



ACROBATIC POLE

navodila za sodnike

 *MASTER DANCE FESTIVAL*
LUKEC OPEN 
10. - 12. February 2023

1. stopnja

MASTER DANCE FESTIVAL
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S SPIN
(šestilo)



CHAIR
(stolček)



ARIAL, CHOPER
(helikopter)



OSNOVNI OPRIJEM
(vaja za moč)



CORKSCREW
(kresnička)



SUNWHEEL
(odprta kresnička)



BACKHOOK SPIN
(obrat nazaj)



MATRIX
(balerina)



CRADLE SPIN
(bombica)



SWAN SPIN
(diamant)

1. stopnja:
brez dropov, dovoljena sta samo 2 elementa z boki nad glavo,
sodnik lahko uvrsti koreografijo v drugo stonjo, če je le ta prezahtevna

1. stopnja

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CLIMBING
(plezanje)



POLE SIT
(sedenje)



LAYOUT
(igla)



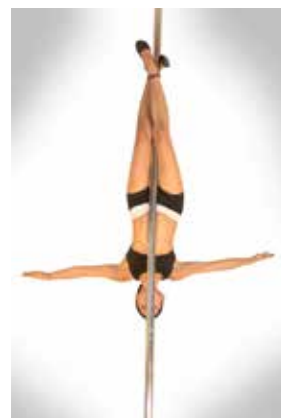
DREAMER
(zaspanček)



CRADLE
(bombica)



CRUCIFIX
(kristus)



CRUCIFIX INVERTED
(kristus na glavo)



REIKO SPLITS
(špaga na drogu)



CROSSED KNEEW
RELEASE (layback)



SPLITS
(moška špaga)

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brez dropov, dovoljena sta samo 2 elementa z boki nad glavo, sodnik lahko uvrsti koreografijo v drugo stonjo, če je le ta prezahtevna

1. stopnja

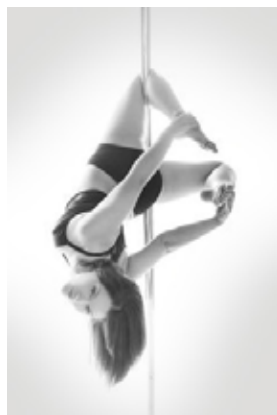
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ATTITUDE
(obrat na eni roki)



CUPID



MARLEY



BUTTERFLY



ARIEL FULL BRACKED HOLD POSITION



HOMESLIDER



EMBRACE



SUPERMAN



SUPERMAN VARIATION

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1. stopnja

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Area with horizontal dotted lines for writing or drawing.

**1. stopnja:
brez dropov, dovoljena sta samo 2 elementa z boki nad glavo,
sodnik lahko uvrsti koreografijo v drugo stopnjo, če je le ta prezahtevna**

2. stopnja



OUTSIDE LEG HANG
(škorpijon)

BUTTERFLY EXTENDED

FLATLINED SCORPIO



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2. stopnja



SHOULDER MOUNT



BRASS MONKEY



ROCKET WOMAN



YOGINI



BOX-SPLIT



FRONT SPLIT
(ženska špaga)



JADE



BRIDGE



BATMAN



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2. stopnja



STAG



ALLEGRA



CAPEZIO



CHOPSTICK



STRADDLE ALLEGRA



MARION AMBER



JANEIRO



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2. stopnja



REVERSE
SPLIT



SPLIT



HANDSTAND
PENCIL



RUBBER
PENCIL



TITANIC



PHENIX



IRON X



FANGS



AISHA



INVERTED THIGH
HOLD



JADE VARIATION



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2. stopnja



JADE PASSE



DRAGON



MUSIC BOX



REVERSE CRESCENT
MOON



MACHINE GUN



COCOON
OUTSIDE



COCOON
INSIDE



STRONG
PENCIL



HANDSTAND
STRADDLE



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2. stopnja

A series of horizontal dotted lines for writing.



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