


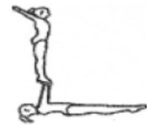








	1	3"	2	3	1/4	4	5	0/4 + 180	6	7	3"	8	9
													
Value	3			1			3			5			
SH													
Top	A4			D2			E4			B5			
Base													
	10	3"	11	1/4	12	13	14	15	16	17	18		
													
Value	5		3										
SH													
Top	C6		F3										
Base													
	19	20	<u>INDIVIDUAL ELEMENTS</u>		I1	2"	I2	2"	I3	I4	I5	I6	
					 2 x		 Stem fra gulv						
Value					1	1	5	3	1	1			
SH													
Top	G2		G6, G3		H1								
Base					Size:		TF:		SR:				

FORENING				

LEVEL				
<u>DK 1</u>	<u>DK 3</u>			
X				

CATEGORY				
<u>W2</u>	<u>M2</u>	<u>MX2</u>	<u>W3</u>	<u>M4</u>
X				

EXERCISE			
<u>BAL</u>	<u>DYN</u>	<u>COM</u>	<u>FINAL</u>
		X	

DIFFICULTY	
<u>D-SCORE</u>	26/10 = <b>2,6</b>
<u>DV</u>	26

VALUE	
<u>BALANCE</u>	13
<u>DYNAMIC</u>	7
<u>INDIVIDUAL</u>	12/2 = 6

**Instruction how to use**

**Pairs Balance**

- Box 1: Identification (ID/#) of the **Static Holds**
  - Value in **A**
- Box 2: Identification (ID/#) of **Mounts & Motions Top**
  - Value in **B**
- Box 3: Identification (ID/#) of the **Static & Motions Base**
  - Value in **C**

**Pairs Dynamic**

- Box 1: not used
- Box 2: Identification (ID/#) of the **Elements**
  - Value in **B**
- Box 3: not used
- **D** : value of **Links** ( *no coördinates!* )

**Women's group Balance**

- Box 1: Identification (ID/#) of the **Static Holds**
  - Value in **A**
- Box 2: Identification (ID/#) of **Mounts & Motions Top**
  - Value in **B**
- Box 3: Identification (ID/#) of the **Basic Pyramids**
  - Value in **C**
- D** not used

**Women's group Dynamic**

- Box 1: not used
- Box 2: Identification (ID/#) of the **Elements**
  - Value in **B**
- Box 3: not used
- **D** : value of **Links** ( *no coördinates!* )

**M4 Balance**

- Box 1: Identification (ID/#) of the **Static Holds**
  - Value in **A**
- Box 2: Identification (ID/#) of **Mounts & Motions Top**
  - Value in **B**
- Box 3: Identification (ID/#) of the **Basic Pyramids & Transitions**
  - Value in **C**
- D** not used

**M4 Dynamic**

See Women's group

**Individual Elements**

- 1: coördinates of the individual elements
  - cat. 1: only ID/# number
  - Cat. 2: only page

- A = PARTNER 1
- B = PARTNER 2
- C = PARTNER 3
- D = PARTNER 4

1				
Value	A	B	C	D
SH		1		
Top		2		
Base		3		

individual

I1				
A	B	C	D	
1				