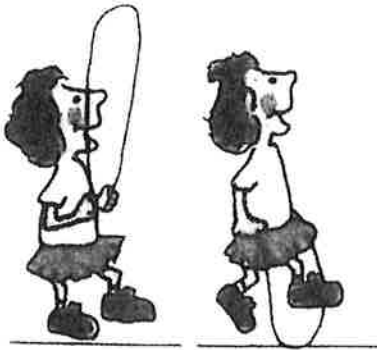


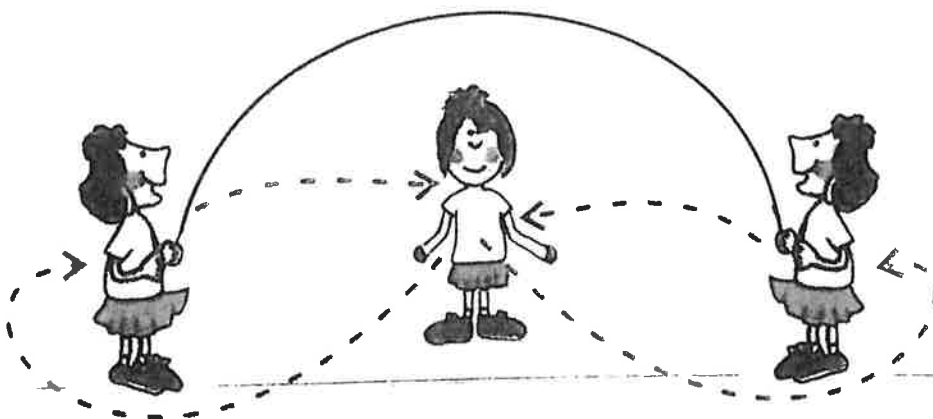
## Breitturnwettkampf – Rope – Skipping Spaß im Team



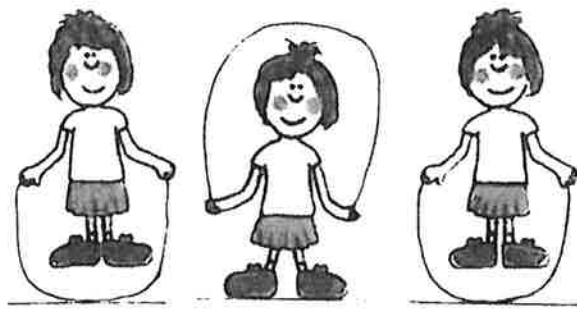
auf der Stelle abwechselnd mit dem rechten und linken Fuß springen



Grundsprung (Basic Jump)



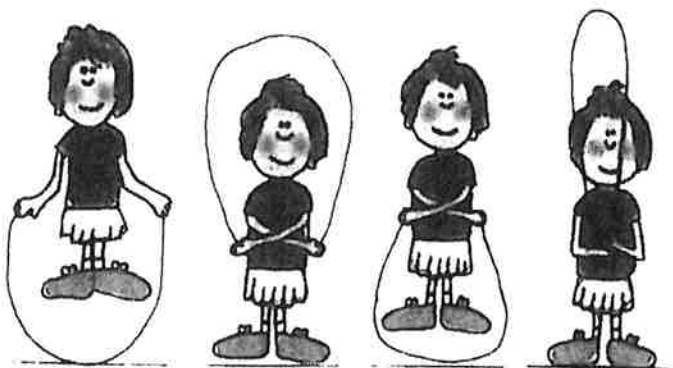
Rope Skipping mit dem Langseil



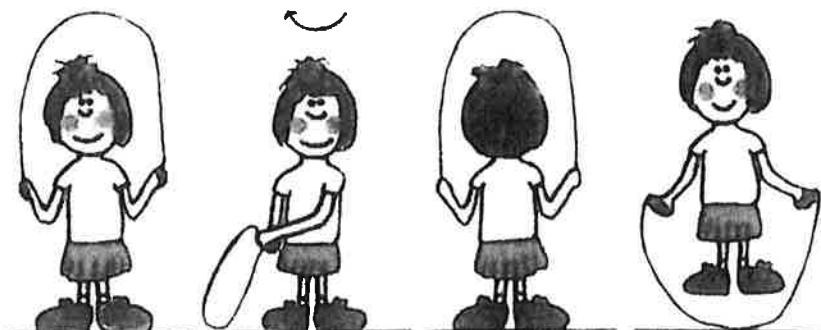
Grätschsprung (Side Straddle)



Wechselsprung (Forward Straddle)



Criss Cross (Armkreuzsprung)



½ Drehung (Half Turn)