

# NEMZETKÖZI TORNASZÖVETSÉG



## AKROBATIKUS TORNA KORCSOPORTOS VILÁGBAJNOKSÁG

11-16



**5.Melléklet**

**Kötelező elemtáblázat**

**A program eredet szerzője: Konrad Zielinski (POL)**

**A rajzokat készítette: Karl Wharton (GBR)? FIG ACRO TC**

***Hatályos: 2012. január 1-től***

AGE GROUP 11 - 16

BALANCE EXERCISE

WOMEN'S PAIR

ROW I							2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6	
VALUE	-	0.1	0.1	0.1	0.2			
ROW II								
VALUE	-	0.1	0.1	0.1	0.2			
ROW III								
VALUE	-	-	0.1	0.2	0.2	0.3	0.3	
ROW IV								
VALUE	-	-	-	0.1	0.2	0.2		

AGE GROUP 11 - 16

DYNAMIC EXERCISE

WOMEN'S PAIR

ROW I					2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	-	0.1	0.2		
ROW II					
VALUE	0.1	0.2	0.2	0.3	
ROW III					Legs can be straddle or straight
VALUE	0.1	0.2	0.2	0.3	0.3
ROW IV					
VALUE	0.2	0.2	0.3		

AGE GROUP 11 - 16

BALANCE EXERCISE

MEN'S PAIR

ROW I					<div style="border: 1px solid black; padding: 5px;">                 2 OPTIONAL ELEMENTS                  DIFFICULTY MINIMUM 1                  MAXIMUM 6             </div>	
VALUE	-	0.1	0.1	0.2		
ROW II						
VALUE	-	0.1	0.1	0.2	0.2	0.3
ROW III						
VALUE	-	0.1	0.2	0.2	0.2	0.3
ROW IV						
VALUE	-	0.1	0.2	0.3	0.3	

AGE GROUP 11 - 16

DYNAMIC EXERCISE

MEN'S PAIR

ROW I					<div style="border: 1px solid black; padding: 5px;">                 2 OPTIONAL ELEMENTS                  DIFFICULTY MINIMUM 1                  MAXIMUM 14             </div>	
VALUE	0.1	0.1	0.1	0.2		
ROW II						
VALUE	0.1	0.1	0.1	0.1	0.2	
ROW III						
VALUE	-	0.1	0.2	0.2	0.3	
ROW IV						Legs can be straddle or straight
VALUE	-	0.1	0.2	0.2	0.3	

AGE GROUP 11 - 16

BALANCE EXERCISE

MIXED PAIR

ROW I								<div style="border: 1px solid black; padding: 5px; width: fit-content;">                 2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6             </div>	
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3		0.3
ROW II									
VALUE	-	0.1	0.1	0.1	0.2	0.2	0.3		0.3
ROW III									
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3		
ROW IV									
VALUE	0.1	0.1	0.1	0.1	0.2	0.2	0.2		

AGE GROUP 11 - 16

DYNAMIC EXERCISE


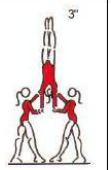
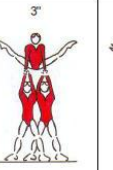
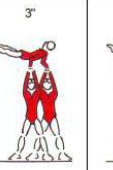
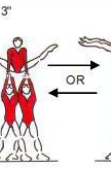
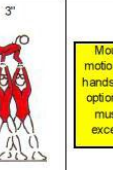
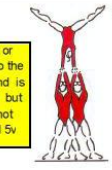
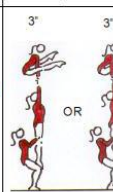
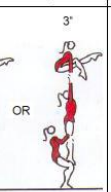

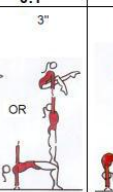
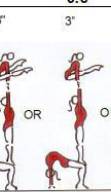
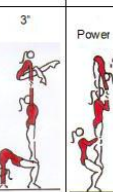

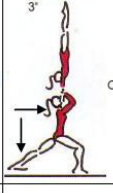
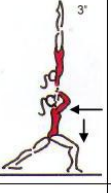
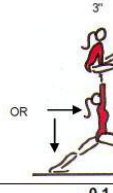
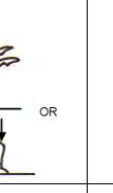
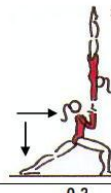
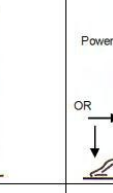

MIXED PAIR

ROW I					<div style="border: 1px solid black; padding: 5px; width: fit-content;">                 2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14             </div>	
VALUE	-	-	0.1	0.1		
ROW II						
VALUE	-	0.1	0.2	0.2		0.2
ROW III						
VALUE	-	-	0.1	0.1		
ROW IV						
VALUE	-	-	0.2	0.2		

AGE GROUP 11 - 16

BALANCE EXERCISE

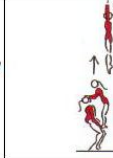
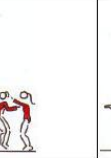




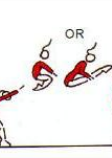
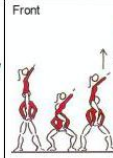


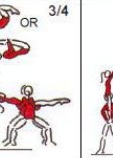



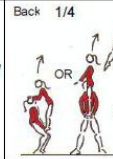


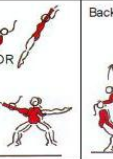



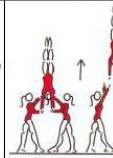






WOMEN'S GROUP

ROW I								<p>1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16</p>
VALUE	-	-	0.1	0.1	0.3	0.3	0.3	
ROW II								
VALUE	0.2	0.2	0.2	0.2	0.2	0.2	0.3	
ROW III								
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	

AGE GROUP 11 - 16

DYNAMIC EXERCISE

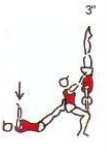
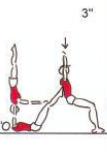
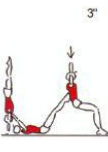

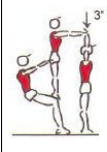
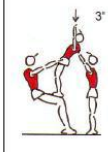

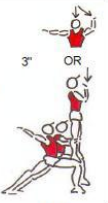
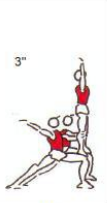
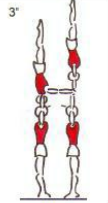
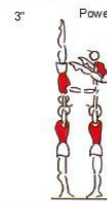
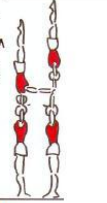
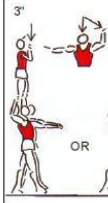

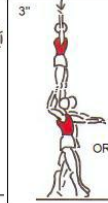


















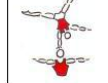

WOMEN'S GROUP

ROW I								<p>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</p>
VALUE	-	0.1	0.1	0.1	0.1	0.1	0.2	
ROW II								
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.2	
ROW III								
VALUE	-	0.2	0.2	0.2	0.3	0.3	0.3	
ROW IV								
VALUE	0.1	0.1	0.2	0.2	0.3	0.3	0.3	

AGE GROUP 11 - 16

BALANCE EXERCISE

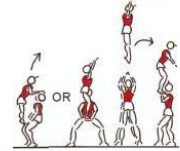
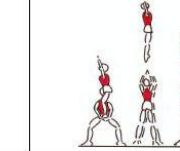
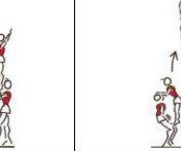
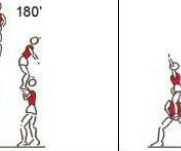
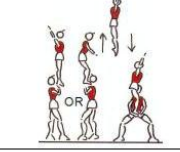
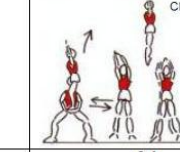
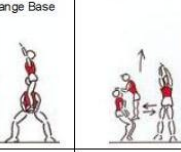
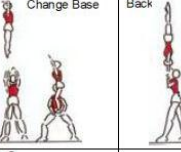
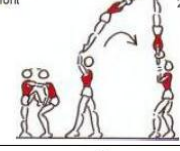
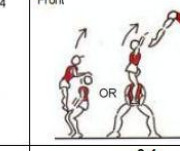
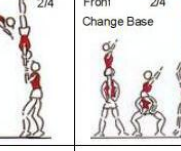

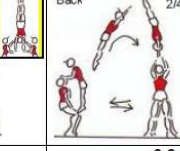
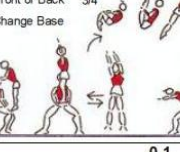
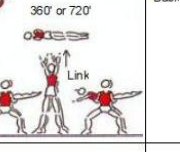
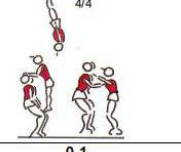
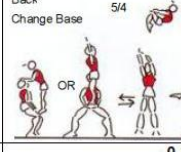
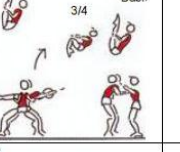
MEN'S GROUP

ROW I								1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16		
VALUE	-	-	-	-	-	-	-			-
ROW II										
VALUE	0.1	0.2	0.2	0.4	0.5	0.5	0.5	0.5	0.5	
										
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2
										
VALUE	0.2	0.2	0.2	0.3	0.3	0.4	0.5	0.5		

AGE GROUP 11 - 16

DYNAMIC EXERCISE

MEN'S GROUP

ROW I					2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10	
VALUE	-	-	0.1	0.1		
ROW II						
VALUE	-	0.1	0.2	0.2		
ROW III						
VALUE	-	0.1	0.1	0.1	0.2	
ROW IV						
VALUE	0.1	0.1	0.3			