

## Kinder C

### Figur 1:

#### **BAUHLAGE EIN BEIN ANZIEHEN - DD 1.2**

Aus einer **gestreckten Bauchlage** mit einem gestreckten Körper (Kopf, Rücken, Gesäß und Fersen an der Wasseroberfläche), der Kopf in oder aus dem Wasser, wird eine **Beugeknieposition** eingenommen. Danach wird die **gestreckte Bauchlage** wieder eingenommen.



NV	4.0	4.0	8.0
PV	5.0	5.0	

### Figur 2:

#### **310 SOMERSAULT BACK TUCK – DD 1,1**

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



NV	3.0	9.0	3.0	15.0
PV	2.0	6.0	2.0	

**Figur 3:**

**SEGELBOOT – DD 1,2**

Beginn ist in der **gestreckten Rückenlage**. Ein Bein bleibt immer an der Wasseroberfläche. Der Fuß des anderen Beins wird entlang der Innenseite des gestreckten Beines angezogen, um eine **Beugeknieposition** einzunehmen. Danach bewegt sich die Zehe an der Innenseite des gestreckten Beines wieder in die **gestreckte Rückenlage** zurück.



NV	10.5	10.5	21.0
PV	5.0	5.0	

**Figur 4:**

**Zuber 360° – DD 1,1**

Beginn ist in der **gestreckten Rückenlage**. Beine zum **Zuber** anziehen und in der Zuber Position eine 360° Drehung auf der Wasseroberfläche durchführen (Richtung egal). Beine zur **gestreckten Rückenlage** ausstrecken.



## Kinder B

### Figur 1:

#### **BALLERINA VARIANTE - DD 1.6**

From a **Back Layout Position**, a **Tub Position** is assumed. One leg is extended perpendicular to the surface to achieve a **Flamingo Position**. The extended leg is moved to the surface while other leg is moved to assume a **Bent Knee Back Layout Position**. The knee is straightened to resume a **Back Layout Position**.

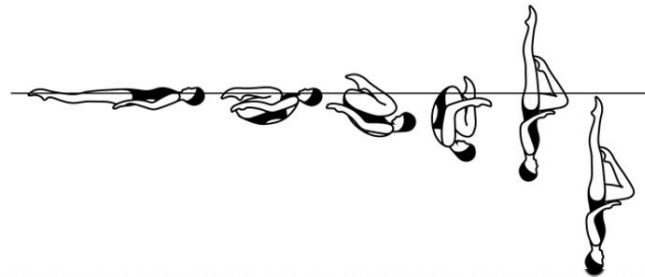


NV	15.0	15.0	10.5	40.5
PV	3.7	3.7	2.6	

### Figur 2:

#### **316 KIPNUS - DD 1.6**

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed in a **Bent Knee Vertical Position**.



NV	3.0	9.0	15.0	11.0	31.0
PV	0.97	0.64	4.84	3.55	

**Figur 3:**

**360 WALKOVER FRONT – DD 1,9**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arche over the surface to a **Split Position**. A *Walkout Front* is executed.

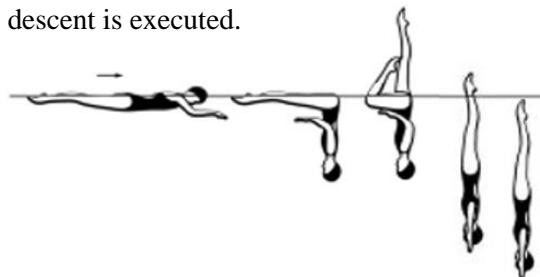


NV	6.0	20.0	23.0	8.0	57.0
PV	1.05	3.51	4.04	1.40	

**Figur 4:**

**WATERDROP VARIANT (363 without Spin) – DD 1,3**

From a **Front Layout Position**, a **Front Pike Position** is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. The bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water. A vertical descent is executed.



NV	6.0	15.0	11.0	5.0	37.0
PV	1.62	4.05	2.98	1.35	

## Kinder A





### Figur 1:

#### 1- 106 Straight Ballet leg

DD 1.6

From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**. *The Ballet Leg is lowered.*



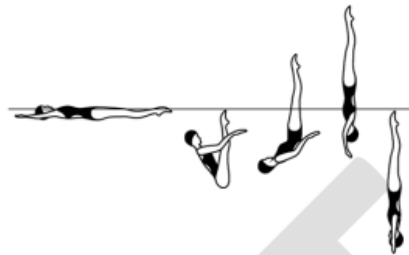
					Total
NVT=		18.5	11.0	10.5	40
PV =		4.63	2.75	2.63	10





### Figur 2:

#### 2- 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



					Total
NVT=		7.0	31.0	13.0	51
PV =		1.37	6.08	2.55	10






**Figur 3:**

**3- 359 Front Ariana**

**DD 2.2**

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.



						Total
NVT=	6.0	20.0	17.0	23.0	7.0	73
PV =	0.82	2.74	2.33	3.15	0.96	10





**Figur 4:**

**4- 348 Tower**

**DD 1.9**

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



					Total
NVT=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10

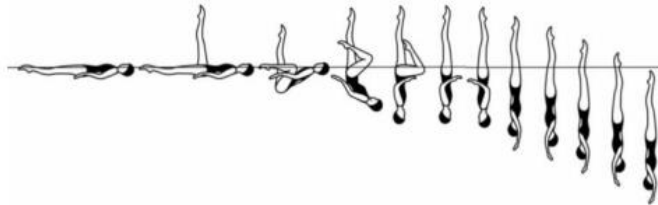
## Schüler

### Figur 1:

#### 1 - 140g Flamingo Bent Knee, Twist Spin

DD 2.9

A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Twist Spin* is executed.



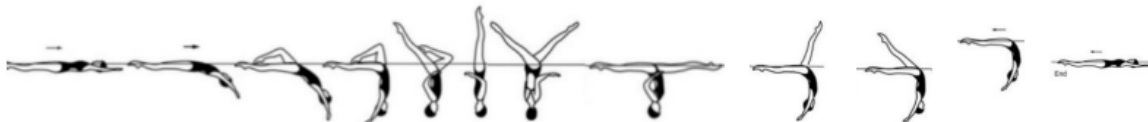
							Total
NVT=	10.5	11.0	7.5	20.0	16.5	48.0	113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23	10

### Figur 2:

#### 2 - 437 Cyclone, Open 180°

DD 2.6

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.



						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10