

3 Sprünge mit dem Minitrampolin **Sauts au minitrampoline**

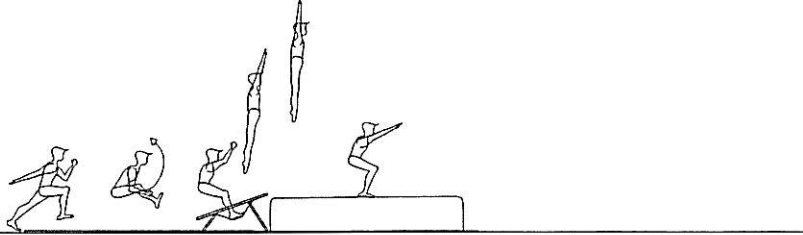
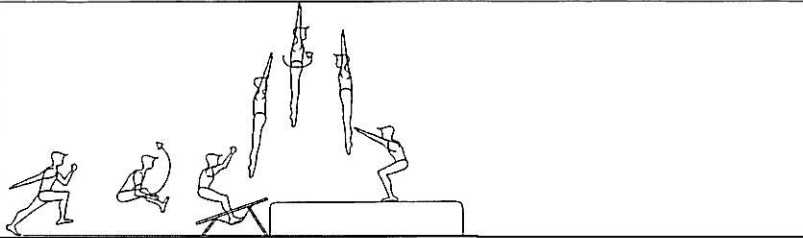
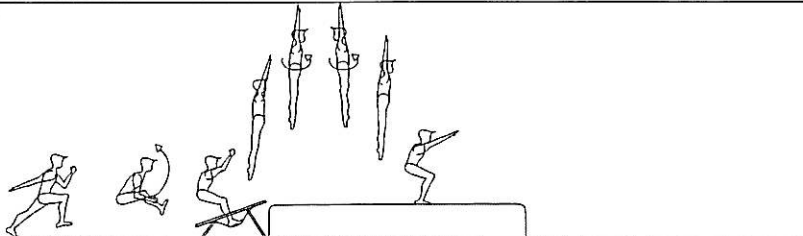
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Freisprünge

Sauts libres

3.01 Grundsprünge

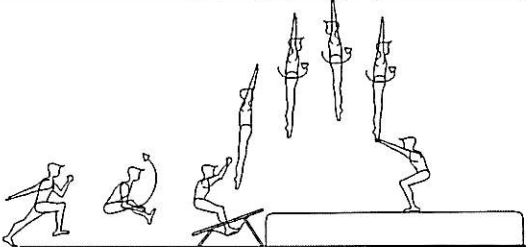
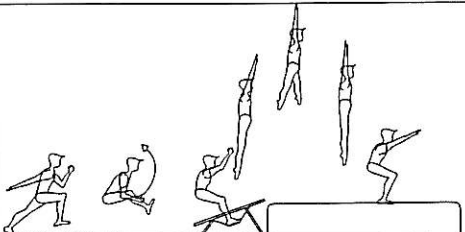
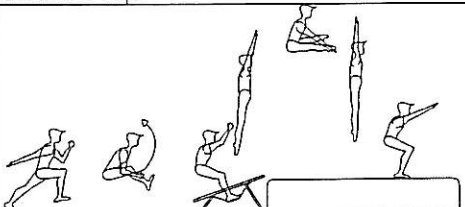
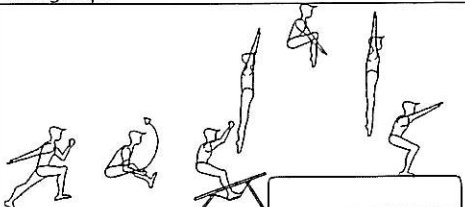
Les sauts de base

30101	Strecksprung Saut en extension
B	
30102	Strecksprung mit 1/2 Dr. Saut en extension avec 1/2 tour
4	
30103	Strecksprung mit 1/1 Dr. Saut en extension avec 1/1 tour
6	

Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse

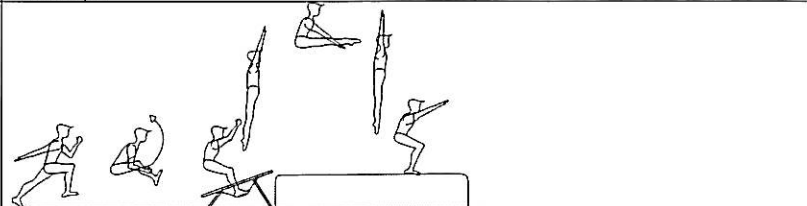
Ressort Geräteturnen/Secteur gymnastique aux agrès

30104 7	Strecksprung mit 1 1/2 Dr. (oder mehr) Saut en extension avec 1 1/2 tour (ou plus)  The diagram shows a sequence of five illustrations for a pommel horse vault. 1. A gymnast in a starting crouch. 2. A gymnast in a running approach. 3. A gymnast jumping over the pommel horse. 4. A gymnast in mid-air, performing a 1.5 rotation. 5. A gymnast landing on the pommel horse.
30105 B	Grätschsprung Saut écart lat.  The diagram shows a sequence of five illustrations for a pommel horse vault. 1. A gymnast in a starting crouch. 2. A gymnast in a running approach. 3. A gymnast jumping over the pommel horse. 4. A gymnast in mid-air, performing a lateral split leap. 5. A gymnast landing on the pommel horse.
30106 4	Grätschwinkelsprung Saut écart carpé  The diagram shows a sequence of five illustrations for a pommel horse vault. 1. A gymnast in a starting crouch. 2. A gymnast in a running approach. 3. A gymnast jumping over the pommel horse. 4. A gymnast in mid-air, performing a split leap with a half rotation. 5. A gymnast landing on the pommel horse.
30107 B	Hocksprung Saut groupé  The diagram shows a sequence of five illustrations for a pommel horse vault. 1. A gymnast in a starting crouch. 2. A gymnast in a running approach. 3. A gymnast jumping over the pommel horse. 4. A gymnast in mid-air, performing a tucked leap. 5. A gymnast landing on the pommel horse.

Turnsprache/Terminologie

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Ressort Geräteturnen/Secteur gymnastique aux agrès

30108	Bücksprung Saut carpé
5	

3.02 Rollen

Les roules

30201	Sprungrolle Saut roulé en av.
5	<p>The diagram illustrates the sequence of a forward rolling jump. It starts with a runner, followed by a crouched start, then a take-off from a beam. The gymnast arches over the beam, landing on their back and rolling forward. The final position shows the gymnast standing upright on the beam.</p>
30202	Hechtrolle Saut de poisson
5	<p>The diagram illustrates the sequence of a fish jump roll. It starts with a runner, followed by a crouched start, then a take-off from a beam. The gymnast jumps horizontally over the beam, landing on their back and rolling forward. The final position shows the gymnast standing upright on the beam.</p>

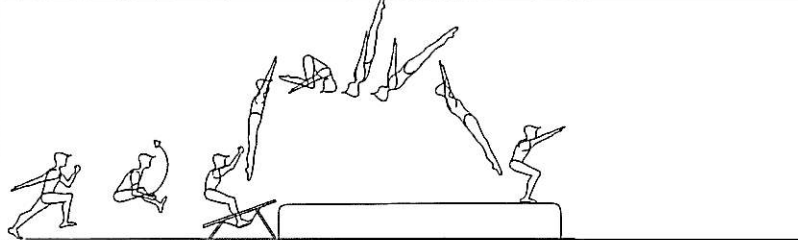
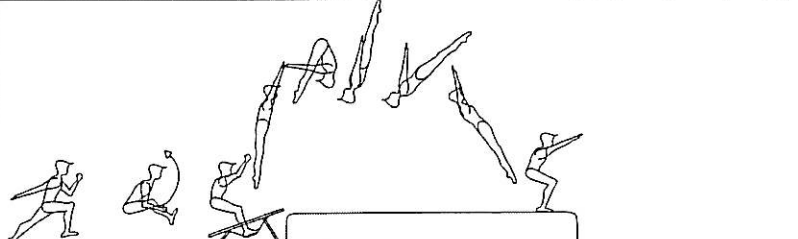
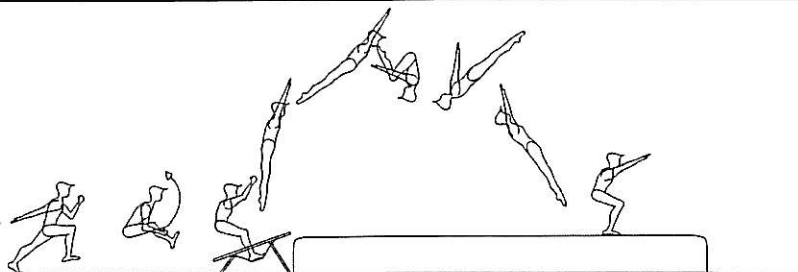
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3.03 Salto vorwärts

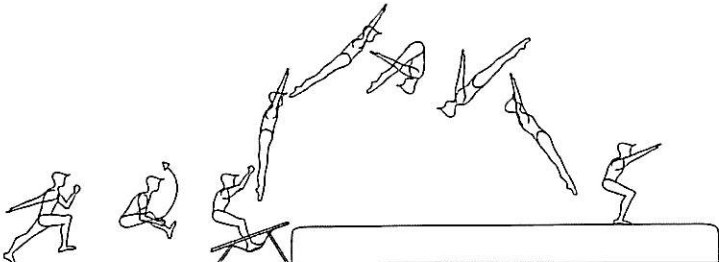
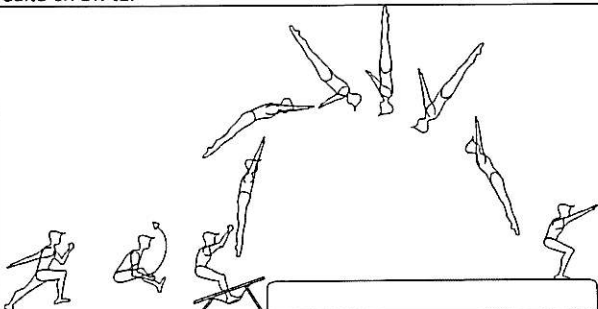
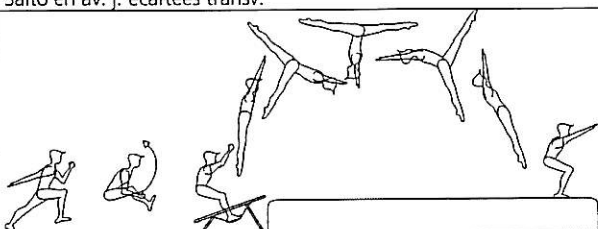
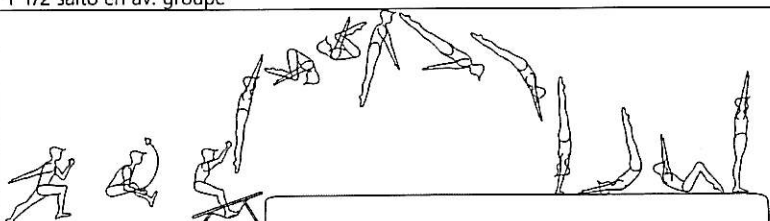
Les saltos en avant

30301	Salto vw. geh. Salto en av. groupé
5	
30302	Salto vw. geb. oder Salto vw. geb. mit gegr. Beinen Salto en av. carpé j. écartées ou serrées
6	
30303	Hechtsalto vw. geh. Saut de poisson et salto en av. groupé
6	

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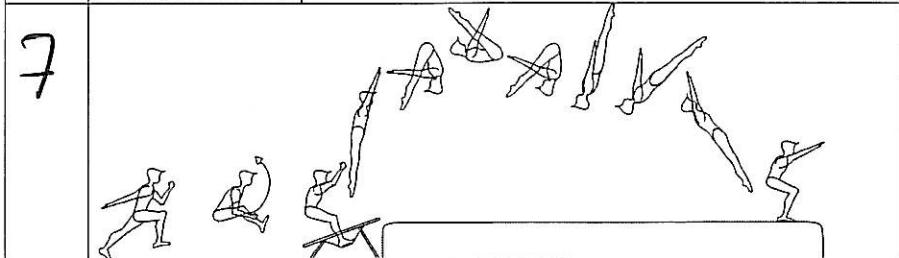
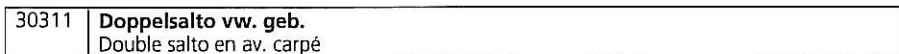
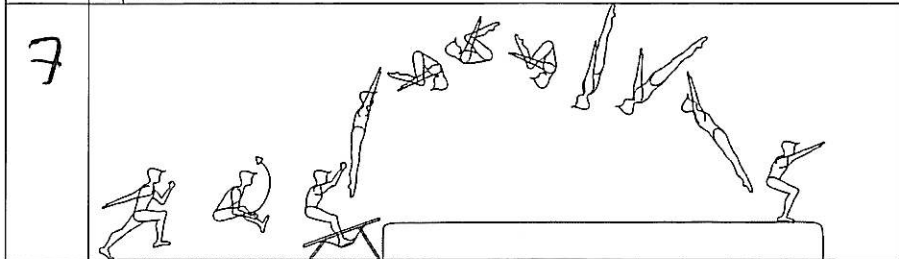
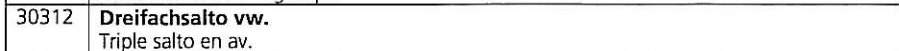
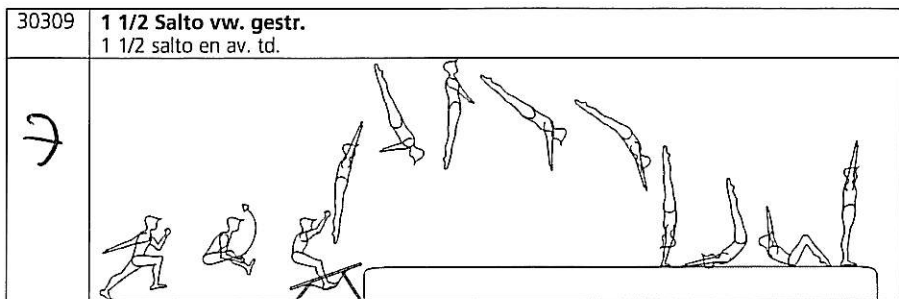
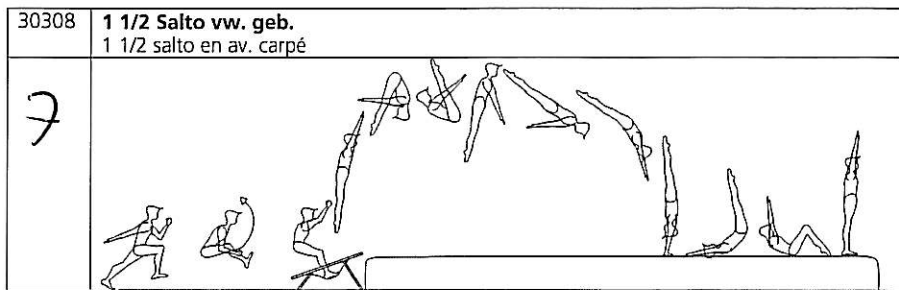
Ressort Gerätturnen/Secteur gymnastique aux agrès

30304	Hechtsalto vw. geb. Saut de poisson et salto en av. carpé
7	
30305	Salto vw. gestr. Salto en av. td.
7	
30306	Spreizsalto vw. Salto en av. j. écartées transv.
7	
30307	1 1/2 Salto vw. geh. 1 1/2 salto en av. groupé
6	

Turnsprache/Terminologie

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Ressort Gerätturnen/Secteur gymnastique aux agrès



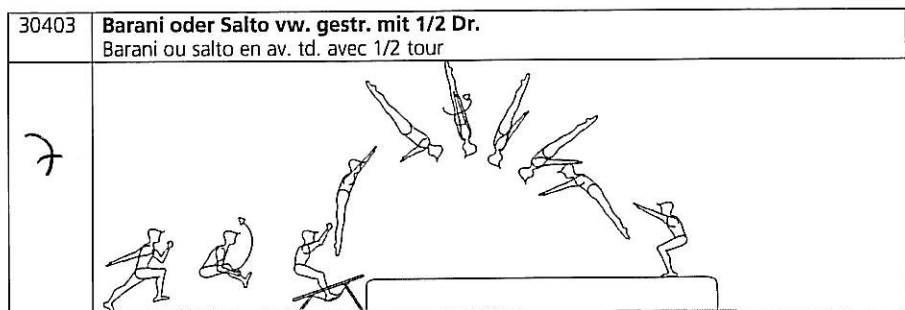
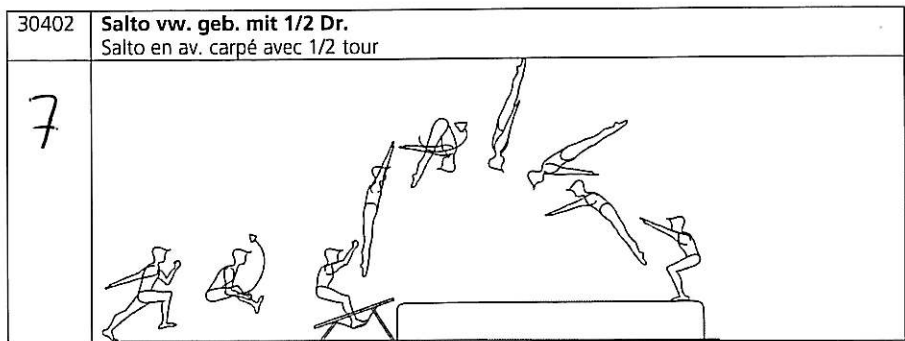
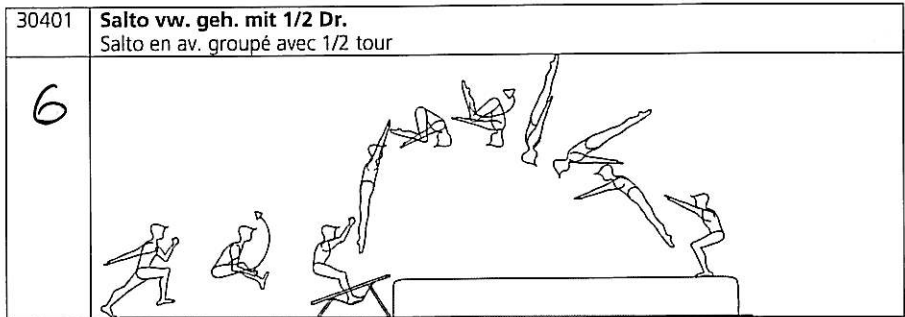
Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse

Ressort Geräteturnen/Secteur gymnastique aux agrès

3.04 Salto vorwärts mit Drehungen um die Längsachse

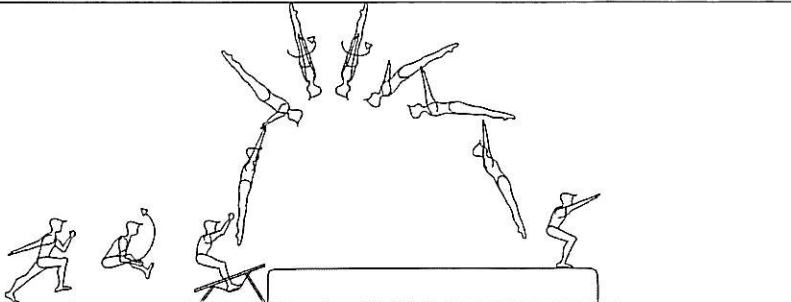
Les saltos en avant avec rotations longitudinales

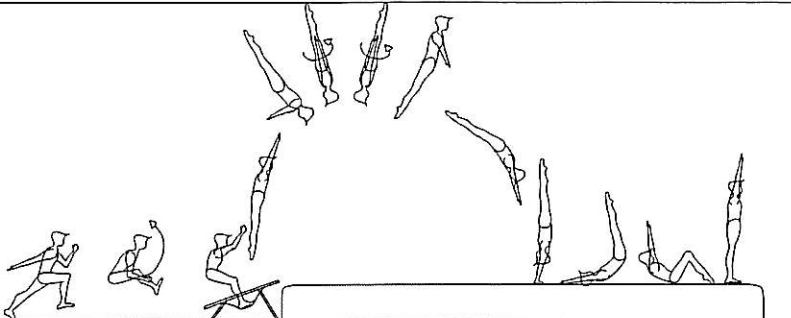


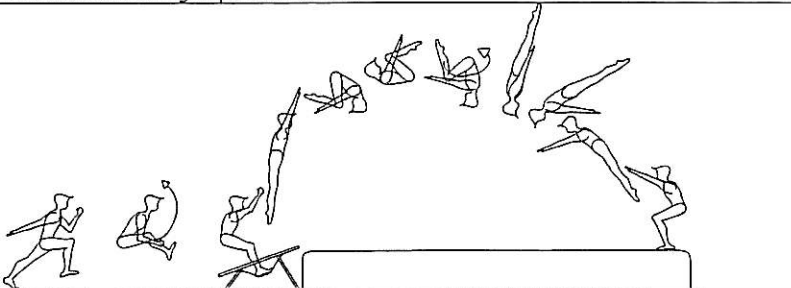
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Ressort Gerätturner/Secteur gymnastique aux agrès

30404	Salto vw. gestr. mit 1/1 Dr. Salto en av. td. avec 1/1 tour
7	 A sequence of seven line drawings illustrating the execution of a front salto with one full rotation. The sequence starts with a runner, followed by a crouching start, a take-off, a full rotation in the air, and a landing on a mat.

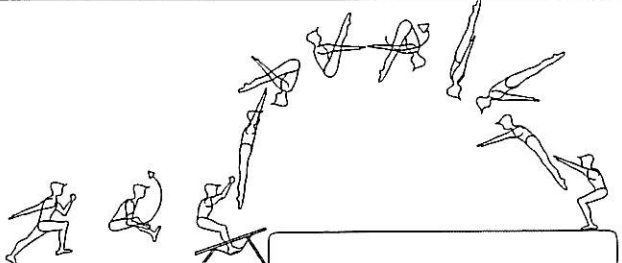
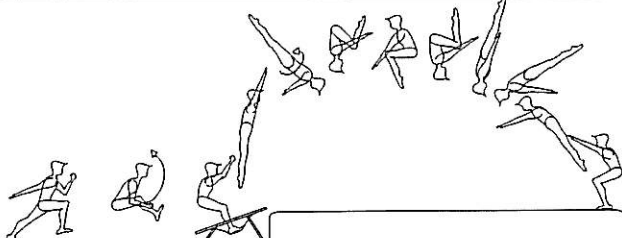
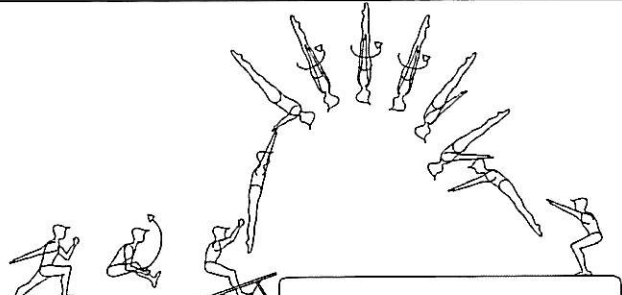
30405	1 1/2 Salto vw. mit 1/1 Dr. 1 1/2 salto en av. td. avec 1/1 tour
E	 A sequence of seven line drawings illustrating the execution of a front salto with one and a half rotations. The sequence starts with a runner, followed by a crouching start, a take-off, one and a half rotations in the air, and a landing on a mat.

30406	Doppelsalto vw. geh. mit 1/2 Dr. Double salto en av. groupé avec 1/2 tour
7	 A sequence of seven line drawings illustrating the execution of a double front salto with half a rotation. The sequence starts with a runner, followed by a crouching start, a take-off, two rotations in the air, and a landing on a mat.

Turnsprache/Terminologie

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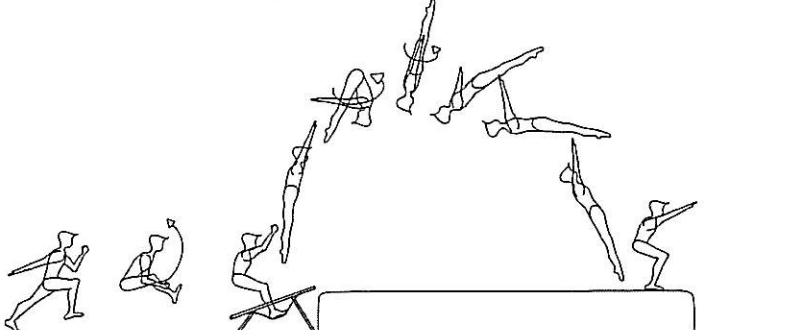
Ressort Geräteturnen/Secteur gymnastique aux agrès

30407	Doppelsalto vw. geb. mit 1/2 Dr. Double salto en av. carpé avec 1/2 tour
7	
30408	Salto vw. 1/2 Dr. zum Salto rw. geh. (Tsukahara geh.) Salto en av., 1/2 tour, salto arr. groupé (Tsukahara groupé)
30409	Salto vw. 1/2 Dr. zum Salto rw. geb. (Tsukahara geb.) Salto en av., 1/2 tour, salto arr. carpé (Tsukahara carpé)
30410	Salto vw. 1/2 Dr. zum Salto rw. gestr. (Tsukahara gestr.) Salto en av., 1/2 tour, salto arr. td. (Tsukahara tendu)
7 alle	
30411	Salto vw. gestr. mit 1 1/2 Dr. Salto en av. tendu avec 1 1/2 vrille
30412	Salto vw. gestr. mit 2 Dr. Salto en av. tendu avec 2 vrilles
30413	Salto vw. gestr. mit 2 1/2 Dr. Salto en av. tendu avec 2 1/2 vrilles
7 alle	

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Ressort Geräteturnen/Secteur gymnastique aux agrès

30414	Salto vw. geb. mit 1/1 Dr. Salto en av. carpé avec 1/1 vrille
☺	

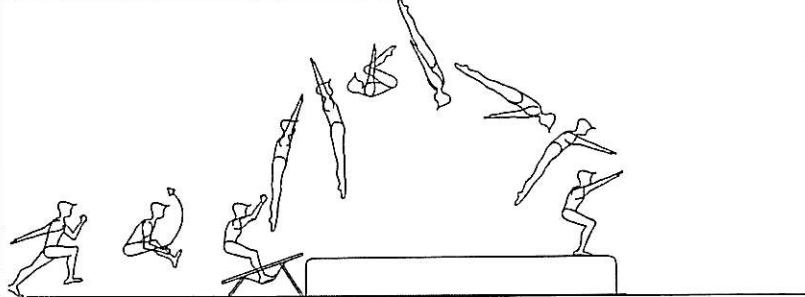
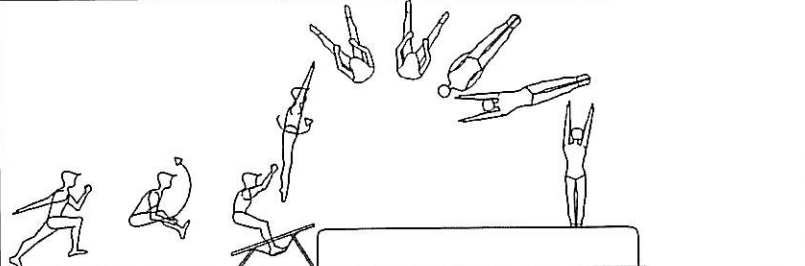
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Ressort Geräteturnen/Secteur gymnastique aux agrès

3.05 Salto rückwärts/seitwärts

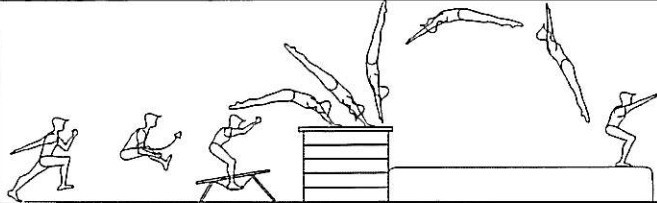
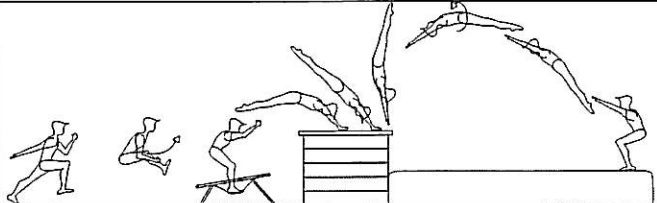
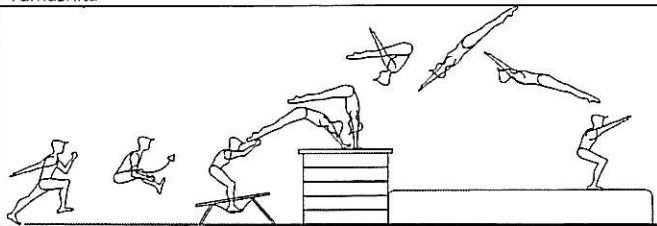
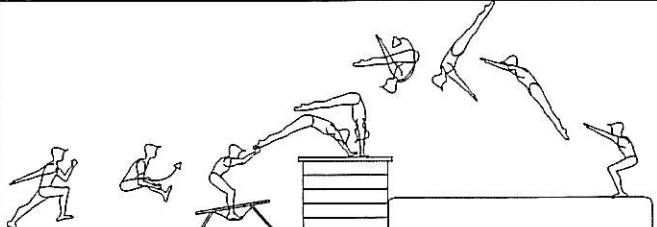
Les saltos en arrière/latéral

30501	Auerbachsalto Salto Auerbach
7	 A sequence of seven line drawings illustrating the Auerbachsalto. The sequence starts with a runner, followed by a crouching start, then a take-off from a pommel horse. The gymnast is shown in mid-air in various stages of a backflip, including a full rotation and a landing on a vaulting table.
30502	Salto sw. (Arabersalto) Salto latéral (salto arabe)
7	 A sequence of seven line drawings illustrating the Salto sw. (Arabersalto). The sequence starts with a runner, followed by a crouching start, then a take-off from a pommel horse. The gymnast is shown in mid-air in various stages of a side flip, including a full rotation and a landing on a vaulting table.

Stützsprünge

Sauts à l'appui

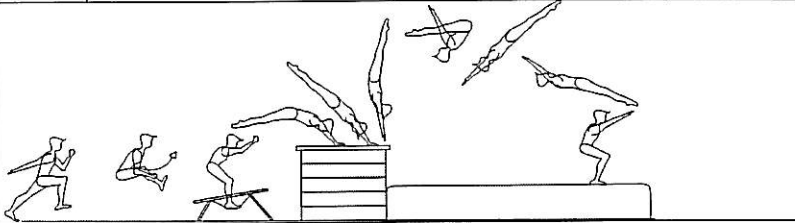
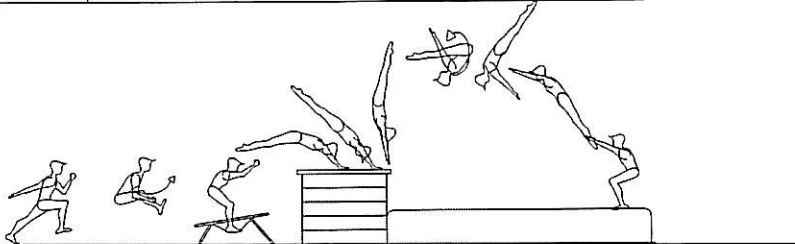
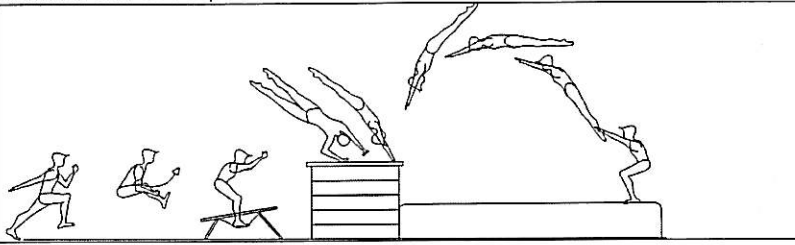
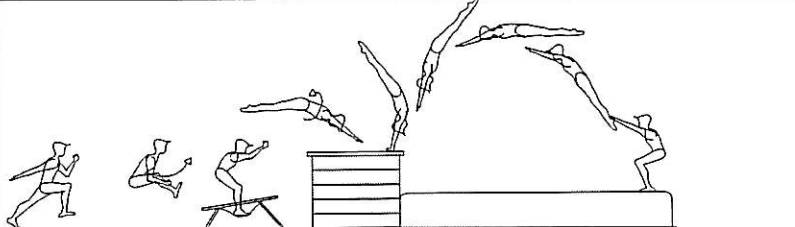
3.06 Überschläge Les renversements

30601	Überschlag vw. Renv. en av.
6	
30602	Überschlag vw. mit 1/2 Dr. Renv. en av. avec 1/2 tour
7	
30603	Yamashita Yamashita
7	
30604	Yamashita mit 1/2 Dr. Yamashita avec 1/2 tour
7	

Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse

Ressort Geräteturnen/Secteur gymnastique aux agrès

30605	Bücküberschlag vw. Renv. carapé
7	 A sequence of five line drawings illustrating a backflip over a vaulting horse. 1. A gymnast runs from the left. 2. The gymnast jumps and tucks. 3. The gymnast is in mid-air, inverted. 4. The gymnast is in mid-air, inverted, with arms extended. 5. The gymnast lands on a mat to the right of the vaulting horse.
30606	Bücküberschlag vw. mit 1/2 Dr. Renv. carapé avec 1/2 tour
7	 A sequence of five line drawings illustrating a backflip over a vaulting horse with a half rotation. 1. A gymnast runs from the left. 2. The gymnast jumps and tucks. 3. The gymnast is in mid-air, inverted, with arms extended. 4. The gymnast is in mid-air, inverted, with arms extended and a half rotation. 5. The gymnast lands on a mat to the right of the vaulting horse.
30607	Überschlag sw. mit 1/4 Dr. gegen das Hindernis Renv. lat. avec 1/4 tour, contre l'obstacle
B	 A sequence of five line drawings illustrating a side flip over a vaulting horse with a quarter rotation. 1. A gymnast runs from the left. 2. The gymnast jumps and tucks. 3. The gymnast is in mid-air, inverted, with arms extended. 4. The gymnast is in mid-air, inverted, with arms extended and a quarter rotation. 5. The gymnast lands on a mat to the right of the vaulting horse.
30608	Überschlag mit 1/2 Dr. in der 1. Flugphase Renv. avec 1/2 tour dans la 1 ^{ère} phase d'envol
6	 A sequence of five line drawings illustrating a side flip over a vaulting horse with a half rotation in the first flight phase. 1. A gymnast runs from the left. 2. The gymnast jumps and tucks. 3. The gymnast is in mid-air, inverted, with arms extended. 4. The gymnast is in mid-air, inverted, with arms extended and a half rotation. 5. The gymnast lands on a mat to the right of the vaulting horse.

Turnsprache/Terminologie

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Ressort Gerätturnen/Secteur gymnastique aux agrès

