

DA bases + values + fundamentals			WE ARE GYMNASTICS! GYMNASICS.SPORT
Fundamental, DA+DB:		0.4 – min. 2	
		0.3 – min. 2	
		0.2 – min. 1	
		0.2 – min. 1	
DA+DB:	-	0.4	
		0.3	
	Passing over, transmission ≠,	0.2	
ONLY DA:	-	-	
ONLY DB:	Large circle, figure 8, transmission,	No DA	
Fundamental, DA+DB:		0.3 – min. 2	
		0.3 – min. 2	
		0.2 – min. 1	
		0.2 – min. 1	
DA+DB:	-	0.4	
		0.3	
	Free rotation, transmission ≠,	0.2	
ONLY DA:	-	-	
ONLY DB:	Tapping, large circle, passing over, fig. 8, transmission,	No DA	

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DA bases + values + fundamentals			WE ARE GYMNASTICS! GYMNASICS.SPORT
Fundamental, DA+DB:		0.4 – min. 2	
		0.2 – min. 2	
		0.4 – min. 1	
		0.2 – min. 1	
DA+DB:	-	0.4	
		0.3	
	Free rotation, transmission ≠,	0.2	
ONLY DA:	-	-	
ONLY DB:	Flipover, hands ar/ball, transmission, large circle, pass over	No DA	
Fundamental, DA+DB:		0.3 – min. 2	
		0.3 – min. 2	
		0.3 – min. 1	
		0.2 – min. 1	
DA+DB:	-	0.4	
		0.3	
	Pattern ar/ body, circles, transmission ≠,	0.2	
ONLY DA:	-	-	
ONLY DB:	Wrap, stick ar/hand, spirals ar/stick, transmission	No DA	

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