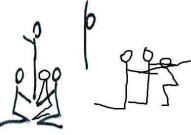





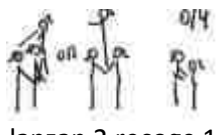


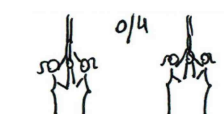

PAREJAS INFANTIL		A	B	C	D
ROWS DINÁMICO	ROW I				
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
	ROW III				
	Valor	-	0,1	0,2	0,3
	ROW IV				
Valor	-	0,1	0,2	0,3	

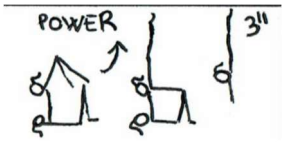
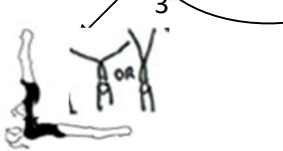

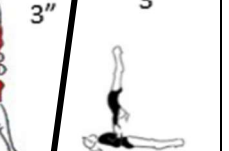
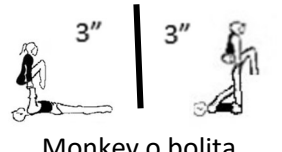
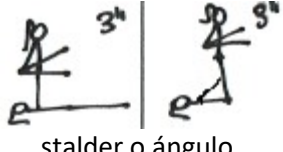


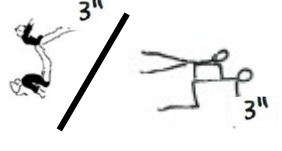

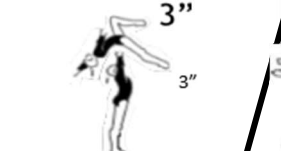
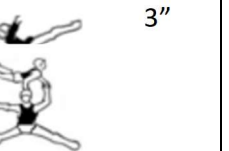
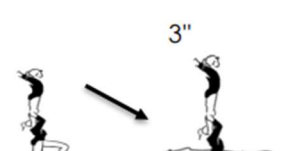

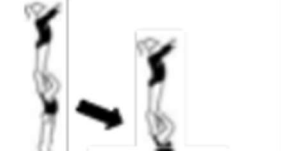

M2 INFANTIL	A	B	C	D
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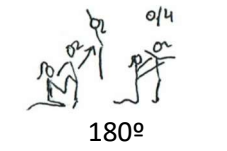
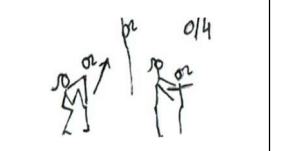
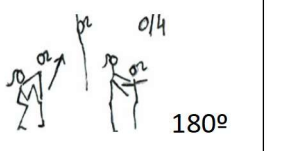
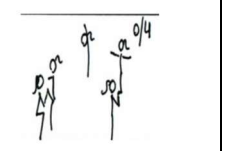

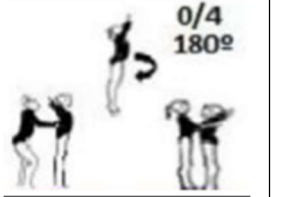
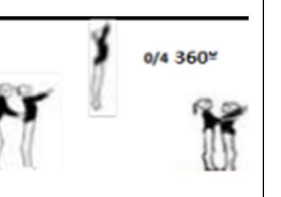
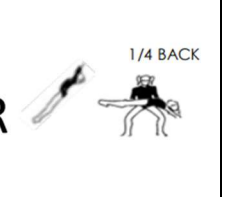
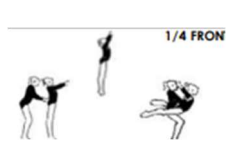
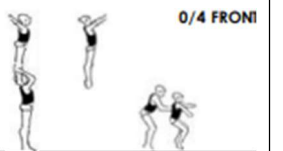
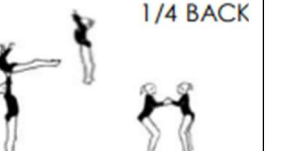


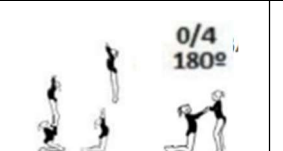
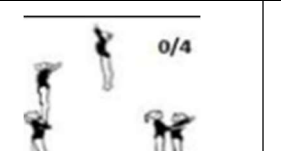
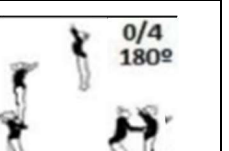
TRIOS INFANTIL		A	B	C	D
ROWS EQUILIBRIO	ROW I			Monkey o bolita 	
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
ROW III					
Valor	-	0,1	0,2	0,3	

TRÍOS INFANTIL		A	B	C	D
ROWS DINÁMICO	ROW I				
	Valor	-	0,1	0,2	0,3
	ROW II				
	Valor	-	0,1	0,2	0,3
ROW III					
Valor	-	0,1	0,2	0,3	
ROW IV					
Valor	-	0,1	0,2	0,3	

CUARTETOS INFANTIL		A	B	C	D
ROWS EQUILIBRIO	ROW I	 3"	 3" posición libre de piernas en el pino	 3" monkey o bolita	 3"
	Valor	-	0,1	0,2	0,3
	ROW II	 3"	 3"	 3"	 3"
	Valor	-	0,1	0,2	0,3
	ROW III	 3"	 3"		 monkey o bolita
	Valor	-	0,1	0,2	0,3




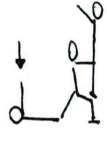





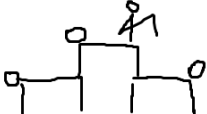


CUARTETOS INFANTIL		A	B	C	D
ROWS DINÁMICO	ROW I	 0/4 LANZAN Y RECIBEN 3	 0/4 + 180°	 0/4	 0/4 CAMBIO BASE
	Valor	-	0,1	0,2	0,3
	ROW II	 0/4 SENTADA lanzan 3 recogen 2	 0/4 lanzan 3 recogen 2	 0/4 lanzan 3 recogen 2	 0/4 lanzan 3 recogen 2
	Valor	-	0,1	0,2	0,3
	ROW III	 0/4 lanzan 3 recoge 1	 0/4 lanzan 2 recoge 1	 0/4 lanzan 3 recoge 1	 0/4 lanzan 2 recoge 1
	Valor	-	0,1	0,2	0,3
	ROW IV	 tercer agarre en los hombros		 0/4 soltando la mano del hombro	 0/4 lanzan 2 recoge 1
	Valor	-	0,1	0,2	0,3

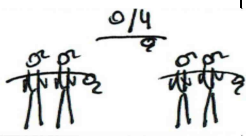
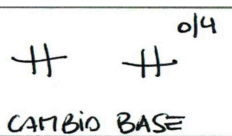
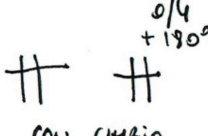
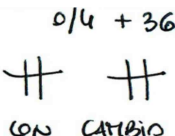


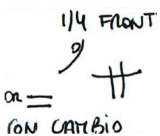
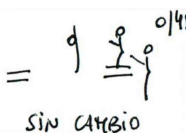


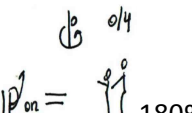
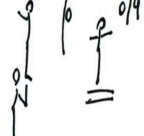




PAREJAS CADETE		A	B	C	D
ROWS EQUILIBRIO	ROW I				
	Valor	-	0,1	0,2	0,3
	ROW II	 Monkey o bolita	 stalder o ángulo	 monkey o bolita	 stalder o ángulo
	Valor	-	0,1	0,2	0,3
	ROW III				
Valor	-	0,1	0,2	0,3	
ROW IV					
Valor	-	0,1	0,2	0,3	

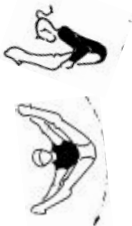

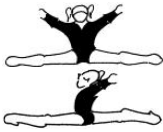
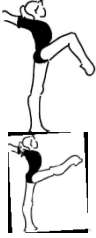






PAREJAS CADETE		A	B	C	D
ROWS DINÁMICO	ROW I	 180°	 180°	 180°	 180°
	Valor	-	0,1	0,2	0,3
	ROW II	 R 0/4 BACK	 0/4 180°	 0/4 360°	 R 1/4 BACK
	Valor	-	0,1	0,2	0,3
	ROW III	 1/4 FRON	 0/4 FRON	 1/4 BACK	 0/4 FRON
Valor	-	0,1	0,2	0,3	
ROW IV	 0/4 B.	 0/4 180°	 0/4	 0/4 180°	
Valor	-	0,1	0,2	0,3	

TRIOS CADETE		A	B	C	D
ROWS EQUILIBRIO	ROW I	Monkey o bolita 3"	3"	3" 3"	3" 3"
	Valor	-	0,1	0,2	0,3
	ROW II	3"	3"	3"	3"
	Valor	-	0,1	0,2	0,3
	ROW III	3"	3" (monkey o más)	3" (monkey o más)	3" (monkey o más)
Valor	-	0,1	0,2	0,3	

TRÍOS CADETE		A	B	C	D
ROWS DINÁMICO	ROW I	0/4	0/4 + 180°	0/4 + 360°	3/4 BACK 3/4 FRONT
	Valor	-	0,1	0,2	0,3
	ROW II		0/4	1/4 FRONT	3/4 FRONT =
	Valor	-	0,1	0,2	0,3
	ROW III	pitch 0/4	0/4	1/4 BACK	1/4 BACK =
Valor	-	0,1	0,2	0,3	
ROW IV	soltando la mano del hombro	0/4	1/4 Back	2/4 BACK	0/4
Valor	-	0,1	0,2	0,3	

CUARTETOS CADETE		A	B	C	D
ROWS EQUILIBRIO	ROW I	 3" monkey o bolita	 3" stadler o ángulo	 3"	 monkey o bolita Stadler o ángulo +0,1
	Valor	-	0,1	0,2	0,3
	ROW II	 3"	 3"		
	Valor	-	0,1	0,2	0,3
ROW III		 monkey o bolita		 monkey o bolita Stadler o ángulo +0,1	
Valor	-	0,1	0,2	0,3	

CUARTETOS CADETE		A	B	C	D
ROWS DINÁMICO	ROW I	 0/4	 0/4 CAMBIO BASE	 0/4 + 180° CON CAMBIO	 0/4 + 360° CON CAMBIO
	Valor	-	0,1	0,2	0,3
	ROW II	 0/4 lanzan 3 recogen 2	 1/4 FRONT lanzan 3 recogen 2	 1/4 FRONT CON CAMBIO	 0/4 SIN CAMBIO
	Valor	-	0,1	0,2	0,3
ROW III	 0/4 lanzan 3 recoge 1	 0/4 lanzan 2 recoge 1	 0/4 180°	 0/4	
Valor	-	0,1	0,2	0,3	
ROW IV	 0/4 soltando la mano del hombro	 2/4 BACK lanzan 2 recoge 1	 1/4 Back lanzan 2 recogen 2 con cambio	 0/4 SIN CAMBIO	
Valor	-	0,1	0,2	0,3	

INDIVIDUALES ESCOLAR					
	1	2	3	4	5
FLEXIBILIDAD					
EQUILIBRIO					
AGILIDAD / TUMBLING	 180º	 360º	