

# Menü KFL

Konzept zur Förderung des Leistungssportnachwuchses des DSAB



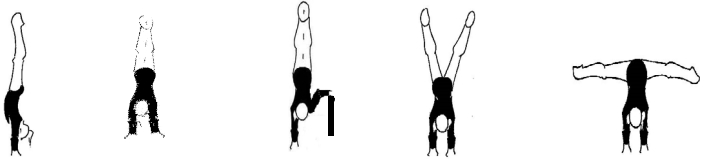




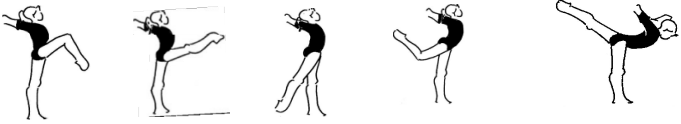
Version 2.8 Dezember 2022

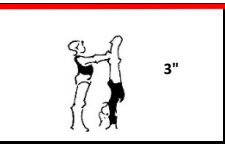
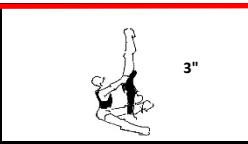
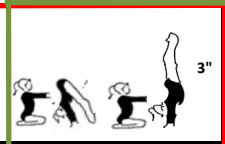
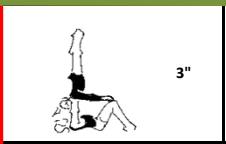


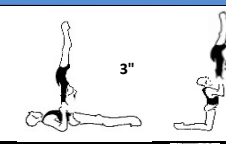
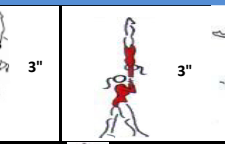
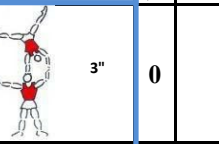
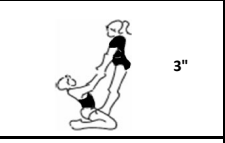
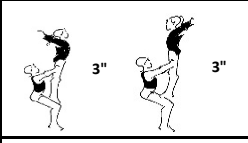
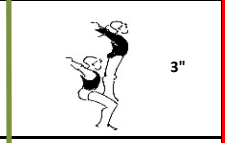
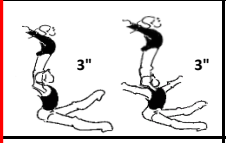
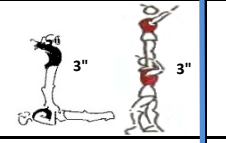
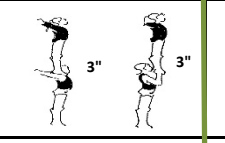
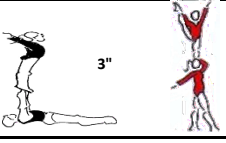
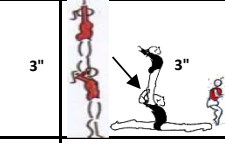
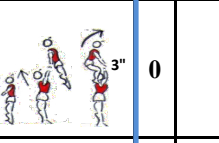
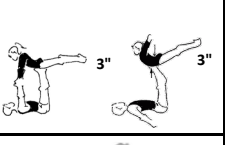
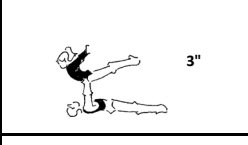
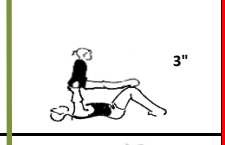
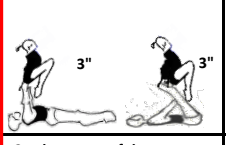
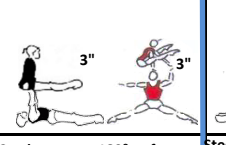
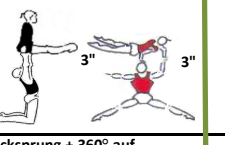
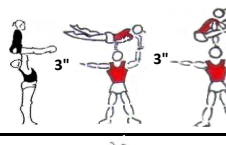
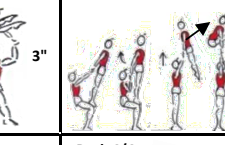
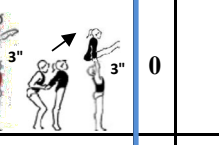
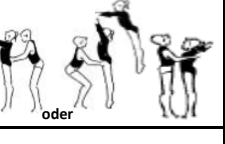
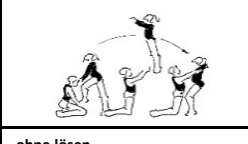
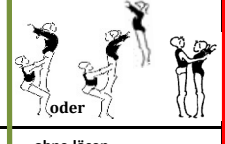

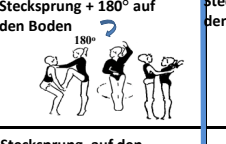
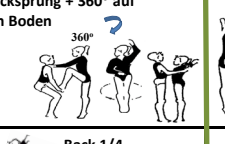
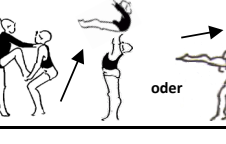
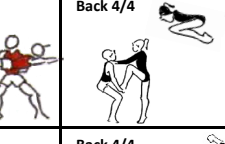
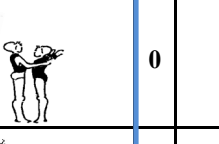


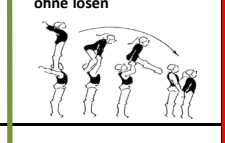



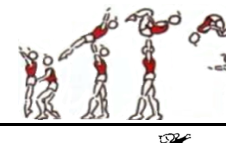
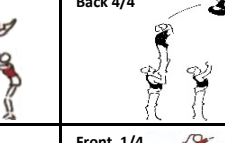
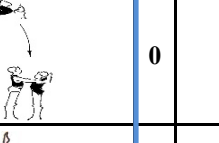
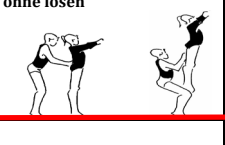
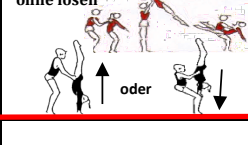




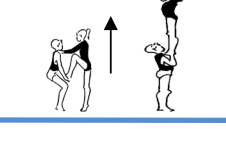
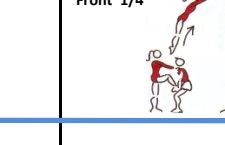
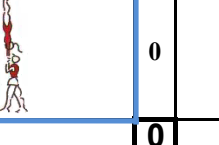
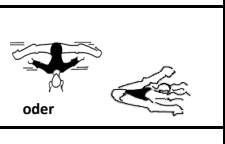
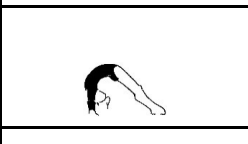
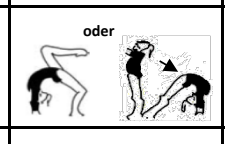
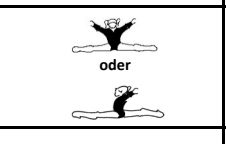
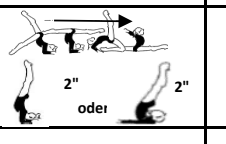
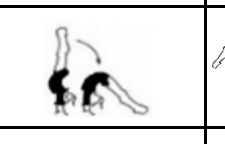
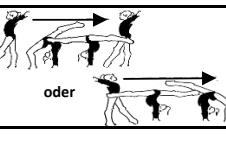
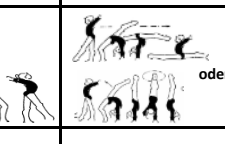
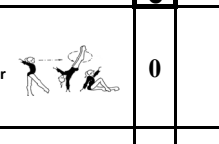
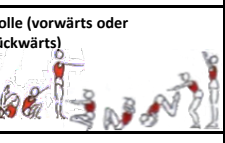
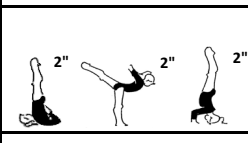

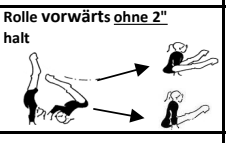
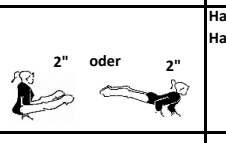
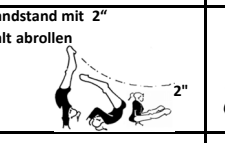
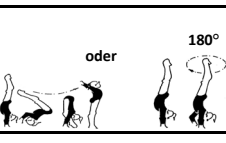
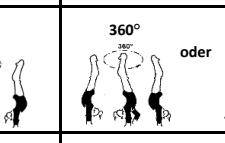
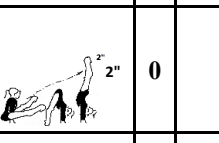
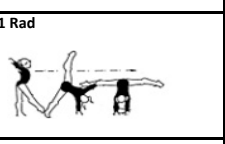
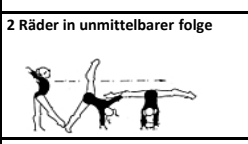
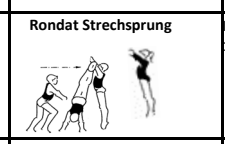




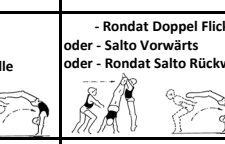
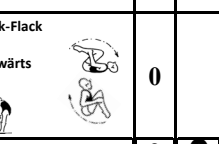
## Übungsbögen Paare


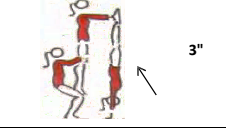
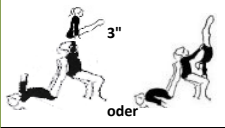
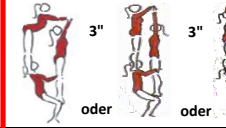
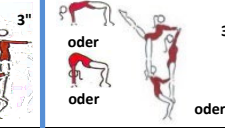
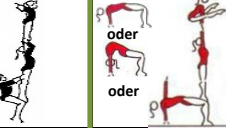
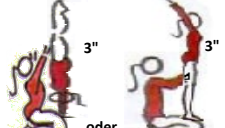


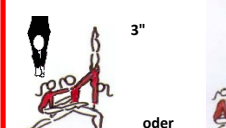




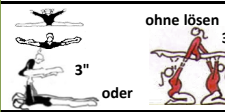
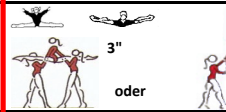
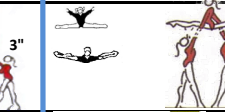
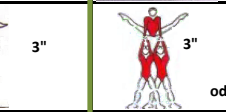

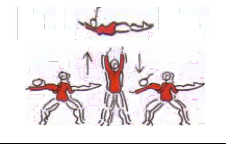
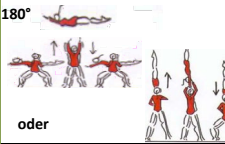

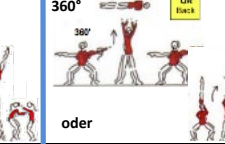
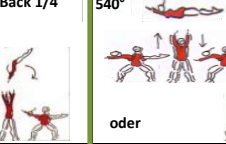
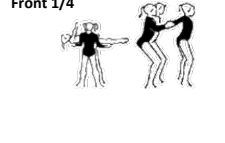
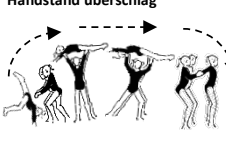
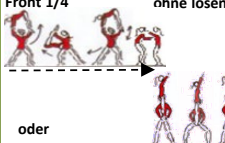
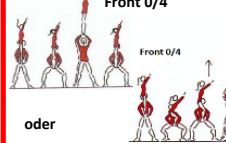
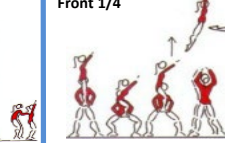
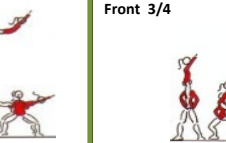
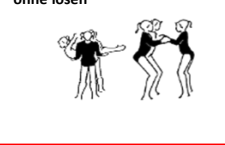
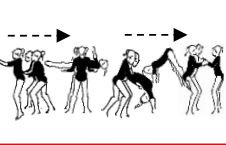

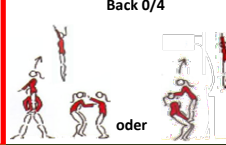
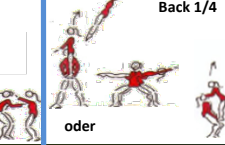
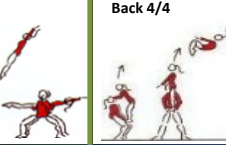
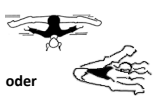





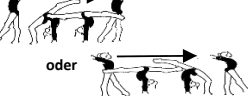
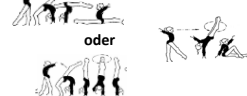

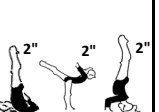

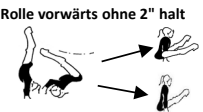
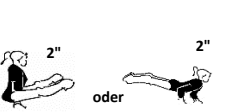

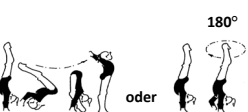
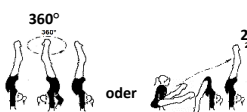








## Übungsbögen Damen Gruppen

## Übungsbögen Herren Gruppen

<a href="#">Paare</a>	<a href="#">Damen Gruppen</a>	<a href="#">Herren Gruppen</a>	
Inhalt	Inhalt	Inhalt	
<a href="#">Level 1</a>			
<a href="#">Level 2</a>	<a href="#">Level 2</a>	<a href="#">Level 2</a>	
<a href="#">Level 3</a>	<a href="#">Level 3</a>	<a href="#">Level 3</a>	

<b>A</b>		<b>B</b>	
			<p><b>C</b></p> <p>Variationen Top</p> 
		<p><b>D</b></p> 	

		Level 1			Level 2			Level 3			V	R
Strukturgruppe: <b>Handstand</b>	<b>A</b>	 3"	 3"	 3"	 3"	 3"	Mit zwei Händen gehalten  3"	 3"	 3"	 3"	0	
Strukturgruppe: <b>Stehen</b>	<b>B</b>	 3"	 3"	 3"	 3"	 3"	 3"	 3"	 3"	 3"	0	
Strukturgruppe: <b>Stütz</b>	<b>C</b>	 3"	 3"	 3"	 3"	 3"	 3"	 3"	 3"	 3"	0	
Strukturgruppe: <b>Cupé</b>	<b>D</b>	 oder		 oder	Stecksprung auf den Boden 	Stecksprung + 180° auf den Boden  180° ?	Stecksprung + 360° auf den Boden  360° ?	 oder	 Back 4/4		0	
Strukturgruppe: <b>Abwurf</b>	<b>E</b>		ohne lösen 	ohne lösen 	Stecksprung mit lösen  oder	Stecksprung auf den Boden  oder	 Back 1/4		 Back 4/4		0	
Strukturgruppe: <b>Gefangen</b>	<b>F</b>	ohne lösen 	ohne lösen  oder		Mit ständigem Kontakt  RW	Ohne ständigen Kontakt  RW	Ohne ständigen Kontakt 		 Front 1/4		0	
											0	
<b>Flex</b>		 oder		oder 	oder 	 2" oder		 oder	 oder		0	
<b>Agility/stand</b>		Rolle (vorwärts oder rückwärts) 	 2" 2" 2"	Handstand abrollen <u>ohne</u> 2" halt 	Rolle vorwärts <u>ohne</u> 2" halt 	 2" oder 2"	Handstand mit 2" Halt abrollen  2"	 oder 180°	 360° oder	 2"	0	
<b>Tumble</b>		1 Rad 	2 Räder in unmittelbarer folge 	Rondat Stretchsprung 	Rondat Stretchsprung mit 180° 	Rondat Stretchsprung mit 180° mit Flugrolle vorwärts 	Rondat Stretchsprung mit 180° + Rondat Stretchsprung mit 180° 	- Rondat Flick-Flack oder - Handstandüberschlag oder - Handstandüberschlag+ Flugrolle oder - Schrittüberschlag Rondat oder - freies Rad 	- Rondat Doppel Flick-Flack oder - Salto Vorwärts oder - Rondat Salto Rückwärts 		0	
											0	0
		1 V	2 V	3 V	4 V	5 V	6 V	7 V	8 V			

			Level 1		Level 2			Level 3		V	R
A									4		
B									4		
C				 Hände auf Oberschenkel >>	 ohne lösen				4		
D					 180°	 Hochwerfen und auf ausgestreckten Armen fangen mit lösen	 360° Front oder Back	 540° Back 3/4	4		
E			 Front 1/4	 Handstand überschlagen	 Front 1/4 ohne lösen	 Front 0/4	 Front 1/4	 Front 3/4	4		
F			 ohne lösen		 ohne lösen	 Back 0/4	 Back 1/4	 Back 4/4	4		
									24		
Flex									3		
Agility/stand	 Rolle (vorwärts oder Rückwärts)	 2" 2" 2"	 Handstand abrollen ohne 2" halt	 Rolle vorwärts ohne 2" halt	 2" 2"	 Handstand mit 2" halten und abrollen in den Stütz	 180°	 360° 2"	3		
Tumble	 1 Rad	 2 Räder in unmittelbarer folge	 Rondat Stretchsprung	 Rondat Stretchsprung mit 180°	 Rondat Stretchsprung mit 180° mit Flugrolle vorwärts	 Rondat Stretchsprung mit 180° + Rondat Stretchsprung mit 180°	 - Rondat Flick-Flack oder - Handstandüberschlag oder - Handstandüberschlag + Flugrolle oder - Schrittlüberschlag Rondat oder - freies Rad	 - Rondat Doppel Flick-Flack oder - Salto Vorwärts oder - Rondat Salto Rückwärts	3		
									3	27	
	1 V	2 V	3 V	4 V	5 V	6 V	7 V	8 V	V	↑	

			Level 2		Level 3			V	R	
A			oder 	oder 	oder 			1		
B								1		
C								1		
D			x2 	2 	360° 2 			1		
E			1+1 		1+1 	180° 1+1 	1+1 	1		
F			1+1 	1+1 	1+1 			1		
								6		
Flex	oder 		oder 	oder 	2" oder 2" 		oder 	4		
Agilitätsstand	Rolle (vorwärts oder Rückwärts) 	2" oder 2" 2" 	Handstand abrollen ohne 2" halt 	Rolle vorwärts ohne 2" halt 	Handstand mit 2" halten und abrollen in den Stütz 	180° 	360° 2" 2" oder 	4		
Tumble	1 Rad 	2 Räder in unmittelbarer folge 	Rondat Stretchsprung 	Rondat Stretchsprung mit 180° 	Rondat Stretchsprung mit 180° mit Flugrolle vorwärts 	Rondat Stretchsprung mit 180° + Rondat Stretchsprung mit 180° 	- Rondat Flick-Flack oder - Handstandüberschlag oder - Handstandüberschlag + Flugrolle oder - Schrittüberschlag Rondat oder - freies Rad 	- Rondat Doppel Flick-Flack oder - Salto Vorwärts oder - Rondat Salto Rückwärts 	4	
	1 V	2 V	3 V	4 V	5 V	6 V	7 V	8 V	4	10