



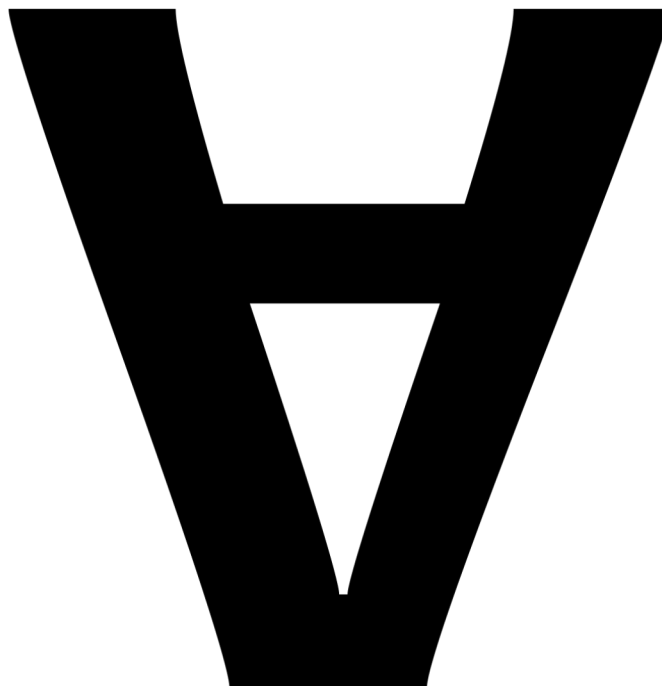








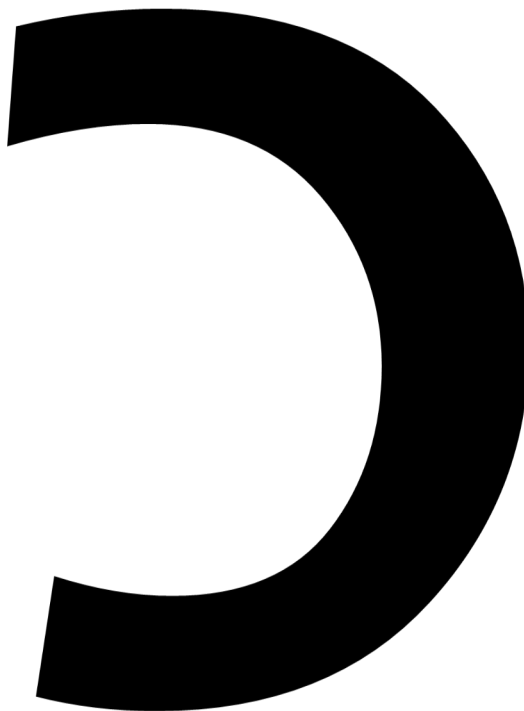
Hampelmann							
							
			1	1			
	2					2	
			3	3			





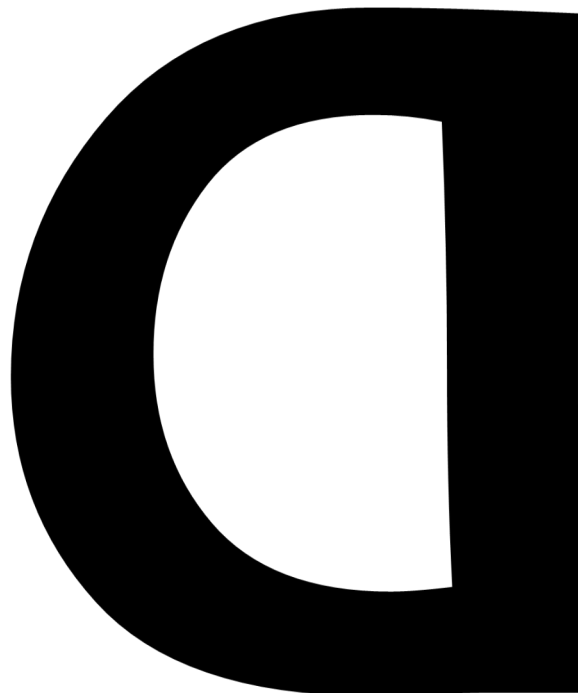
Sprünge einbeinig							
							
	1					2	
	3					4	





B

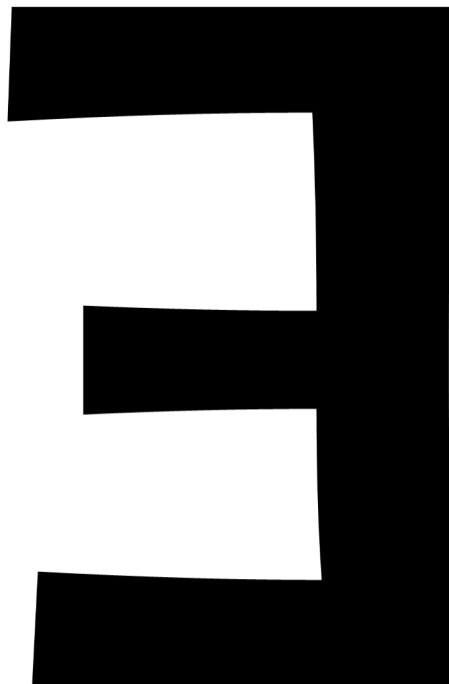
Sprünge beidbeinig lateral							
							
	1	1			2	2	
	3	3			4	4	







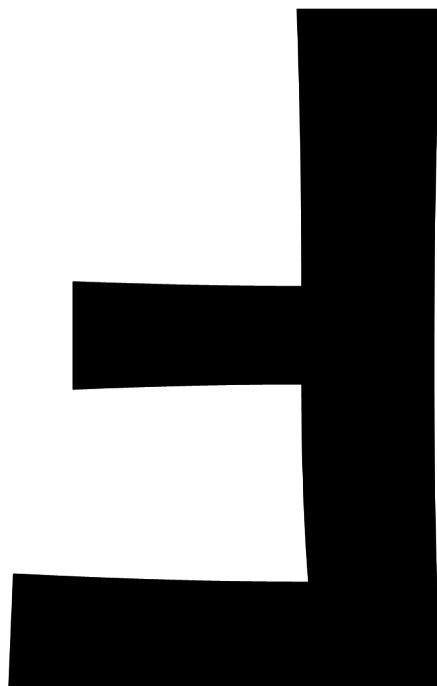
Doppelsprung einbeinig							
							
		1,2			3,4		
		5,6			7,8		



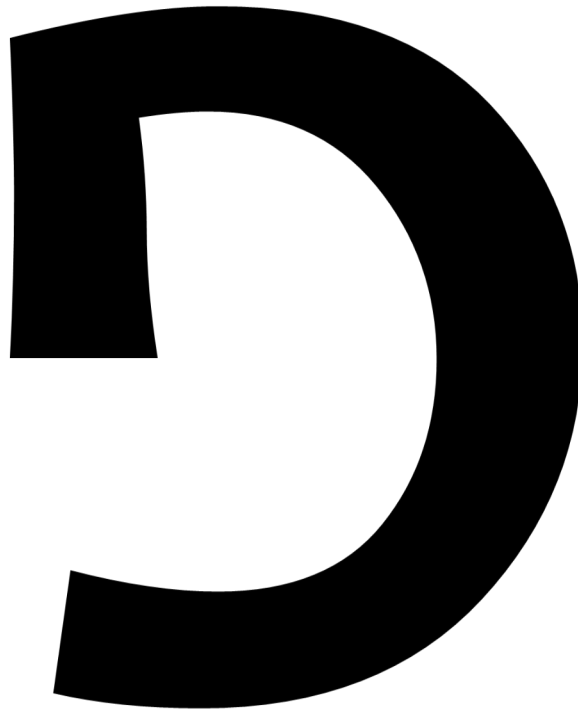
Kreuzen hinten						
			kreuzen hinten			
1		2	X	3		4
7		6	X	5		





Kreuzen vorne						
			kreuzen vorne			
1		2	X	3		4
7		6	X	5		



Telemarker



Brain Hockey Schritt- und Sprungfolgen

1-2-3-2-1 alternierend einbeinig							
							
		1			2,3		
		4,5,6			7,8		
		9			10,11		

