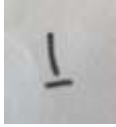

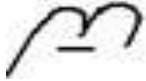















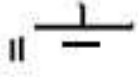
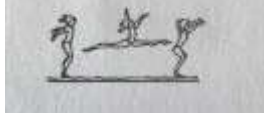





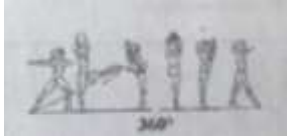


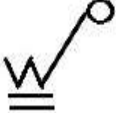
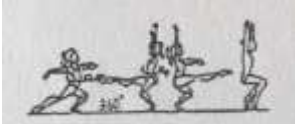


# OSNOVNI GIMNASTIČNI SIMBOLI ZA GRED IN PARTER

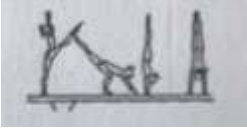
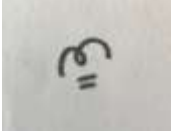

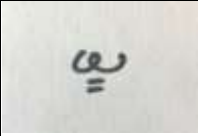

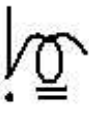

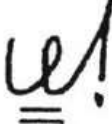




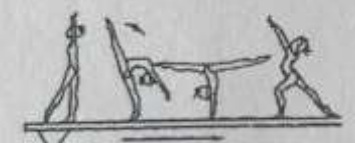






## RITMIČNI SKOKI

	SIMBOL	PRVINA	SLIKA
1.		skok stegnjeno	
2.		mačji skok	
3.		skok skrčno	
4.		sissone	
5.		skok visoko daleč	
6.		skok raznožno prednožno	
7.		skok sonožno prednožno	
8.		skok visoko daleč z menjavo noge	
9.		stegnjen skok z obratom 360°	
10.		skok prednožno - zanožno s sonožnim odzivom	

## RITMIČNI OBRATI


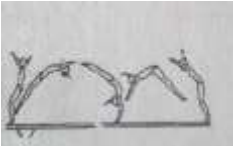


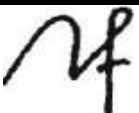
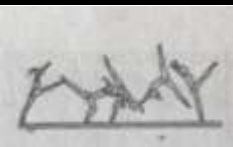


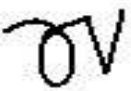
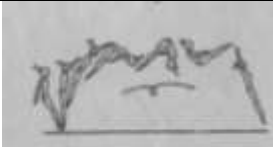







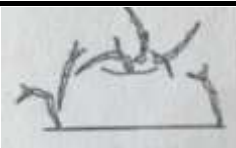
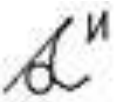
	SIMBOL	PRVINA	SLIKA
1.		obrat 360° na vzponu na eni nogi	
2.		obrat 360° na vzponu na eni nogi druga noga v prednoženju min. 90°	
3.		obrat 360° na vzponu na eni nogi druga noga v vznoženju in prijem z rokami	
4.		obrat 360° v predklonu	
5.		obrat 360° v čepu na eni nogi	

## AKROBATSKE PRVINE

	SIMBOL	PRVINA	SLIKA
1.	!	stoja na rokah	
2.		preval naprej	
3.		preval nazaj	
4.		stoja na rokah in povezano preval naprej	
5.		preval nazaj v stojo na rokah	
6.		premet v stran "kolo"	
7.		most nazaj	
8.		most naprej	
9.		premet v stran z obratom za 90° "rondat"	
10.		premet nazaj na eno nogo "menikelli"	

## AKROBATSKE PRVINE

	SIMBOL	PRVINA	SLIKA
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11.		premet nazaj na obe nogi	
12.		kolo brez pomoči rok "araber"	
13.		premet naprej brez pomoči rok "bosakov"	
14.		skrčeni salto naprej	
15.		sklonjeni salto naprej	
16.		stegnjeni salto naprej	
17.		skrčeni salto nazaj	
18.		sklonjeni salto nazaj	
19.		stegnjeni salto nazaj	
20.		bočni salto	