













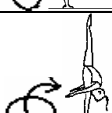



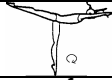







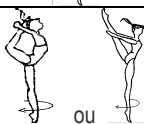
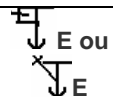


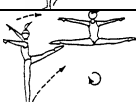



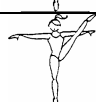



# FICHE DE NOTATION ML IMPOSE ESPOIR :

Nom, Prénom :

	Niveau	Descriptif	Dessin	symbole	Valeur	Juge
Diff 1	N 1	Penché latéral (avec aide)			0,10	
	N 2	Penché latéral (sans aide)			0,20	
Diff 2 + Diff 3	N 1	Enjambée + Biche boucle			0,30 + 0,40	
	N 2	Enjambée + enjambée boucle			0,30 + 0,50	
Diff 4	N 1	Pivot en retiré en dehors (1 tour)			0,10	
	N 2	Pivot en retiré en dehors (2 tour ou +)			0,30	
Diff 5	N 1	Renversement + penché antéropostérieur (buste à l'horizontal)			0,20	
	N 2	Renversement + penché antéropostérieur (buste en bas)			0,30	
Diff 6	N 1	Pivot planche (1 tour)			0,30	
	N 2	Pivot planche (1 tour)			0,30	
Diff 7	N 1	Flexion arrière (jambe fléchie)			0,10	
	N 2	Flexion arrière			0,30	
Diff 8	N 1	Equilibre en grand écart dorsal (avec aide)			0,30	
	N 2	Equilibre boucle avec aide (fléchie ou tendue avec aide) en tour lent (180°)			0,50	
Diff 9	N 1	Manège biche			0,50	
	N 2	Manège enjambé			0,50	
Diff 10	N 1	Equilibre latéral (sans aide)			0,30	
	N 2	Equilibre latéral (sans aide)			0,30	

Total Difficulté / 2,6 à 3,5

Note du juge :