

ASSOCIATION :

N° Licence :

NOM :

Prénom :

SAUT DE CHEVAL

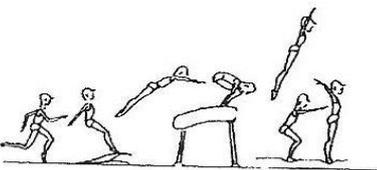
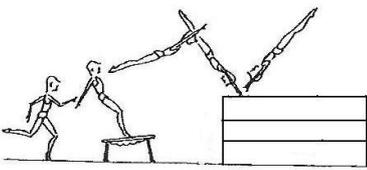
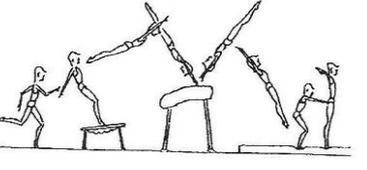
	CROQUIS	Note de départ
B1		8,5 pts
B2		9,5 pts
C		10 pts

Table de saut : 1m10

Entourer au crayon à papier le saut choisi

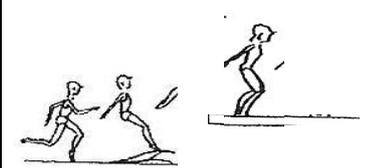
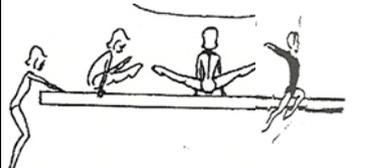
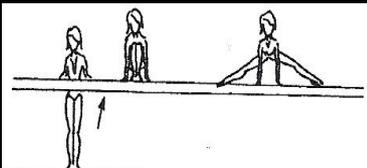
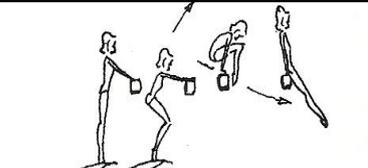
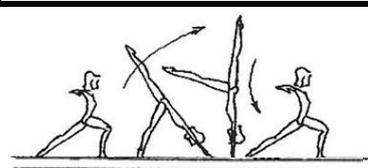
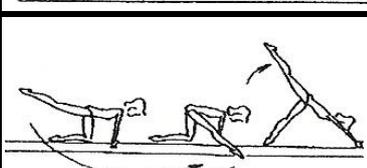
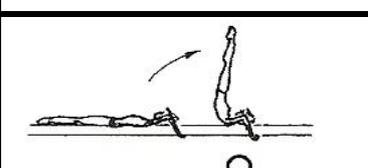
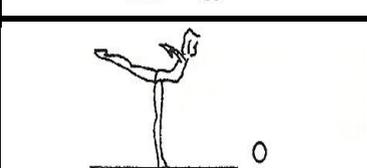
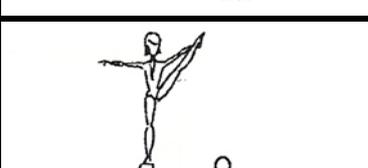
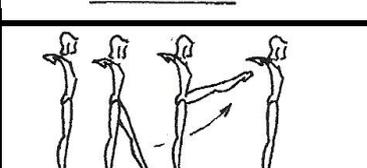
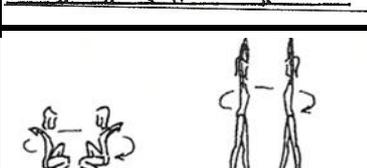
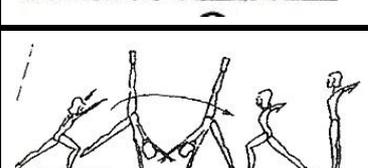
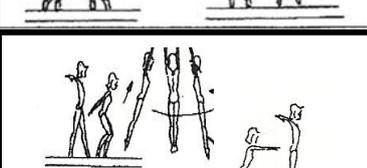
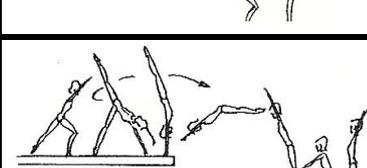
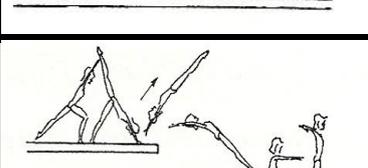
BARRES ASYMETRIQUES

B	Croquis	C	Croquis
1 Su		1 Su	
2 AP		2 R	
3 R		3 R	
4 AP		4 AP	
5 R		5 R	
6 R		6 R	
7 CF		7 AP	
8 CF		8 R	
9 Su		9 R	
10 Su		10 R	

Exigences aux barres:

- 1 appui AP
- 1 suspension Su
- 1 rotation R
- 1 changement de face CF
- 1 passage sur la barre supérieure

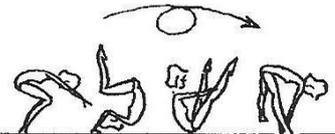
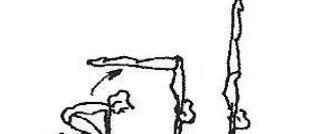
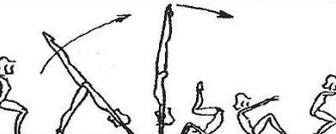
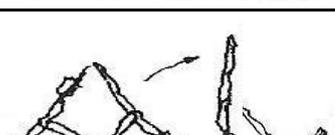
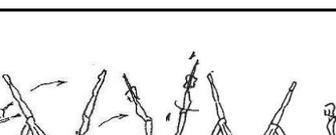
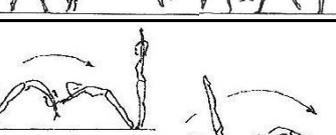
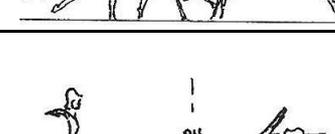
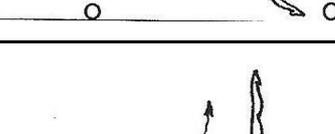
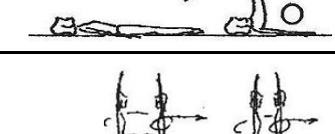
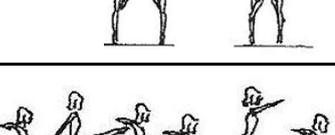
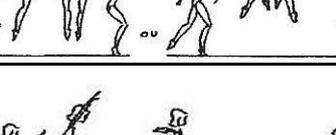
POUTRE

B	Croquis	C	Croquis
1 AC		1 AC	
2 AC		2 AC	
3 AC		3 AC	
4 S		4 AC	
5 AC P		5 SM P	
6 SM		6 SM	
7 SM		7 SM	
8 SM		8 AC	
9 AC		9 S	
10 AC		10 AC	

Exigences à la poutre:

- 1 élément acrobatique AC
- 1 passage autre que pédestre P
- 1 saut S
- 1 souplesse ou maintien SM
- 2 longueurs maximum

SOL

B	CROQUIS	C	CROQUIS
1 AC		1 AC	
2 AC		2 AC	
3 AC		3 AC	
4 AC		4 AC	
5 AC		5 AC	
6 SM		6 SM	
7 SM		7 SM	
8 CH		8 CH	
9 CH		9 CH	
1 CH		10 CH	

Exigences au Sol :

2 éléments acrobatiques

AC

1 élément de souplesse ou de maintien

SM

1 élément chorégraphique

CH

1 saut

CH

2 longueurs de praticable

Entourer au crayon à papier les 5 difficultés qui déterminent la note de départ