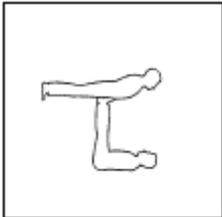


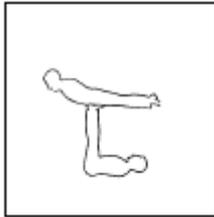
Schwierigere Elemente der Duo-Akrobatik

Voraussetzungen: Körperspannung, Beherrschter Kopf- und Handstand

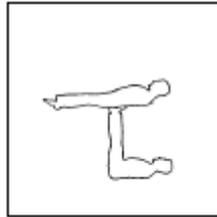
Hecht



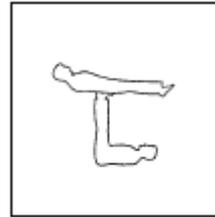
Brett



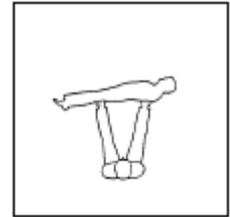
Gegenhecht



Gegenbrett



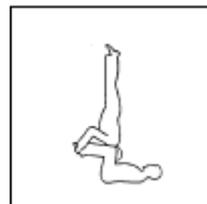
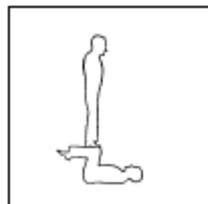
Brett quer



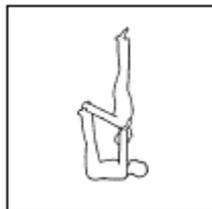
Auto / Gegenauto - Fußsitz



Stand & Schulterstand auf den Schienbeinen/ den Füßen



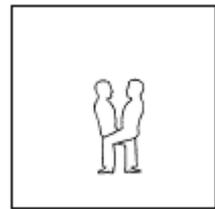
Bolk (Schulterstand in den Händen)



Schulterstand auf den Füßen



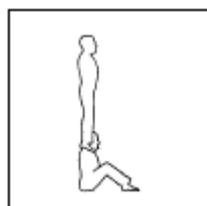
Picknick



Handstand auf Knöcheln oder Knien



Schulterstand



Stuhl und Sitz auf dem Stuhl



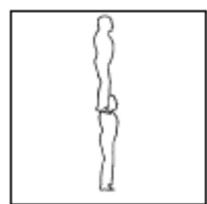
Galionsfigur



Fahne



Schulterstand



Brett / Handstand auf dem Stuhl

