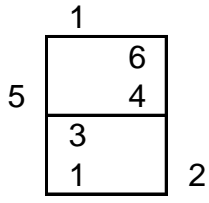
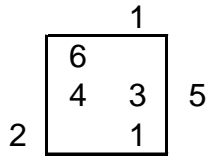


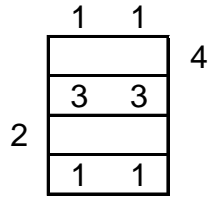
Sequenze SCALA



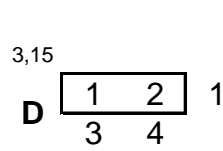
10 **A**



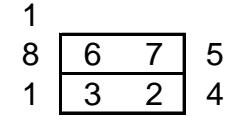
55 **B**



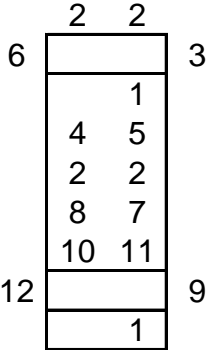
2,24 **C**



D

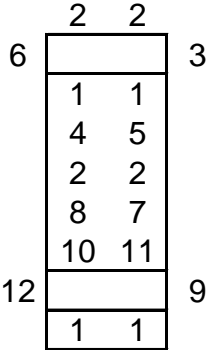


5,44 **E**

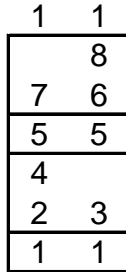


8,10 **F**

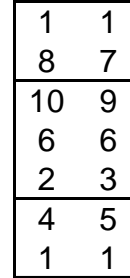
.=.



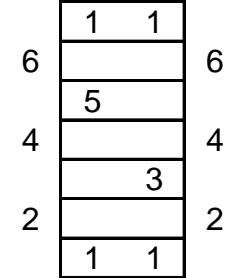
10,20 **G**



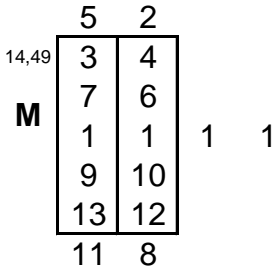
11,45 **H**



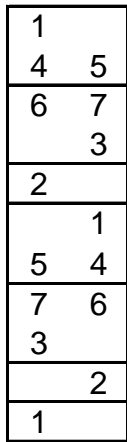
13,00 **I**



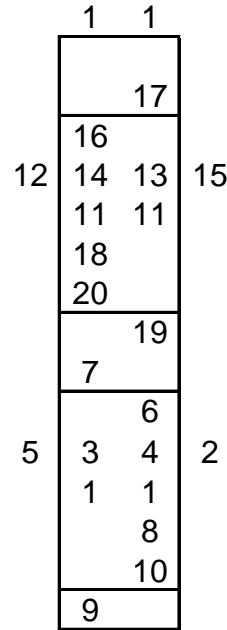
13,00 **L**



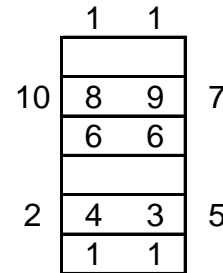
M



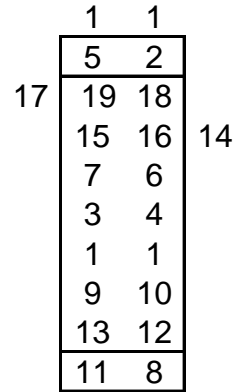
17,17 **O**



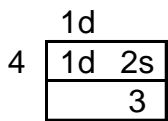
17,40 **P**



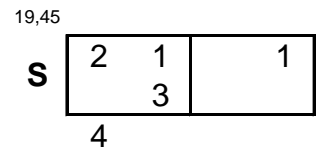
18,04 **Q**



18,26 **R**



16,43 **N**

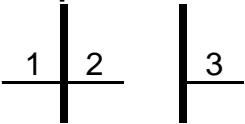


19,45 **S**

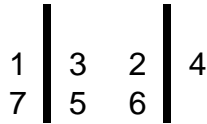
Sequenze ELASTICI

due chiuso due aperto

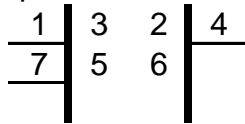
sotolineato: entrambi i piedi



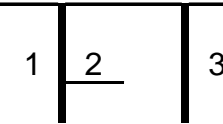
0,16



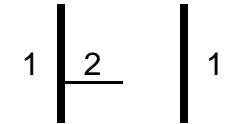
0,34



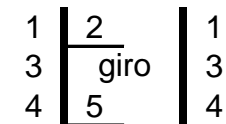
0,52



1,09



1,32



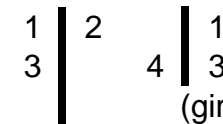
1,47



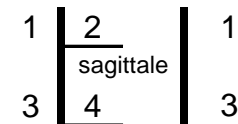
2,59



3,17



3,55



4,37

a due a tre a gruppi a due abbracciati a quattro abbracciati bendati
a stella 3 elastici uguale, a sei saltatori elastico lungo tutta la classe