



la academia

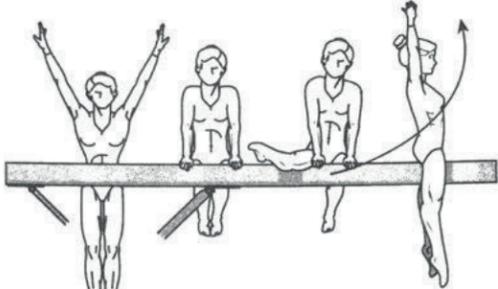
Julio Doná

NIVEL 2

Viga de Equilibrio

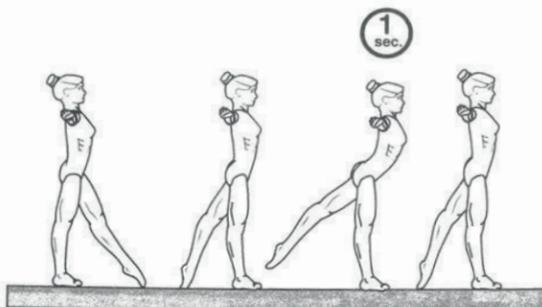
1

CABALLITO CON PIERNAS EXTENDIDAS. (0,20)



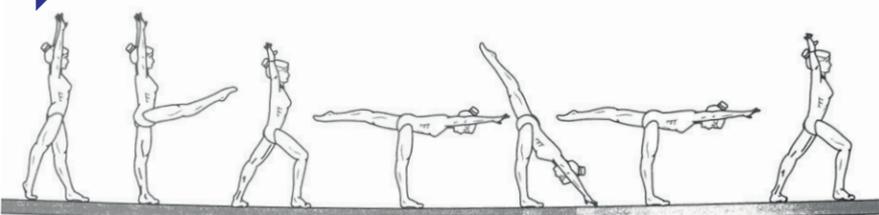
3

ARABESCA 30° (0,40)



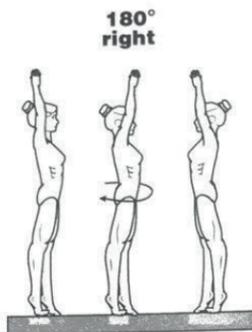
5

PLANCHA AL FRENTE (LEVER) (0,60)



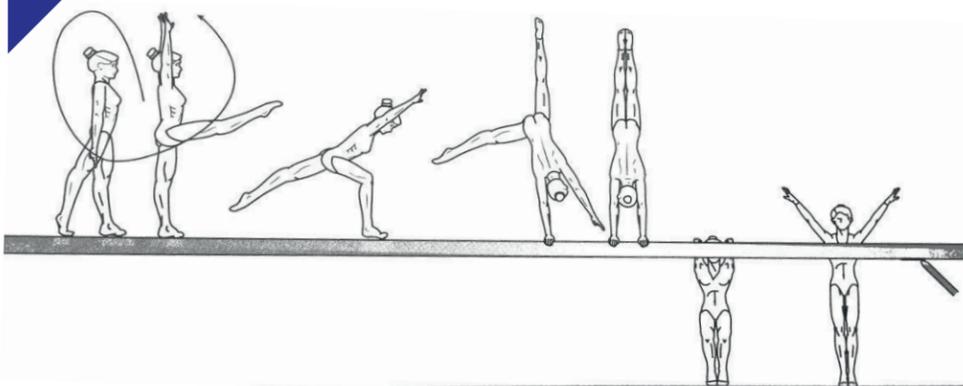
7

3/4 VUELTA PIVOTE 180 (0,20)



9

SALIDA DE 3/4 MEDIALUNA HASTA LLEGAR A LA PARADA DE MANOS (0,60)



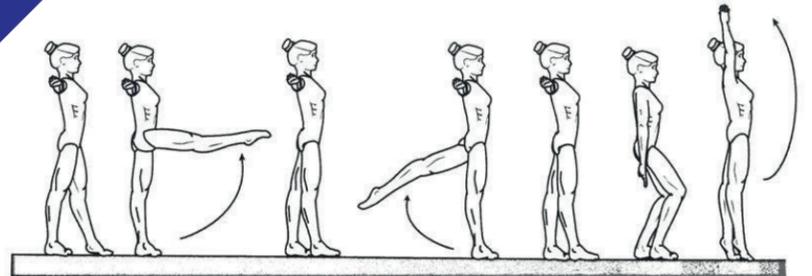
2

IMPULSO ATRAS AL APOYO MIXTO AL FRENTE (0,60)



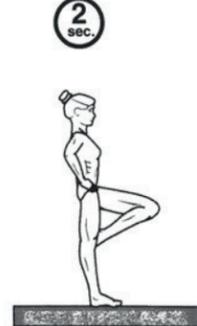
4

BALANCEO DE PIERNAS AL FRENTE Y ATRAS (0,20 CADA UNA) DEMI-PLIE (0,20)



6

BALANCE EN UNA PIERNA PASSÉ (0,20)



8

SALTO EXTENDIDO A POSICIÓN POSE

