

Sprunghocke - Ilka Weber

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Stützsprünge sind eine Kombination aus Sprung- und Beinschwungbewegungen verbunden mit Stützen. Dabei wird der 'Sprung' als Kurzbezeichnung für das ein- oder beidbeinige Abspringen aus dem Anlauf auf oder über ein Sprunggereit. Die klassischen Sprunggereite sind Bock, Kasten und Pferd. Stützsprünge unterteilen sich in zwei unterschiedliche Hauptgruppen: Sprünge mit Gegenrotation (Vorwärts- in Rückwärtsrotation), z.B. Sprunghocke und Sprünge mit fortlaufender Rotation, z.B. Handstützüberschlag. Dabei kann der Bewegungsablauf jedes Sprunges in folgende sechs Phasen unterteilt werden: 1. Anlauf 2. Absprung 3. erste Flugphase 4. Stützphase 5. zweite Flugphase 6. Landung Im Anfängerbereich sollte zunächst das Erlernen eines einfachen Stützsprunges im Vordergrund stehen. Aus diesem Grund wird nun der Ablauf der Sprunghocke dargestellt. Author: Weber, Ilka Publisher: GRIN Verlag Illustration: N Language: GER Title: Sprunghocke Pages: 00013 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638349765 Category: Sports & Recreation : General

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