
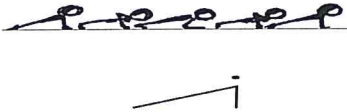
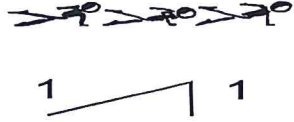
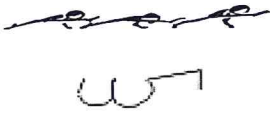

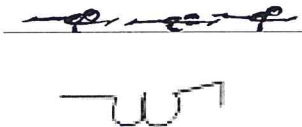
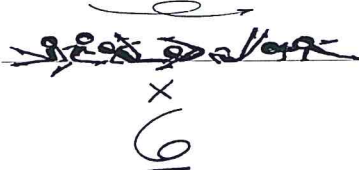
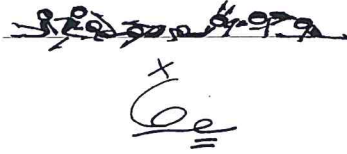
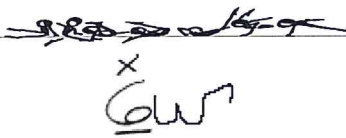

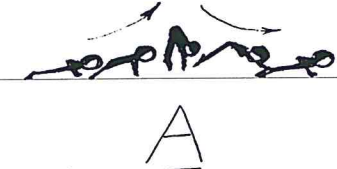


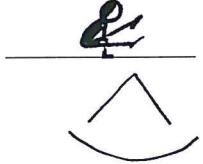
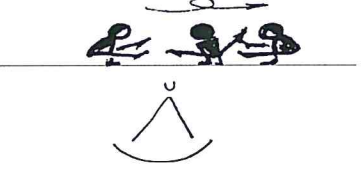
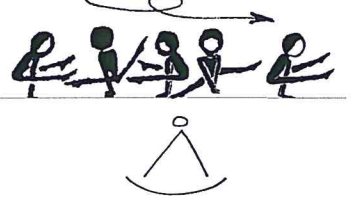
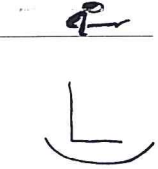
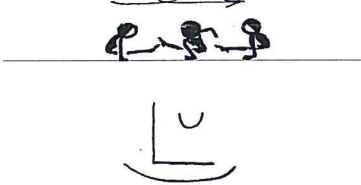
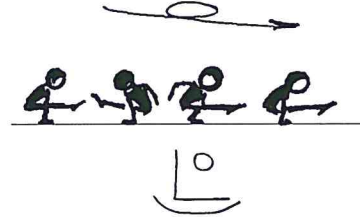


チャレンジ競技「ベース・エレメント」とバリエーション例

2013.12. JAF 審判委員会





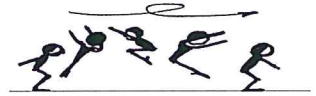

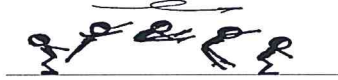
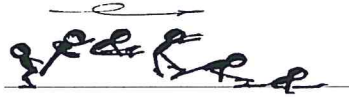


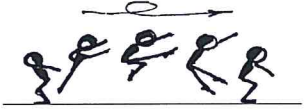

④ グループ A

ベースエレメント	バリエーション例 (下記以外のバリエーションも可)		
<p>1-1. PUSH UP</p> 		<p>1-2. HINGE PUSH UP</p> 	<p>1-3. 1 ARM 1 LEG PUSH UP</p> 
<p>2-1. WENSON PUSH UP</p> 		<p>2-2. WENSON LATERAL PUSH UP</p> 	<p>2-3. LIFTED WENSON PUSH UP</p> 
<p>3-1. HELICOPTER</p> 		<p>3-2. HELICOPTER TO SPLIT</p> 	<p>3-3. HELICOPTER TO WENSON</p> 
<p>4. PUSH UP AIRBORNE</p> 			
<p>5. EXPLOSIVE A-FRAME</p> 			

★ グループ B

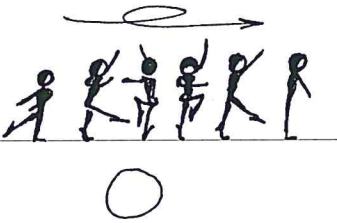
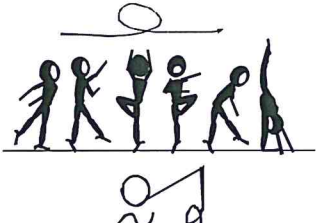

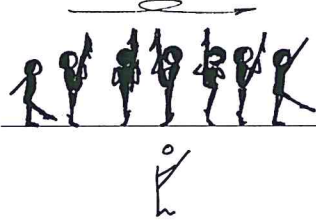
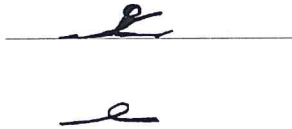
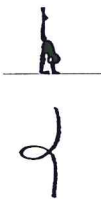
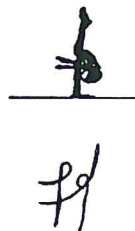
ベースエレメント	バリエーション例 (下記以外のバリエーションも可)			
<p>6-1. STRADDLE SUPPORT</p> 		<p>6-2. STRADDLE SUPPORT 1/2 TURN</p> 	<p>6-3. STRADDLE SUPPORT 1/1 TURN</p> 	
<p>7-1. L-SUPPORT</p> 		<p>7-2. L-SUPPORT 1/2 TURN</p> 	<p>7-3. L-SUPPORT 1/1 TURN</p> 	
<p>8. STRADDLE V-SUPPORT</p> 				
<p>9. V-SUPPORT</p> 				

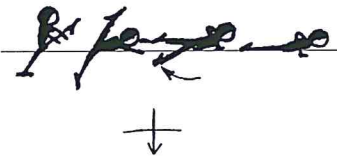
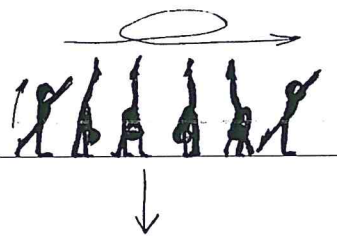
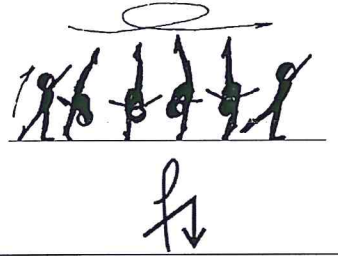
⊙ グループ C

ベースエレメント	バリエーション例 (下記以外のバリエーションも可)			
<p>10-1. 1/1 AIR TURN</p>  <p style="text-align: center;">○ —</p>		<p>10-2. 1/1 AIR TURN TO SPLIT</p>  <p style="text-align: center;">○ — =</p>		
<p>11. FREE FALL AIRBORNE 【ジュニア不可】</p>  <p style="text-align: center;">♀ —</p>				
<p>12-1. TUCK JUMP</p>  <p style="text-align: center;">∨ —</p>		<p>12-2. 1/1 TURN TUCK JUMP</p>  <p style="text-align: center;">○ ∨ —</p>		
<p>13-1. STRADDLE JUMP</p>  <p style="text-align: center;">△ —</p>		<p>13-2. 1/2 TURN STRADDLE JUMP</p>  <p style="text-align: center;">∪ △ —</p>	<p>13-3. 1/2 TURN STRADDLE JUMP TO SPLIT</p>  <p style="text-align: center;">∪ ∨ —</p>	<p>13-4. SRADDLE JUMP TO PUSH UP</p>  <p style="text-align: center;">△ ∨ —</p>
<p>14-1. COSSACK JUMP</p>  <p style="text-align: center;">W —</p>		<p>14-2. 1/2 TURN COSSACK JUMP</p>  <p style="text-align: center;">∪ W —</p>	<p>14-3. 1/1 TURN COSSACK JUMP TO SPLIT</p>  <p style="text-align: center;">○ ∪ W — =</p>	

ベースエレメント	バリエーション例 (下記以外のバリエーションも可)			
<p>15. SPLIT LEAP</p>  				
<p>16. SPLIT JUMP</p>  				

★ グループ D

ベースエレメント	バリエーション例 (下記以外のバリエーションも可)			
<p>17-1. 1/1 TURN</p> 		<p>17-2. 1/1 TURN TO VERTICAL SPLIT</p> 		
<p>18-1. BALANCE</p> 		<p>18-2. BALANCE 1/1 TURN</p> 		
<p>19. SPLIT</p> 				
<p>20-1. VERTICAL SPLIT</p> 		<p>20-2. FREE SUPPORT VERTICAL SPLIT</p> 		

ベースエレメント	バリエーション例 (下記以外のバリエーションも可)			
<p>21. SPLIT THROUGH (PANCAKE)</p> 				
<p>22-1. ILLUSION</p> 		<p>22-2. FREE ILLUSION</p> 	<p>22-3. ILLUSION TO VERTICAL SPLIT</p> 