

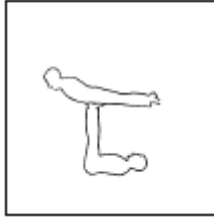
## Schwierigere Elemente der Duo-Akrobatik

**Voraussetzungen: Körperspannung, Beherrschter Kopf- und Handstand**

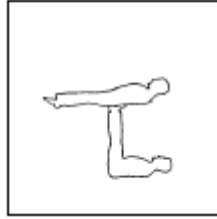
**Hecht**



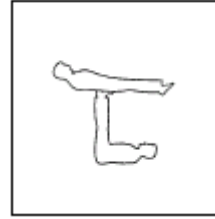
**Brett**



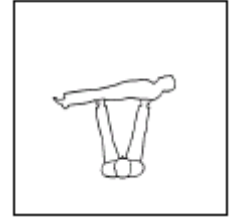
**Gegenhecht**



**Gegenbrett**



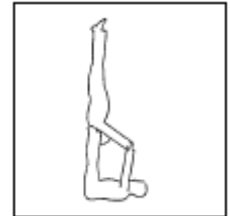
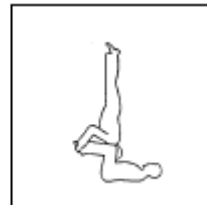
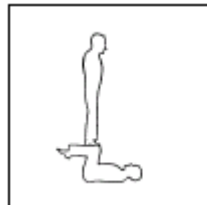
**Brett quer**



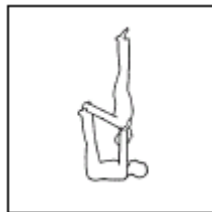
**Auto / Gegenauto - Fußsitz**



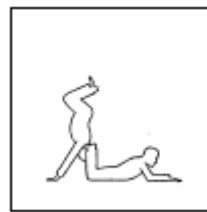
**Stand & Schulterstand auf den Schienbeinen/ den Füßen**



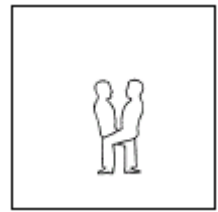
**Bolk (Schulterstand in den Händen)**



**Schulterstand auf den Füßen**



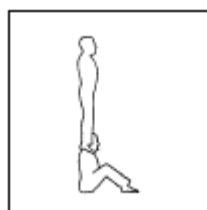
**Picknick**



**Handstand auf Knöcheln oder Knien**



**Schulterstand**



**Stuhl und Sitz auf dem Stuhl**



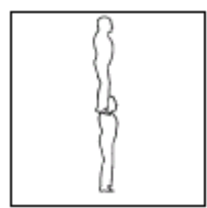
**Galionsfigur**



**Fahne**



**Schulterstand**



**Brett / Handstand auf dem Stuhl**

