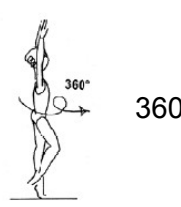
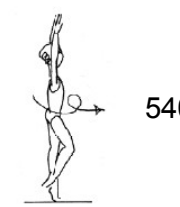
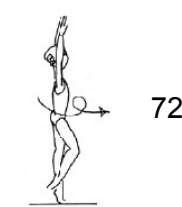
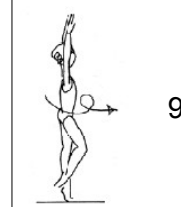
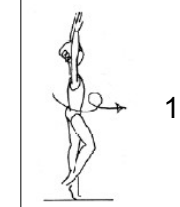
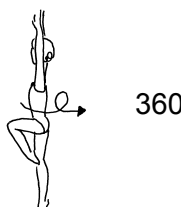
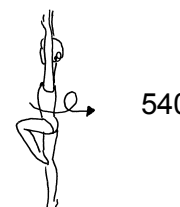
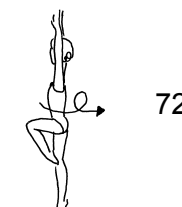
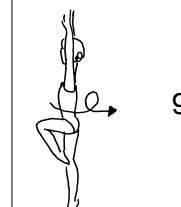
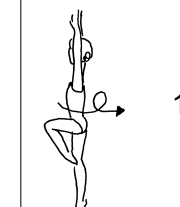
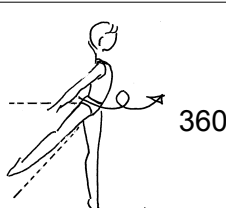
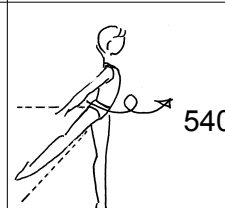
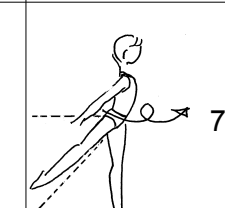
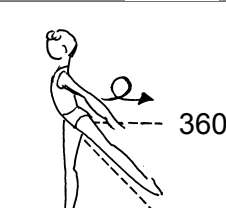
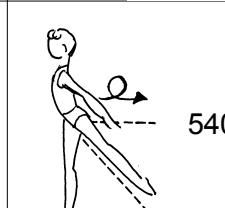
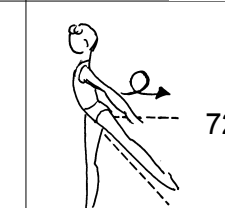
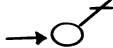
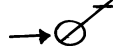
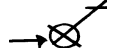
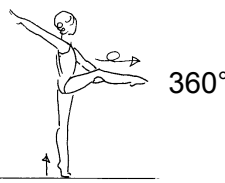
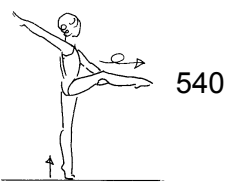
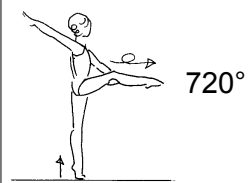
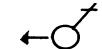
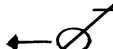
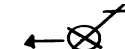
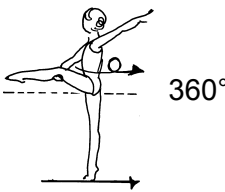
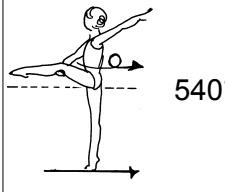
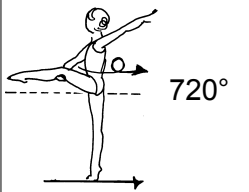
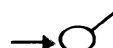


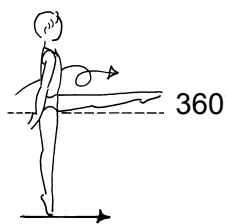
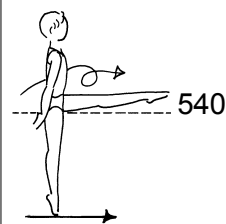
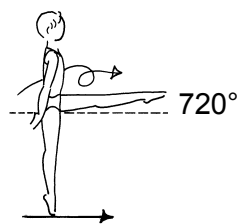
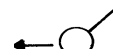
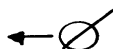
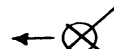
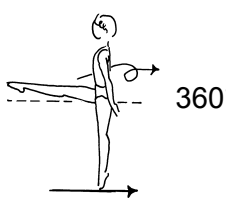
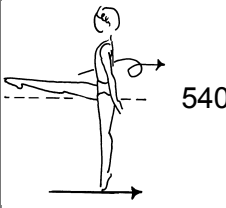
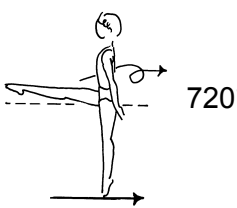





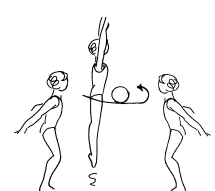
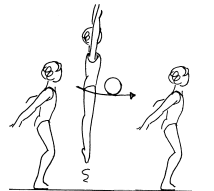
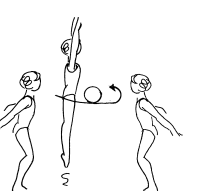
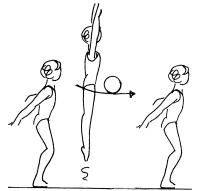
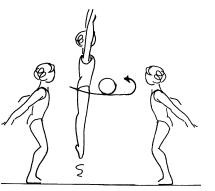




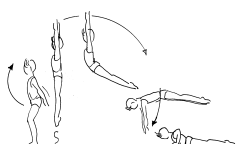
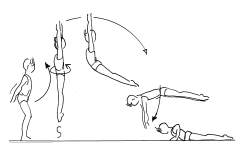
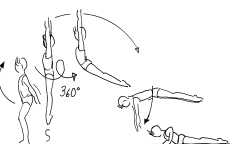
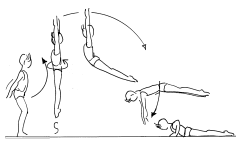






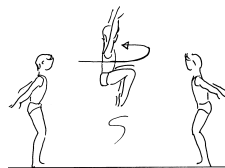
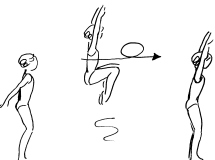
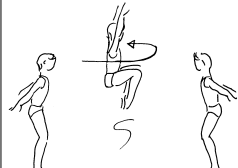
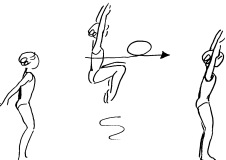



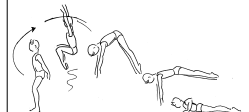








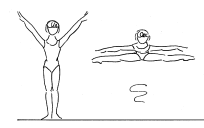
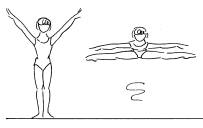
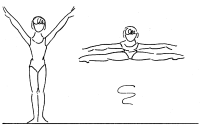
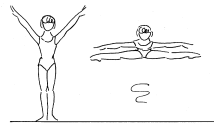





































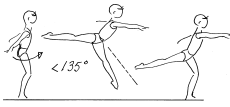
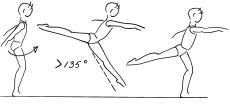
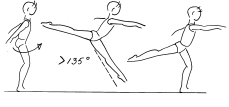






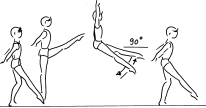
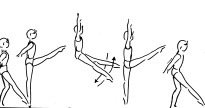





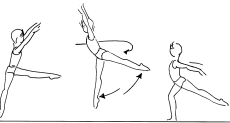
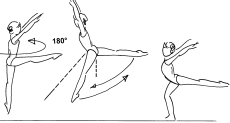
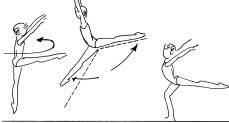

Prvky obtížnosti – Pohybová skladba




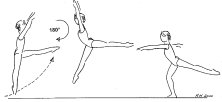












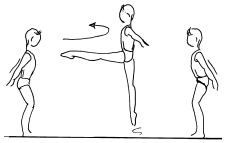





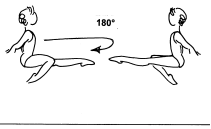
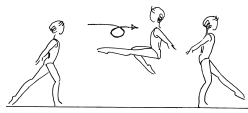






Piruety	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Vpřed poloha volné nohy a paží je volitelná		P201 → ○	P401 → ∅	P601 → ⊗		P1001 → ⊗	P1201 → ⊗
		 360°	 540°	 720°		 900°	 1080°
Vzad poloha volné nohy a paží je volitelná		P202 ← ○	P402 ← ∅	P602 ← ⊗		P1002 ← ⊗	P1202 ← ⊗
		 360°	 540°	 720°		 900°	 1080°
Vpřed poloha volné nohy je v unožení, zanožení, přednožení mezi 45° a 90°		P203 → ○	P403 → ∅		P803 → ⊗		
		 360°	 540°		 720°		
Vzad poloha volné nohy je v unožení, zanožení, přednožení mezi 45° a 90°		P204 ← ○	P404 ← ∅		P804 ← ⊗		
		 360°	 540°		 720°		





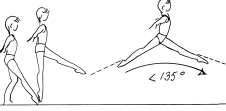

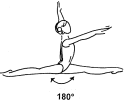




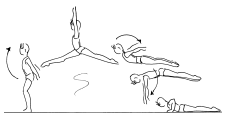


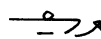

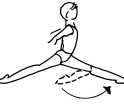








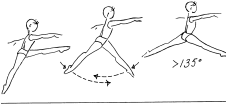
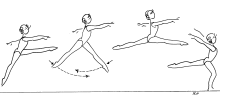
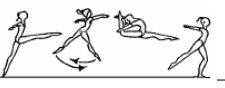
Piruety	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Vpřed s dopomocí rukou, volná noha $\geq 90^\circ$			P405 		P805 	P1005 	
			 360°		 540°	 720°	
Vzad s dopomocí rukou, volná noha $\geq 90^\circ$			P406 		P806 	P1006 	
			 360°		 540°	 720°	
Vpřed bez dopomoci rukou, volná noha $\geq 90^\circ$				P607 		P1007 	P1207 
				 360°		 540°	 720°
Vzad bez dopomoci rukou, volná noha $\geq 90^\circ$				P608 		P1008 	P1208 
				 360°		 540°	 720°

Skoky	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Výskok snožmo		J 201 	J 401 	J 601 		J 1001 	J 1201 
Tělo rovné v průběhu celého skoku; obrat musí být dokončen před doskokem							
Výskok snožmo do vzporu ležmo			J 402 	J 602 	J 802 		J 1202 
Tělo musí být před doskokem ve vodorovné pozici a dopad musí být kontrolovaný. Pokud dopadnou první ruce – není HO; pokud dopadnou první nohy, jedná se o doskok do stoje.							
Skok se skrčením přednožmo (kufr)		J 203 	J 403 	J 603 		J 1003 	J 1203 
odraz snožmo nebo jednož, kolena $\geq 90^\circ$							
Skok se skrčením přednožmo do vzporu ležmo				J 604 	J 804 	J 1004 	
úhel v kolenou při výskoku $\geq 90^\circ$. Tělo musí být před doskokem ve vodorovné pozici a dopad musí být kontrolovaný. Pokud dopadnou první ruce – není HO; pokud dopadnou první nohy, jedná se o doskok do stoje.							
Skok s roznožením čelně	J 105 	J 205 		J 605 	J 805 	J 1005 	
v průběhu skoku i celého obratu musí být nohy v horizontální poloze.		úhel $< 135^\circ$ 		úhel $> 135^\circ$ 	180° 	(Popa) 360° 	






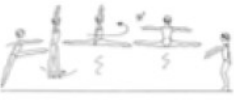


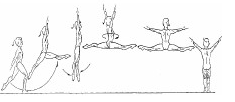



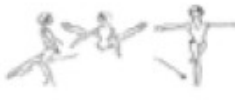



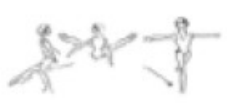

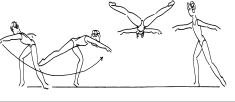

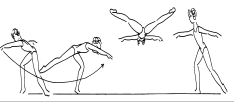






Skoky	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Výskok s roznožením přednožmo do vzporu ležmo (Šušunova) <small>Tělo musí být před doskokem ve vodorovné pozici a dopad musí být kontrolovaný. Pokud dopadnou první ruce – není HO; pokud dopadnou první nohy, jedná se o doskok do stoje.</small>					J 806 	J 1006  180°	J 1206  360°
skok s přednožením J 207 nohy <90° J 407 nohy >90° nohy musí být napjaté a snožené		J 207 	J 407 				
skok s přednožením do vzporu ležmo poloha nohou ve výskoku >90°					 J 808	J 1008  180°	J 1208  360°
skok se skrčením zánožmo a záklonem <small>(přípatka)</small> J 409 chodidla ve výši boků J 809 chodidla ve výši ramen J 1009 chodidla ve výši hlavy hlava v záklonu			J 409 		J 809 	J 1009 	
skok se skrčením zánožmo a záklonem <small>(přípatka)</small> s obraty chodidla ve výši ramen hlava v záklonu						J 1010  180°	J 1210  360°








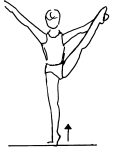









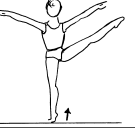

















Skoky	0,1	0,2	0,4	0,6	0,8	1,0	1,2
skok přednožmo střížný skrčmo (čertík) poloha nohou $\geq 90^\circ$; u J111 poloha nohou $< 90^\circ$	J 111 	J 211 	J 411 	J 611 	J 811 		J 1211 
							
skok s čelným roznožením odrazem jednož skok s obratem 90° do přednožení roznožmo, roznožení (poloha nohou vodorovná)				J 612 		J 1012 	J 1212 
							
Sissone skok odrazem snožmo s bočným roznožením a dopadem na jednu nohu J 1013 – noha v úrovni hlavy		J 213 	J 413 		J 813 	J 1013 	
		roznožení $< 135^\circ$ 	roznožení $> 135^\circ$ 		roznožení 180° 		
skok přednožmo střížný (nůžky) nohy napjaté	J 114 	J 214 	J 414 	J 614 			
	přednožení $< 90^\circ$ 	přednožení 90° 	přednožení $\geq 120^\circ$ 	přednožení $> 120^\circ$ obrat 180° 			
skok přednožmo střížný s obratem nohy napjaté, výměna nohou během letu. 1. noha výš než 90° , obrat 180° , roznožení po obr. uvedeno u obrázku		J 215 	J 415 		J 815 		J 1215 
							








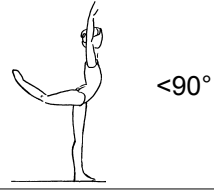

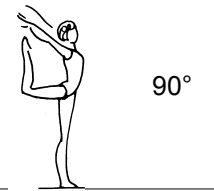
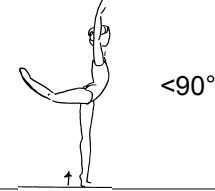



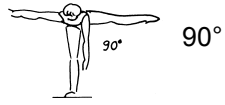
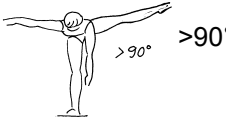




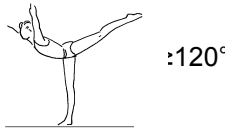





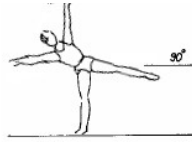
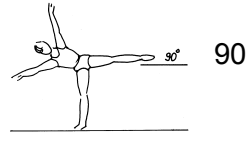
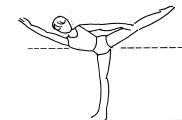
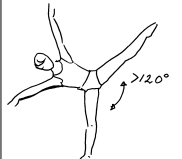



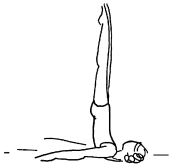
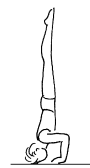

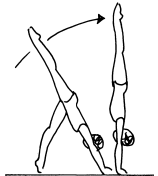
Skoky	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Fouetté (horain) odrazem jednož a přednožením volné nohy skok s obr. 180° a doskokem na odrazovou nohu.		J 216 	J 416 	J 616 			
		roznožení <90° 	roznožení ≥90° 	roznožení ≥135° 			
Axel při obratu musí koleno(a) dosáhnout 90°. Doskok je na odrazovou nohu.		J 217 	J 417 	J 617 			
			180° 	360° 			
Výskok s obratem volná noha napjatá, přednožení vzpřímený trup	J118 		J 418 		J 818 		
			180° 		360° 		
Jánošík skok se skrčením přednožmo jedné a přednožením druhé nohy. Napjatá noha v úrovni horizontály.		J 219 	J 419 		J 819 		
			180° 		360° 		
Dálkový skok se skrčením obou nohou roznožení >135° odraz jednož nebo snožmo		J 220 	J 420 		J 820 		
			180° 		noha v úrovni hlavy 		




















Skoky		0,2	0,4	0,6	0,8	1,0	1,2
Dálkový skok		J 221 	J 421 			J 1021 	J 1221 
		roznožení <135° 	roznožení >135° <180° 			roznožení 180° 	noha v úrovni hlavy roznožení 180° 
Dálkový skok do vzporu ležmo					J 822 	J 1022 	
Tělo musí být před doskokem ve vodorovné pozici a dopad musí být kontrolovaný. Pokud dopadnou první ruce – není HO; pokud dopadnou první nohy, jedná se o doskok do stoje.					roznožení ≥135° 	roznožení ≥180° 	
Dálkový skok přes pokrčenou švihovou nohu	J 123 		J 423 		J 823 		
			roznožení ≥135° 		roznožení ≥180° 		
Dálkový skok přes pokrčenou švihovou nohu do podporu ležmo					J 824 	J 1024 	
Tělo musí být před doskokem ve vodorovné pozici a dopad musí být kontrolovaný. Pokud dopadnou první ruce – není HO; pokud dopadnou první nohy, jedná se o doskok do stoje.					roznožení ≥135° 	roznožení ≥180° 	
Dálkový skok s výměnou nohou				J 625 	J 825 		J 1225 
				roznožení ≥135° 	roznožení ≥180° 		záklon hlavy roznožení ≥180° 
















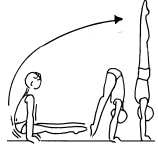
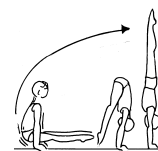
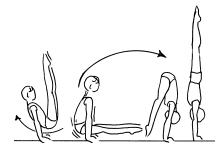



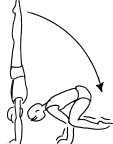
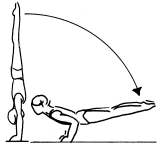
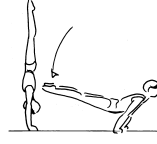





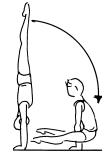
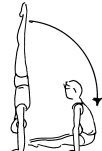







Dálkový skok s výměnou nohou do podporu ležmo					J 1026  roznožení $\geq 135^\circ$ 	J1226  roznožení $\geq 180^\circ$ 
Dálkový skok s výměnou nohou a obratem nohy napjaté				J 827  roznožení $\geq 135^\circ$ obrat 90° 	J 1027   roznožení $\geq 180^\circ$ obrat 90° 	J 1227  roznožení $\geq 135^\circ$ obrat 180° 
Kop s otočkou Tornádo - odrazem jednož skok se skrčením přednožmo a obratem do přednožení roznožmo s doskokem na švihovou nohu nohy pokrčené	J 228  nohy: 1. $>90^\circ$; 2. $<120^\circ$ obrat 180° 					
Kop s otočkou Tornádo - odrazem jednož skok s přednožením a obratem do přednožení roznožmo s doskokem na švihovou nohu nohy napjaté		J 429  nohy: 1. $>90^\circ$; 2. $<120^\circ$ obrat 180° 	J 629  Nohy: 1. $>90^\circ$; 2. $\geq 120^\circ$ obrat 180° 			
Motýlek horní část trupu a nohy nad horizontálou			J 630  roznožení $<90^\circ$ 	J 830  roznožení $\geq 90^\circ$ 		
Motýlek vzad horní část trupu a nohy nad horizontálou			J 631  roznožení $<90^\circ$ 	J 831  roznožení $\geq 90^\circ$ 		J 1231  Roznožení $\geq 90^\circ$, obrat 360° 













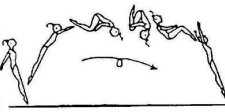
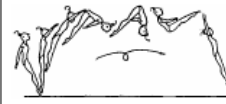






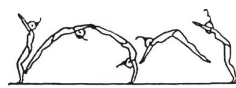
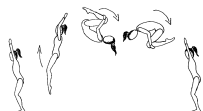

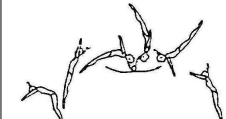




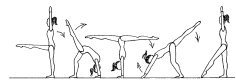





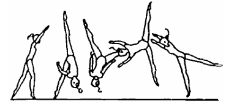
Rovnovážné prv.	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Stoj jednoož s dopomocí rukou	B 101 	B 201 	B 401 			B 1001 	
volná noha napjatá, v unožení		<math><120^\circ</math> 	>math>\geq 120^\circ</math> 			ve výponu, >math>\geq 120^\circ</math> 	
Stoj jednoož bez dopomoci rukou	B 102 	B 202 	B 402 		B 802 		B 1202 
volná noha napjatá, v unožení			>math>\geq 90^\circ</math> 		>math>\geq 120^\circ</math> 		ve výponu, >math>\geq 120^\circ</math> 
Stoj jednoož s dopomocí rukou				B 603 		B 1003 	
volná noha napjatá, v přednožení				 >math>\geq 120^\circ</math>		 ve výponu >math>\geq 120^\circ</math>	
Stoj jednoož bez dopomoci rukou			B 404	B 604 		B 1004 	B 1204 
volná noha napjatá, v přednožení			na výponu 	 >math>\geq 90^\circ</math>		 >math>\geq 120^\circ</math>	
Stoj jednoož bez dopomoci rukou		B 205 		B 605 			B 1205 
volná noha v přednožení vytočena vně pod úhlem >math>135^\circ</math>		 >math>\geq 90^\circ</math> >math>135^\circ</math>		 ve >math>135^\circ</math>			 >math>\geq 120^\circ</math>

Rovnovážné prv.	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Stoj jednoož bez dopomoci rukou	B 106 		B 406 	B 606 	B 806 	B 1006 	B 1206 
volná noha v zanožení B 406 a 1006 vytočena vně úhel v kolenní 135° B 606, 806 a 1206 úhel v kolenní 90°	volná noha 45°-90° 		 <90°	 s dopomocí rukou	 90°	 <90°	 ve výponu 90°
Stoj jednoož bez dopomoci rukou			B 407 	B 607 			
volná noha napjatá, v unožení, trup v horizontální poloze			 90°	 >90°			
Stoj jednoož bez dopomoci rukou		B 208 			B 808 		B 1208 
volná noha napjatá v zanožení, trup v horizontální poloze v prodloužení volné nohy		 90°			 :120°		 ve výponu ≥120°
Stoj jednoož bez dopomoci rukou		B 209 	B 409 	B 609 		B 1009 	
volná noha napjatá v unožení, trup v horizontální poloze v prodloužení volné nohy		volná noha 45°-90°  90°	 90°	s držením rukou >90° 		 >120° ≥120°	
Stoj na rukou	B 110	B 210 		B 610 		B 1010 	
Záda, ramena a nohy musí být rovné. B 610 není povolen opor hlavy							

<p>váha oporem/vzporem roznožmo, tělo se nesmí odchýlit více než 20° od horizontály</p>		<p>B 211 </p>		<p>B 611 </p>		<p>B 1011 </p>	
<p>váha oporem/vzporem snožmo, tělo se nesmí odchýlit více než 20° od horizontály</p>			<p>B 412 </p>		<p>B 812 </p>		<p>B 1212 </p>
<p>Přednos/vznos roznožmo nohy i ruce musí být napjaté, u vznosu není povolen opor o ruce</p>		<p>B 213 </p>	<p>B 413 </p>	<p>B 613 </p>	<p>B 813  nohy 45° nad horizontálu</p>	<p>B 1013  nohy 90° nad horizontálu</p>	
<p>Přednos/vznos snožmo nohy i ruce musí být napjaté, u vznosu není povolen opor o ruce</p>		<p>B 214 </p>		<p>B 614 </p>		<p>B 1014  nohy 45° nad horizontálu</p>	<p>B 1214  nohy 90° nad horizontálu</p>
<p>Most ruce i nohy musí být napjaté, ramena musí být kolmo nad rukama</p>			<p>B 415 </p>	<p>B 615 </p>	<p>B 815 </p>	<p>B 1015  noha kolmo k zemi</p>	

Silové prvky		0,6	0,8	1,0	1,2	1,4	1,6
Zvolna stoj na rukou špicar roznožmo z libovolné polohy		Po 601 	Po 801 				
		ruce pokrčené 	ruce napjaté 				
Zvolna stoj na rukou špicar snožmo z libovolné polohy			Po 802 	Po 1002 			
			ruce pokrčené 	ruce napjaté 			
Zvolna stoj na rukou špicar z přednosu roznožmo				Po 1003 	Po 1203 		
				ruce pokrčené 	ruce napjaté 		
Zvolna stoj na rukou špicar snožmo					Po 1204 	Po 1404 	Po 1604 
					ruce pokrčené 	ruce napjaté 	pokrčené/napjaté ruce vznos 45° - 90° 
Sešín ze stoje na rukou			Po 805 		Po 1205 		Po 1605 
			do váhy oporem o kolena 		do váhy oporem o lokty 		do váhy vzporem 

Silové prvky		0,6	0,8	1,0	1,2	1,4	1,6
Sešín ze stoje na ruce i nohy napjaté					Po 1206 	Po 1406 	Po 1606 
					do přednosu roznožmo 	do přednosu snožmo 	do vznosu snožmo úhel 45° - 90° 
Kola			Po 807 	Po 1007 		Po 1407 	
			kola odbočmo snožmo, 1x dokola 	kola odbočmo snožmo, 2x dokola 		kola odbočmo roznožmo, 2x dokola 	

Akrobatické prv.	0,1	0,2	0,4	0,6	0,8	1,0	1,2
Vpřed			A 401 		A 801 		
			přemet vpřed 		přemet vpřed bez dohmatu 		
Vpřed	A 102 		A 402 	A 602 	A 802 	A 1002 	
	všechny varianty 		pomalý přemet vpřed 	salto do sedu z jedné nebo obou nohou 	salto vpřed skřčmo 	salto vpřed schylmo 	
Vzad		A 203 	A 403 	A 603 	A 803 	A 1003 	
		rondát 	flik vzad 	salto vzad skřčmo 	salto vzad schylmo 	salto vzad toporně 	
Vzad	A 104 		A 404 		A 804 		
	všechny varianty 		pomalý přemet vzad 		tempo salto roznožmo/snožmo 		
Stranou		A 205 		A 605 	A 805 		
		přemet stranou 		přemet stranou bez dohmatu (arab) 	salto stranou (kablo) 