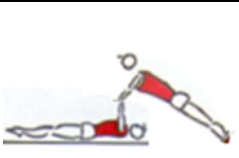
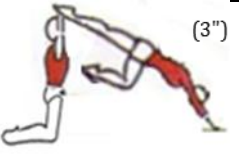
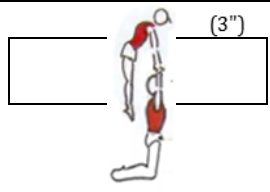
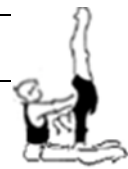


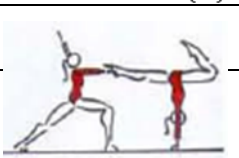
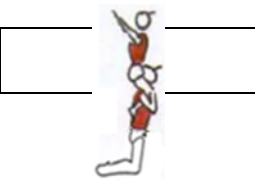
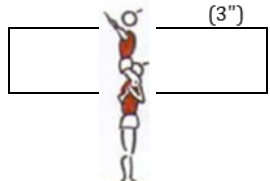
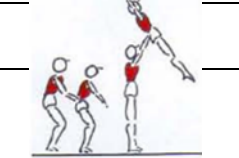

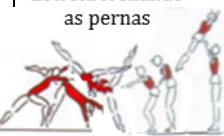


TORNEIO NACIONAL DE GINÁSTICA ACROBÁTICA 2019
TABELA DE ELEMENTOS OBRIGATÓRIOS - Iniciante
Pares

IN 1	Acrobático 01 (3")	Acrobático 02 (3") Mãos das	Acrobático 03 (3")
			

IN 2	Acrobático 01 (3") Top em cima das pernas do base	Acrobático 02 (3")	Acrobático 03 (3")
			


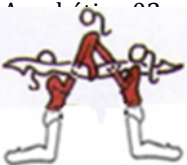
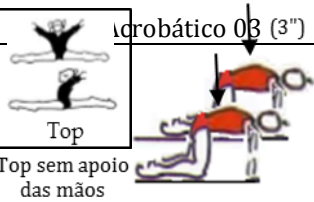
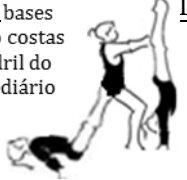





IN 3	Acrobático 01 (3")	Acrobático 02 (3")	Acrobático 03 (3")
			

IN 4	Acrobático 01 Alavanca - Dinâmico	Acrobático 02 Alavanca - Dinâmico	Acrobático 03 Alavanca - Dinâmico Estrela fechando as pernas
			

TORNEIO NACIONAL DE GINÁSTICA ACROBÁTICA 2019

TABELA DE ELEMENTOS OBRIGATÓRIOS - Iniciante

Grupos Femininos

IN 1	Acrobático 01 (3")	Acrobático 02 (3")	Acrobático 03 (3")
			
IN 2	Pés dos bases apoiando costas ou quadril do intermediário 1 (3")	Mãos do top apoiando pernas do Base Acrobático 02 (3")	Acrobático 03 (3")
			
IN 3 Top em posição de "Grilo" (mantendo abdução de escápulas)	Acrobático 01 (3")	Acrobático 02 (3")	Acrobático 03 (3")
			
IN 4	Acrobático 01 (0/4) Back	Deslocamento na estufa Acrobático 02 (3") 1x para direita 1x para esquerda	Acrobático 03 Pausar 1"
	