

**SPRONGTABEL NTS NIVEAU 4**

| GROEP 1<br>Overslagen<br>Yamashita's |               |      | GROEP 2<br>Overslag met/zonder<br>1/1 dr. in - salto vo of ao |            |      | GROEP 3<br>Tsukahara / Halve dr, in -<br>salto vo/ao met/zonder dr. |               |      | GROEP 4<br>Arabier-flick-flack in-salto<br>vo/ao met / zonder la-dr. |            |      | GROEP 5<br>A-fl-fl m.1/2 of 1/1 dr in-over-<br>slag / salto vo/ao m/z la-dr. |  |  |
|--------------------------------------|---------------|------|---|------------|------|---|---------------|------|--|------------|------|--|--|--|
| 1.00                                 | Overslag      | 2.40 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.01                                 | Overslag-1/2  | 2.80 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.02                                 | Overslag-1/1  | 3.20 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.03                                 | Overslag-11/2 | 3.60 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.04                                 | Overslag-2/1  | 4.00 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.10                                 | Yamashita     | 2.60 | 2.10  | Ov-vo hurk | 4.40 | 3.10  | Tsuk hurk     | 4.00 | 4.10   | AF-ao hurk | 3.80 |  |  |  |
| 1.11                                 | Yamashita-1/2 | 3.00 |   |            |      | 3.11  | Tsuk hurk 1/2 | 4.30 |  |            |      |  |  |  |
| 1.12                                 | Yamashita-1/1 | 3.40 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.20                                 | 1/2-1/2       | 3.00 |   |            |      | 3.20  | Tsuk hoek     | 4.20 | 4.20   | AF-ao hoek | 4.00 |  |  |  |
| 1.21                                 | 1/2-1/1       | 3.40 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.22                                 | 1/2-11/2      | 3.80 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.23                                 | 1/2-2/1       | 4.20 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.30                                 | 1/1-Overslag  | 3.20 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.32                                 | 1/1-1/2       | 3.60 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.50                                 | AF-Overslag   | 2.40 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.51                                 | AF-1/2        | 2.80 |   |            |      |   |               |      |  |            |      |  |  |  |
| 1.52                                 | AF-1/1        | 3.20 |   |            |      |   |               |      |  |            |      |  |  |  |