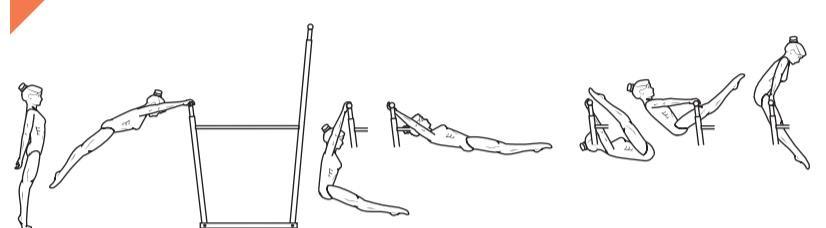


NIVEL 4

Barras Asimétricas

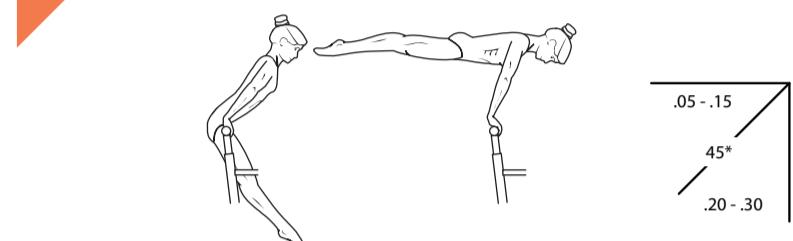
1

KIP CON PIERNAS JUNTAS
O SEPARADAS (0.60)



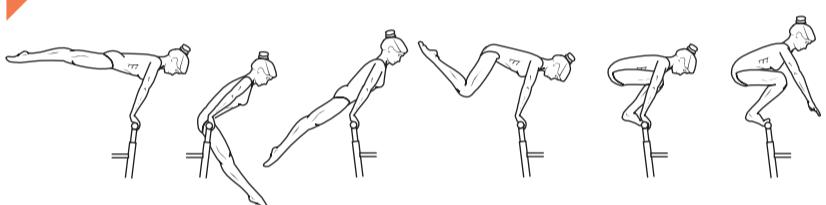
2

IMPULSO ATRÁS A LA HORIZONTAL
Y REGRESO AL APOYO FACIAL (0.40)



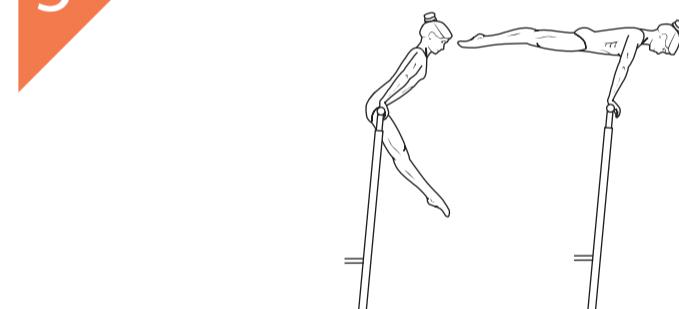
3

IMPULSO ATRÁS-APOYO DE PIES EN CUILLILLAS O CARPADO (0.20)



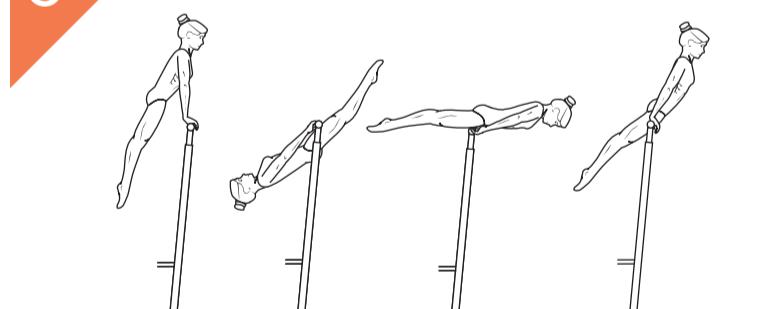
5

IMPULSO ATRÁS A HORIZONTAL (0.40)



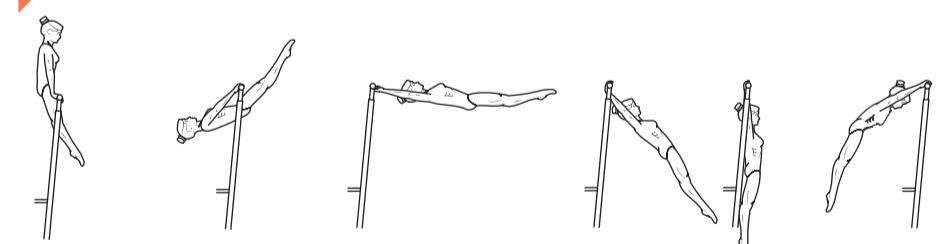
6

VUELTA ATRÁS (0.40)



7

SUB BALANCEO, PRIMER CONTRAVUELO
(MÍNIMO 30° BAJO HORIZONTAL) (0.60)



8

BALANCEO ADELANTE,
SEGUNDO CONTRAVUELO
(MÍNIMO 30° BAJO HORIZONTAL) (0.60)

9

SALIDA DE BALANCEO ADELANTE, *1/2
(180°) GIRO (0.60)

