

Skill tabel - Conventional doubles

Skill tabel conventional doubles (versie 2023.03.25)

	Level_1	Level_2	Level_3	Level_4	Level_5	Level_6
<i>Deze punten tellen enkel voor de individuals</i>	0 – 5 punten	6 – 8 punten	9 – 12 punten	13 – 15 punten	16 – 20 punten	21 – 25 punten
WATER	Front lay-out	Sack of potatoes	Back lay out (one leg extension)	Ski handstand	Needle	
	Back lay-out	Adagio (double – triple)	Thigh attitude	Fish (dog pee)		
			Side saddle	Reverse fish (dog pee)		
			Side scissors (left – right)	Handle side step		
			Ski side step	Thigh attitude (heel stretch)		
			Ombouwen naar 3-traps piramide		Ombouwen naar 4-traps piramide	
LANDING	Op ski's	In armen	In lift op schouders of lager	Thigh side step		

Skill tabel conventionals (met linken)

	Level_1	Level_2	Level_3	Level_4	Level_5	Level_6
<i>Deze punten tellen enkel voor de individuals</i>	0 – 5 punten	6 – 8 punten	9 – 12 punten	13 – 15 punten	16 – 20 punten	21 – 25 punten
WATER	Front lay-out	Sack of potatoes	Back lay out (one leg extension)	Ski handstand	Needle	
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			Ombouwen naar 3-traps piramide		Ombouwen naar 4-traps piramide	
LANDING	Op ski's	In armen	In lift op schouders of lager	Thigh side step		