

**SIMBOLI DELLE  
DIFFICOLTA' CORPOREE  
D1**

Simboli delle Difficoltà Corporee (D1)

SALTI













































































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
















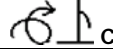
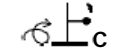
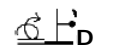

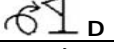



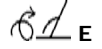
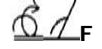
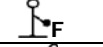

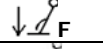
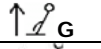
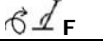
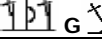
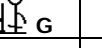
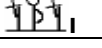


















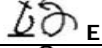





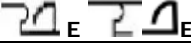
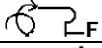








Simboli delle Difficoltà Corporee (D1)

PIVOTS

A 0,10	B 0,20	C 0,30	D 0,40	E 0,50	F 0,60	G 0,70	H 0,80	I 0,90	J 1,00 & +
1.  A	 B		 D						
2.  A	 B								
3.		 C  C  C  C							
4.	 B  B		 D  D  D  D			 G  G			
5.			 D		 F  F  F	 G			
6.				 E  E					
7.			 D  D		 F  F				
8.			 D  D		 F  F		 H  H		
9.			 D  D		 F  F		 H  H		
10.		 C  C		 E  E		 G  G			
11.				 E  E		 G  G		 I  I	
12.				 E  E		 G  G		 I  I	
13.	 B  B	 C							
14.	 B  B								
15.	 B  B		 D  D						
16.	 B	 C							
17.							 H	 I	
18.					 F		 H		 K
19.						 G			 J

Simboli delle Difficoltà Corporee (D1)

SOUPLESSE

A 0,10	B 0,20	C 0,30	D 0,40	E 0,50	F 0,60	G 0,70	H 0,80	I 0,90	J 1,00
1./2./3.  A	 B	 C  C	 D		 F				
4.	 B	 C		 E	 F				
5.		 C	 D						
6.			 D	 E					
7.				 E	 F				
8.					 F	 G			
9.  A	 B	 C							
10.		 C	 D						
11.	 B	 C	 D						
12.			 D	 E					
13.			 D	 E					
14.		 C	 D	 E	 F				
15.			 D		 F				
16.			 D	 E	 F	 G			
17.					 F	 G			
18./19.				 E		 G  G		 I	
20./21.  A  A		 C  C		 E  E					
22/23	 B	 C	 D	 E		 G			
24.  A	 B	 C							
25./26.	 B  B		 D						
27.		 C		 E	 F	 G			
28.			 D	 E		 G			
29.			 D	 E  E	 F				
30.			 D		 F				
31.  A	 B			 E					
32.	 B		 D		 F				