GRIGLIA SILVER GR 2017

N.B. IN CIASCUNA CASELLA SONO RAGGRUPPATE, SOLO PER CONTENIMENTO DELLO SPAZIO, PIU' DIFFICOLTA', CHE SONO DIFFERENTI UNA DALLE ALTRE

Tavola Difficoltà di salto (^)

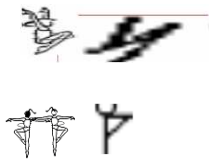
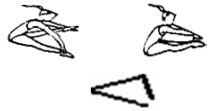
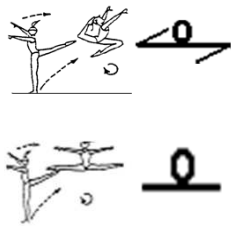
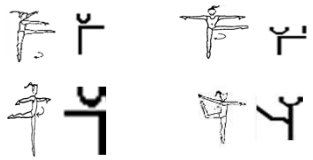
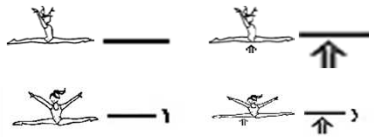
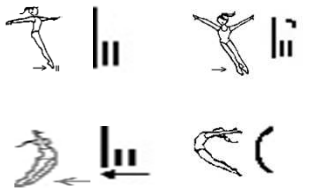
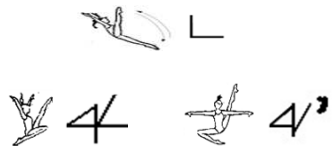
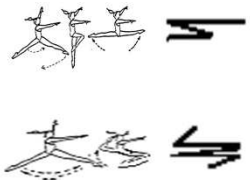
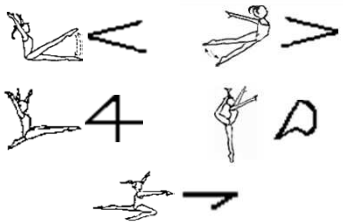
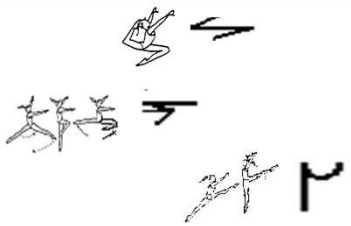
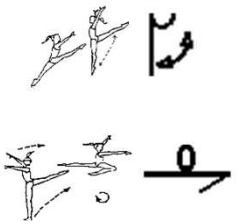
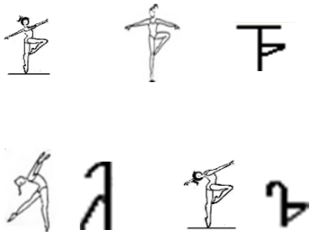
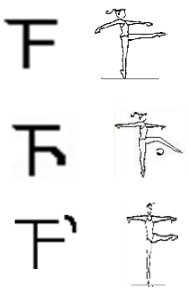
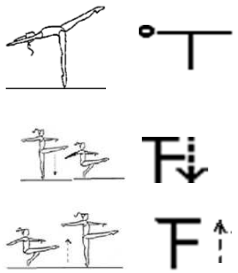
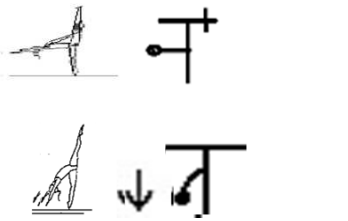
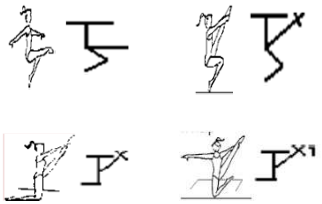
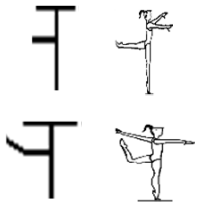
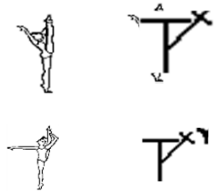
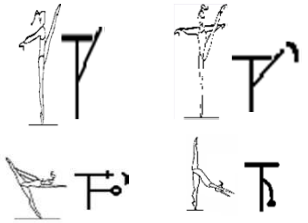
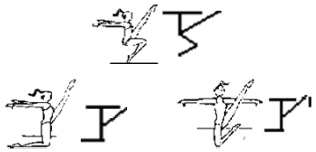
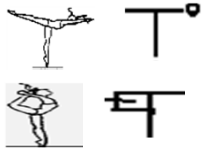
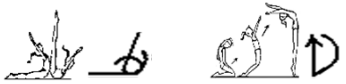
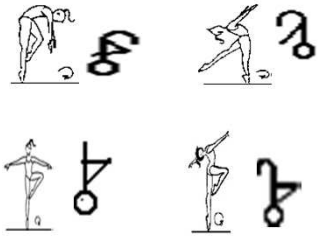
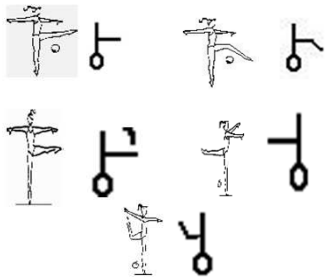
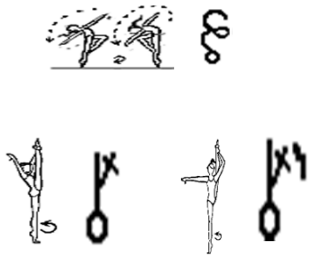
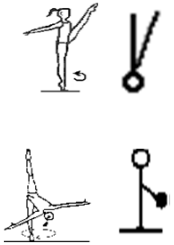
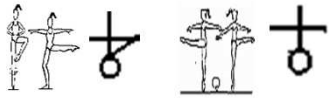
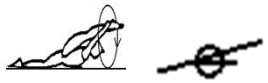
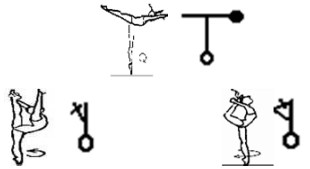
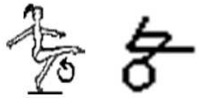
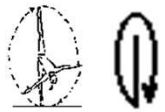
	Valore				
	0,10	**0,20**	**0,30**	**0,40**	**0,50**
1		360°			
2		180° 			
3	**Balzo con rimbalzo sullo stesso piede a Dx e a Sx** **Serie di 4 galoppi laterali con 1 cambio di fronte**		(tutto il piede più alto della testa) 		
4	**Sforbiciata flessa (Gatto)**				

Tavola Difficoltà di Equilibrio (T)

	Valore				
	0,10	**0,20**	**0,30**	**0,40**	**0,50**
1	**Equilibrio sull'avampiede, arto libero sollevato (avanti/lat/dietro)** **Sull'avampiede: gamba libera al di sotto dell'orizzontale, busto flesso avanti**				 **a tutta pianta**
2	**Staccata sagittale/frontale**				
3					
4	**Flessione del busto indietro da in ginocchio**			**Gamba all'orizzontale per min.2 forme + min.1 giro**	
5	**Equilibrio sul bacino (squadra)**	**Movimento indietro fino sui gomiti**			

N.B. Gli equilibri in relevé possono essere eseguiti a piede piatto: il valore è ridotto di 0,10 e il simbolo include una freccia ↓

Tavola Difficoltà di Rotazione ( )

	Valore				
	0,10	**0,20**	**0,30**	**0,40**	**0,50**
1	**Pivot 360°, arto sollevato avanti/laterale/dietro**				
2	**Due chainée (non Lancio)**				
3					
4	**Capovolta laterale (non su lancio)**				
5	**Rotazione sul bacino con gambe raccolte (180° o più)**	**RI**			
6					