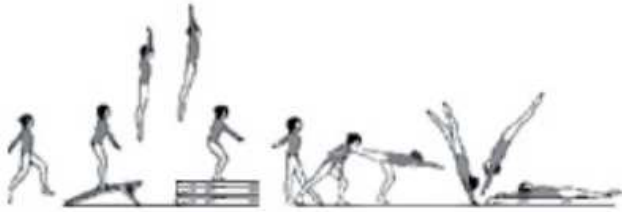
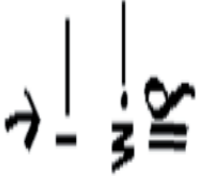
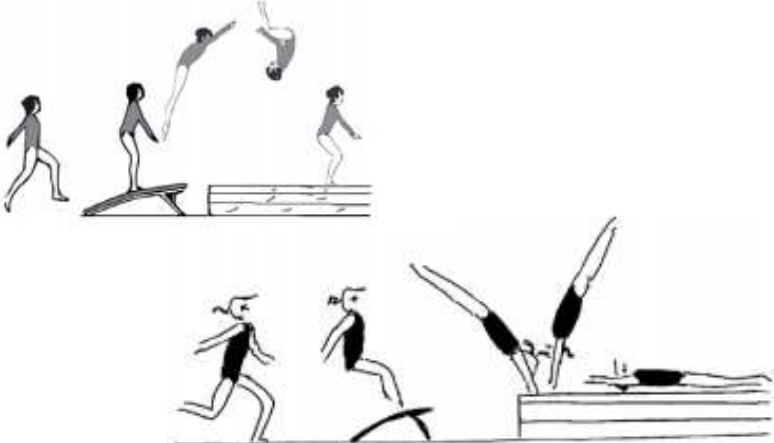

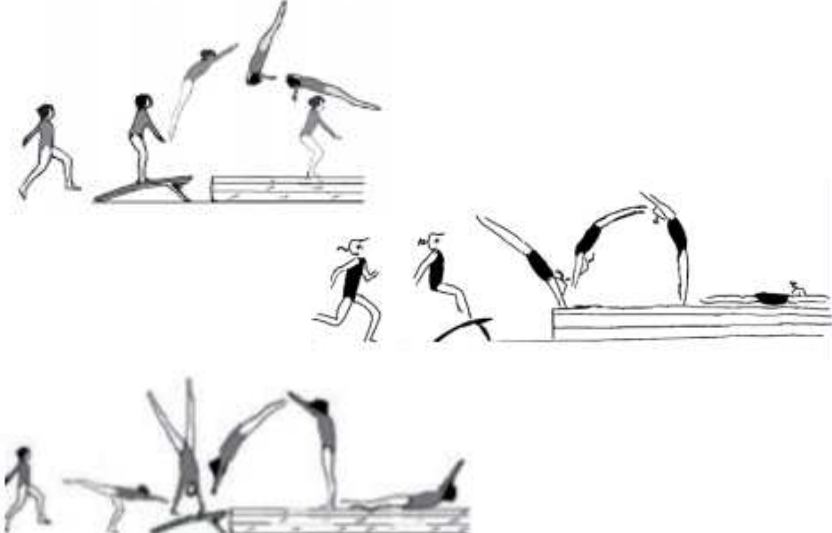



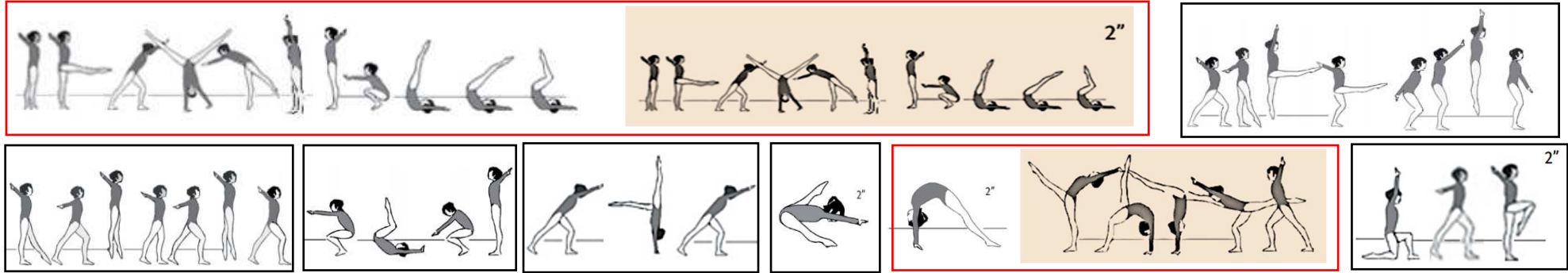
<p><b>Niveau 1</b></p>	<p><b>ND : 1</b></p>		<p>Course, saut vertical, réception stabilisée puis fente ATR et tomber dos</p>	
<p><b>Niveau 2</b></p>	<p><b>ND : 2</b></p>		<p><b>S1</b> Course, salto avant groupé</p> <p><b>S2</b> Course, appel deux pieds dans le trampoline, lune arrivée dos</p>	
<p><b>Niveau 3</b></p>	<p><b>ND : 3.5</b></p>		<p><b>S1</b> Course, salto avant tendu</p> <p><b>S2</b> Course, appel deux pieds dans le trampoline, lune arrivée debout puis tomber ventre</p> <p><b>S3</b> Course, rondade (mains sur le trampoline) arrivée debout puis tomber dos</p>	

<p>Niveau 1</p>	<p>ND: 1 - 2</p>	<p>S1</p>	
		<p>S2</p>	
<p>Niveau 2</p>	<p>ND: 3 - 4</p>	<p>S1</p>	
		<p>S2</p>	
<p>Niveau 3</p>	<p>ND: 5 - 6</p>	<p>S1</p>	
		<p>S2</p>	

<p><b>Niveau 1</b></p>	<p><b>ND:</b> 1 - 2</p>	<p>Illustrations for Level 1 performance elements, including handstands, backflips, and frontflips on a beam. A red box highlights a backflip sequence with a 2" mark. Another red box highlights a frontflip sequence with a 2" mark. A third red box highlights a handstand sequence with a 2" mark.</p>
<p><b>Niveau 2</b></p>	<p><b>ND:</b> 3 - 4</p>	<p>Illustrations for Level 2 performance elements, including handstands, backflips, and frontflips on a beam. A red box highlights a handstand sequence with the text "OU" between two variations. Another red box highlights a handstand sequence with the text "Jambe gauche et jambe droite" below it. A third red box highlights a handstand sequence with the text "Jambe gauche et jambe droite" below it. A fourth red box highlights a handstand sequence with the text "2" above it.</p>
<p><b>Niveau 3</b></p>	<p><b>ND:</b> 5 - 6</p>	<p>Illustrations for Level 3 performance elements, including handstands, backflips, and frontflips on a beam. A red box highlights a handstand sequence with the text "2" above it. Another red box highlights a handstand sequence with the text "2" above it. A third red box highlights a handstand sequence with the text "2" above it. A fourth red box highlights a handstand sequence with the text "2" above it. A fifth red box highlights a handstand sequence with the text "2" above it.</p>

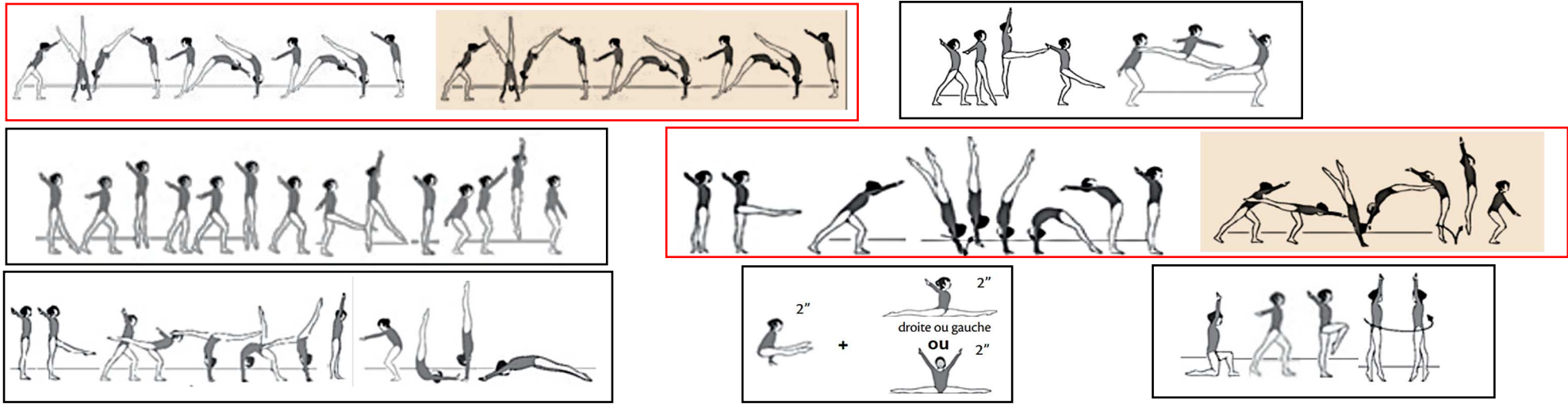
Niveau 1

ND:  
1-2



Niveau 2

ND:  
3-4



Niveau 3

ND:  
5-6

