

2008技巧體操公開賽動作圖--圖表一 (每個平衡造型動作須靜止3秒)

雙人平衡		女三平衡		男四平衡		單人動作第一類	


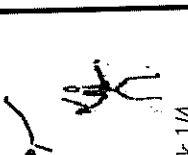
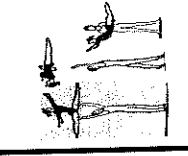
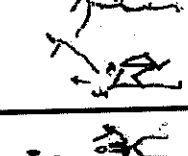
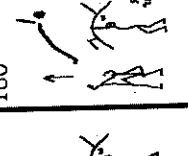

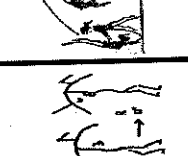

2008技巧體操公開賽動作圖--圖表二 男雙、女雙、混雙--拋接動作

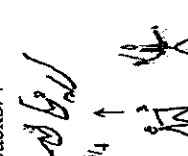
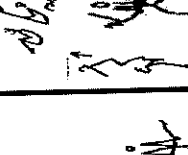

列一							Round off 4/4
	0°/180°/360° 0.05/0.1/0.15	0°/180°/360° 0.15/0.2/0.25	180° 0.25	0.7	1.0/1.1	0.7	1.3
列二							back 4/4
	0.4	twist 180° 0.55	0.7	0.75	0.85	1.3/1.4	1.0/1.1/1.2
列三							front 4/4
	0.2	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85	1.3/1.4	1.1/1.2
列四							twist 180° front 4/4
	0.2	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85	1.3/1.4	1.3/1.4


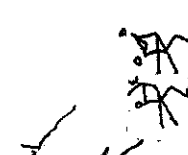
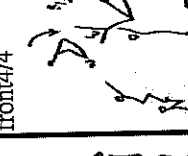


列一					
	0.2	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85
列二					
	0.2	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85

列一					
	0.9	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85
列二					
	0.9	0°/180°/360° 0.4/0.65/0.9	0.65	0.75	0.85

2008技巧體操公開賽動作圖--圖表二 男雙、女雙、混雙—拋接動作

列四		OR 				180° 	Round off 				
	0°/180°/360° 0.2/0.25/0.45	front or back 1/4 0°/180°/360°/540° 0.35/0.55/0.8/1.1	0°/180°/360° 0.3/0.4/0.6	0°/180°/360° 0.5/0.65/0.8	0.9	0.5	0.5	0.6	0.7	0.9	1.2

back 3/4 	front 3/4 	back 3/4 
1.2/1.3/1.4	1.2/1.3	1.2/1.3/1.4

列五				front 4/4 	front 5/4 
	0°/180°/360° 0.35/0.55/0.8	0°/180°/360° 0.4/0.6/0.85	1.2	1.7	1.5/1.2

2008技巧體操公開賽動作圖--圖表二 女三平衡--每個靜止動作必須保持三秒

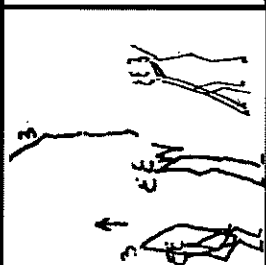
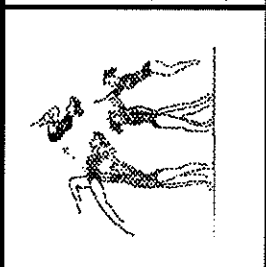
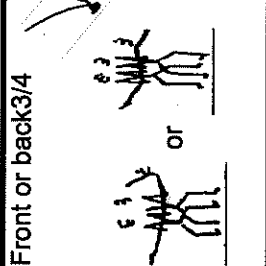
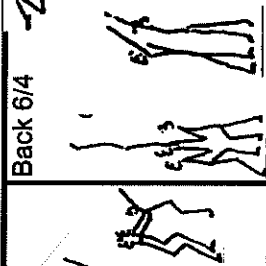
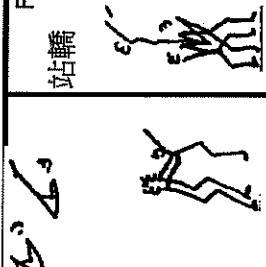
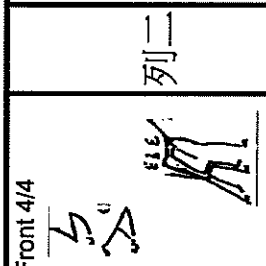
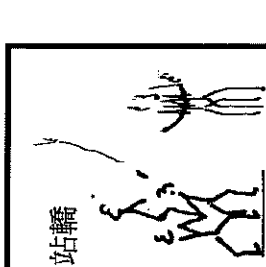
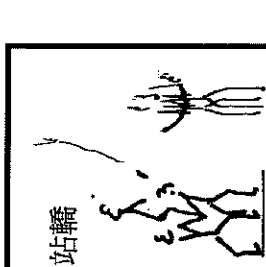
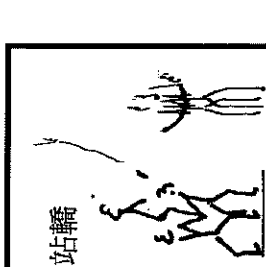
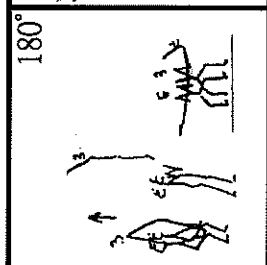
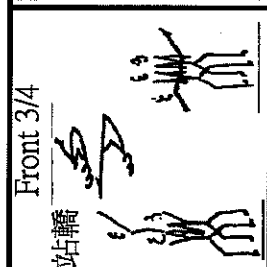
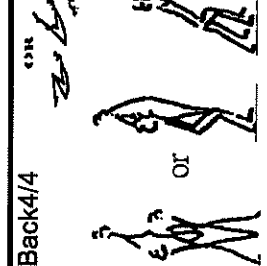
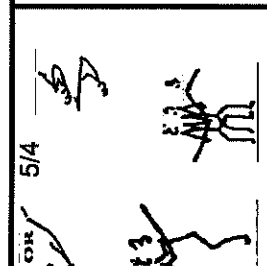
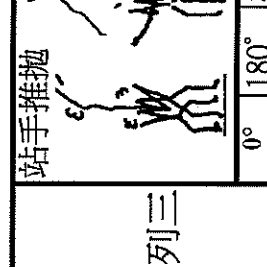
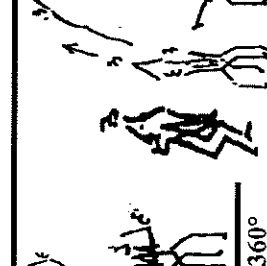
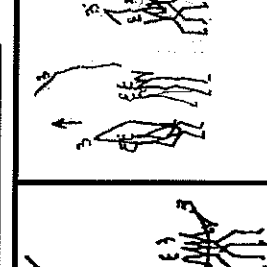
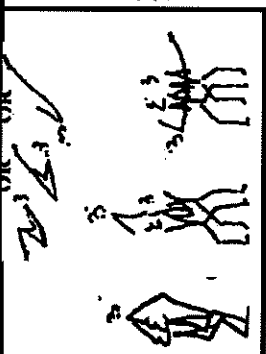
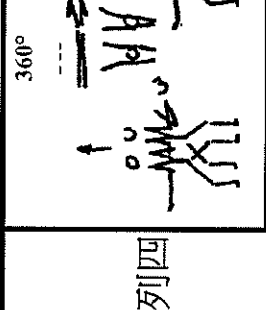
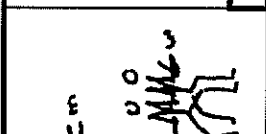
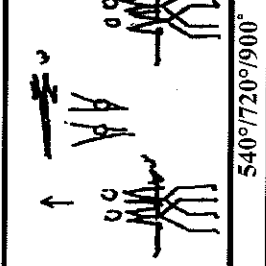

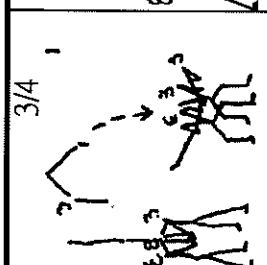
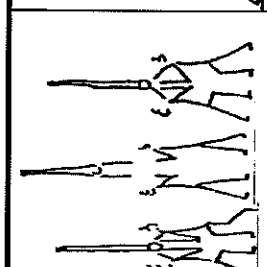
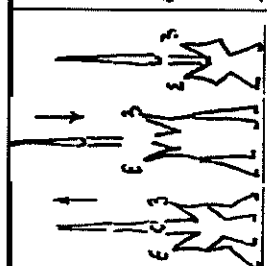
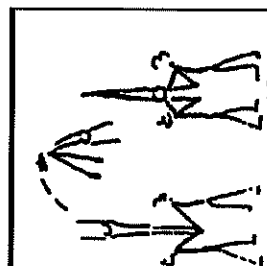

列一		0.05		0.15	0.2	雙拉上成站手		0.25		0.25	列二		0.3		0.35		0.35		0.35		0.35
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列三		0.4		0.45	0.35		0.6	列四		1.4	1.5	0.9
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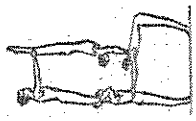
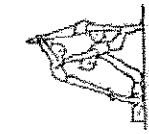
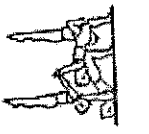
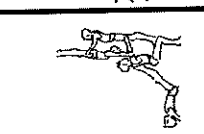
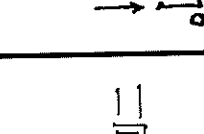
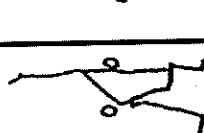
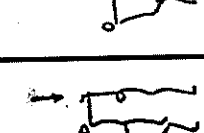
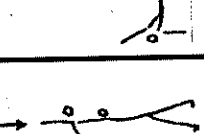
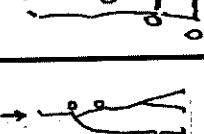

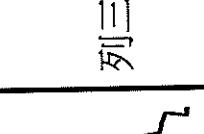

列五		0.7		0.7	0.8		0.75		1.0	1.0	1.3	1.1	1.15	1.2	1.5
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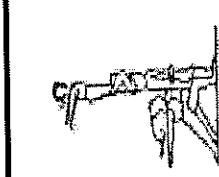
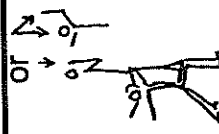
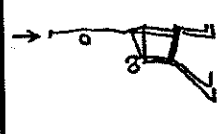
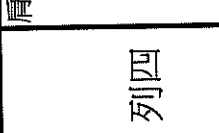
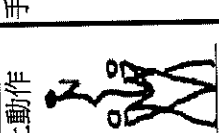
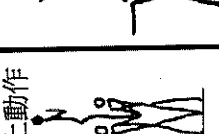


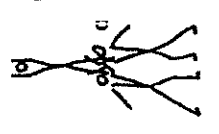
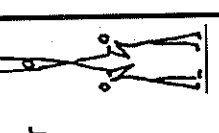
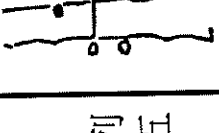
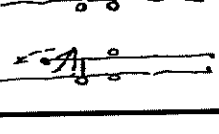
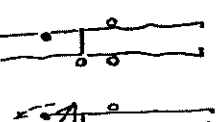
列六		0.6		0.55	0.55		0.75		1.0	1.5
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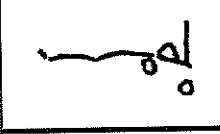
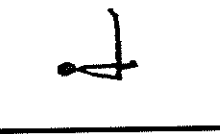

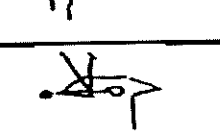

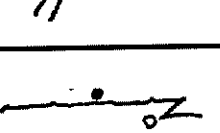
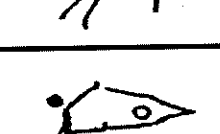




2008技巧體操公開賽動作圖--圖表二 女三拋接


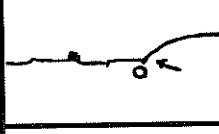
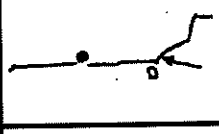
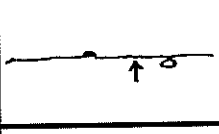
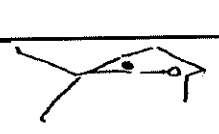
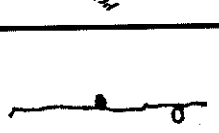
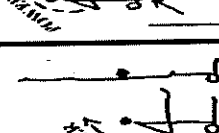
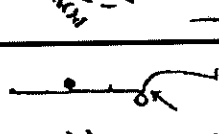
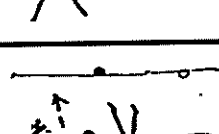



列一				Front or back 3/4 	Back 6/4 	Front 4/4 	站橋 	列二 	站橋 	0.1	0.15	0.5/0.4	1.5	0.9/1.0	0.2	
	180° 站橋 	Front 3/4 	Back 4/4 	Back 5/4 	列三 	站手推拋 	站手推拋 	0.25	0.6	0.8/0.9/1.0	1.3	0.2	0.25	0.3	0.2	0.6
		列四 	360° 		540°/720°/900° 	0.6/0.7/0.8	0.2	0.35/0.5/0.65								
列五	3/4 					0.7	0.4	1.4	1.2							

2008技巧體操公開賽動作圖--圖表二 男四平衡--每個靜止動作必須保持三秒

列一		0.05		0.1		0.1	列二		0.15		0.15		0.15		0.15		0.15		0.15		0.15		0.15	列三		0.05
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列四		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1	列五		0.1
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上面人圖表		0.05		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1
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上面人圖表		0.4		0.55		0.45		0.3		0.6		0.6		0.8		0.9		1.0		1.0		1.0		1.0
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