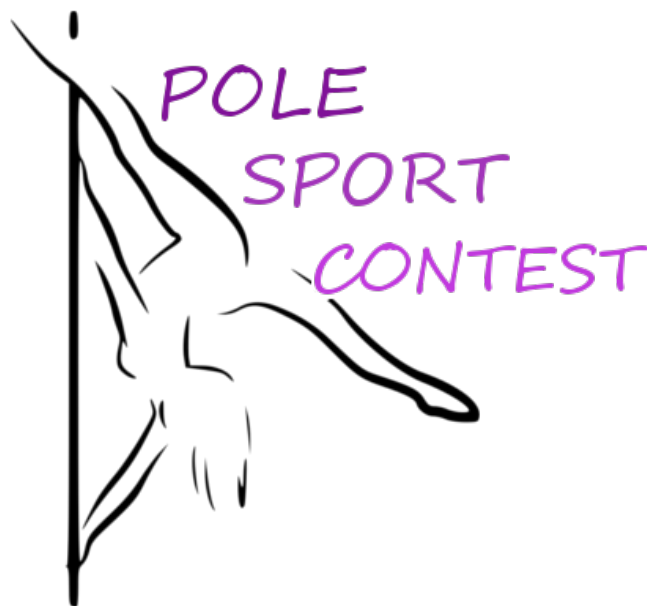


# Rozdělení prvků podle obtížnosti

(kat. Děti, Junioři A Amatéri, Junioři A,  
Junioři B Amatéri, Junioři B, Ž Amatérky,  
Ž Profesionálky, Ž Masters)



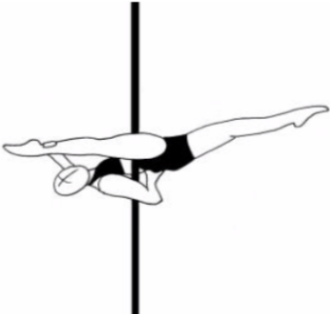


# PŘÍKLADY ROZDĚLENÍ PRVKŮ PODLE OBTÍŽNOSTI

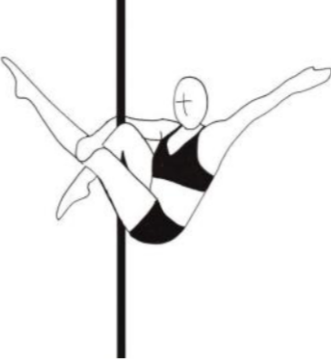
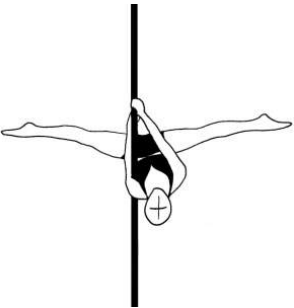


## 1. Jednoduchý

Obsahuje prvky s nejnižším technickým hodnocením. Soutěžící disponují menší silou a flexibilitou. Zvednutí těla silou (dead lift) je provedeno ze země s pokrčenýma nohama. Úhel nohou při provazu je minimálně 160°. Silové prvky je potřeba udržet tělem nebo nohama.

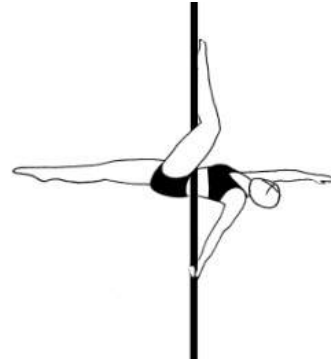
### a) Prvky na flexibilitu

| Název                  | Pozice  |
|------------------------|---|
| Inside leg hang        |   |
| Ballerina sit attitude |  |
| Jade 160°              |   |

b) Prvky na sílu

| Název                               | Pozice  |
|-------------------------------------|---|
| <b>Martini sit</b>                  |     |
| <b>Inverted straddle</b>            |    |
| <b>Basics brass monkey</b>          |  |
| <b>Layback crossed knee release</b> |  |

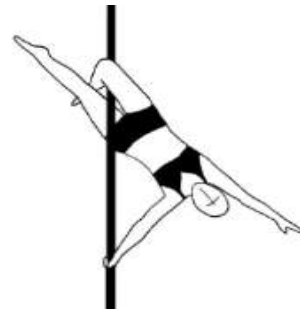
**Inside leg hang flatline**







**Outside knee hang back passé**



**Outside knee hook passé**



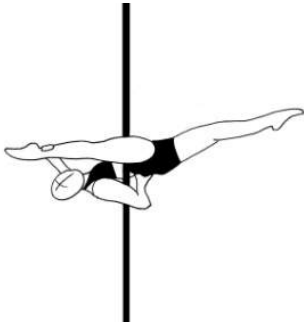


c) Spiny na statické tyči


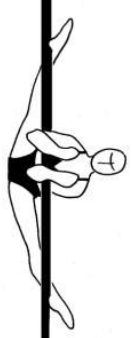
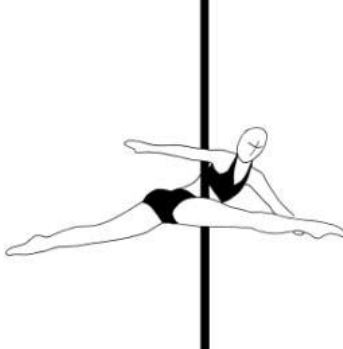
| Název                  | Pozice  |
|------------------------|---|
| <b>Back hook spin</b>  |  A line drawing of a person in a leotard and tights performing a back hook spin on a vertical pole. The person is facing away from the pole, with their back to it. Their right arm is hooked over the pole, and their left arm is bent at the elbow, with the hand near their head. Their legs are bent at the knees and tucked under their body. |
| <b>Front hook spin</b> |  A line drawing of a person in a leotard and tights performing a front hook spin on a vertical pole. The person is facing the pole, with their back to it. Their right arm is hooked over the pole, and their left arm is bent at the elbow, with the hand near their head. Their legs are bent at the knees and tucked under their body.         |
| <b>Chair spin</b>      |  A line drawing of a person in a leotard and tights performing a chair spin on a vertical pole. The person is facing the pole, with their back to it. Their right arm is hooked over the pole, and their left arm is bent at the elbow, with the hand near their head. Their legs are bent at the knees and tucked under their body.             |
| <b>Carousel fang</b>   |  A line drawing of a person in a leotard and tights performing a carousel fang on a vertical pole. The person is facing the pole, with their back to it. Their right arm is hooked over the pole, and their left arm is bent at the elbow, with the hand near their head. Their legs are bent at the knees and tucked under their body.          |

## 2. Průměrný

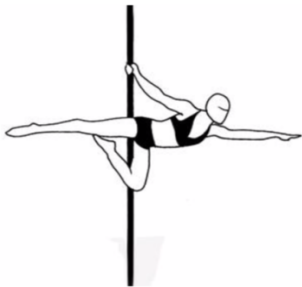
Soutěžící disponují střední silou a flexibilitou celého těla, jsou schopni provádět stojky na ruce. **Nohy při provazu jsou otevřené na 180°**, zvednutí těla silou (dead lift) je proveden ze země s nataženýma nohama nebo ze vzduchu s pokrčenýma nohama. Flexibilita ramen a zad se ukazuje úchopy nohou přes hlavu.

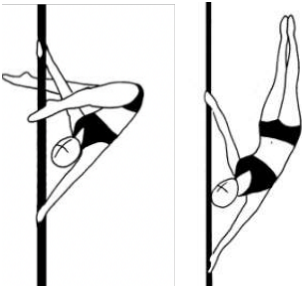
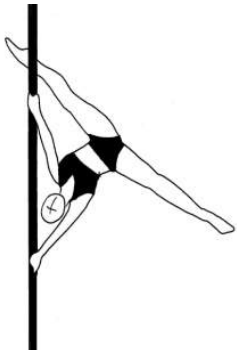
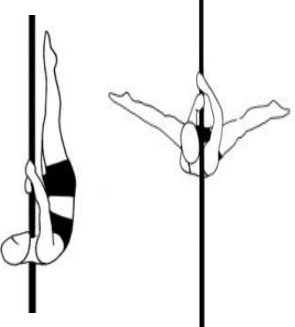

### a) Prvky na flexibilitu

| Název              | Pozice  |
|--------------------|---|
| Jade 180°          |    |
| Split on pole      |  |
| Allegra passé 160° |  |

|                                    |   |
|------------------------------------|---|
| <p><b>Cocoon 160°</b></p>          |  |
| <p><b>Cross bow elbow hold</b></p> |  |
| <p><b>Chopstick 160°</b></p>       |  |


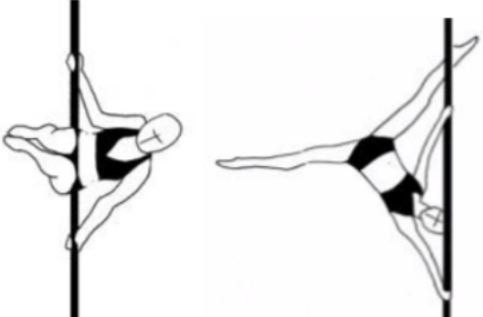

**b) Prvky na sílu**

| <p><b>Název</b></p>             | <p><b>Pozice</b></p>   |
|---------------------------------|--|
| <p><b>Superman one side</b></p> |  |

|  |  |
|--|--|
| <p><b>Handspring straddle/pencil</b></p>     |    |
| <p><b>Butterfly extention</b></p>            |   |
| <p><b>Shoulder mount pencil/straddle</b></p> |  |
| <p><b>Flag grip side passé</b></p>           |  |





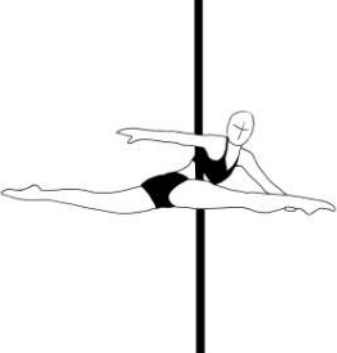
c) Spiny na statické tyči


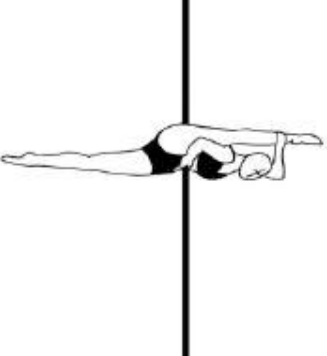
| Název                               | Pozice  |
|-------------------------------------|---|
| Reverse grab straddle               |     |
| Cradle spin into extended butterfly |    |
| Cup grip spin                       |  |

### 3. Těžký

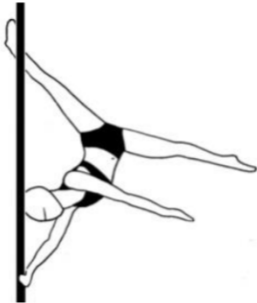
Soutěžící disponují velkou silou a flexibilitou celého těla. Úhel nohou při provazu i v těžších prvcích je minimálně 180°, zvednutí těla silou (dead lift) je proveden ze vzduchu s nataženýma nohama. Flexibilita ramen a zad se ukazuje úchopy nohou přes hlavu s dopnutýma rukama.

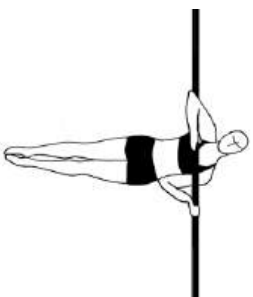
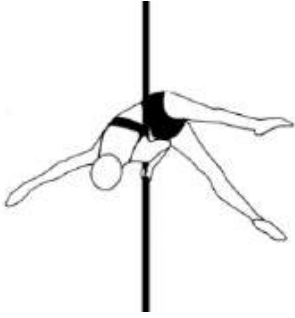
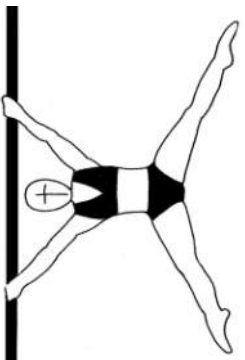
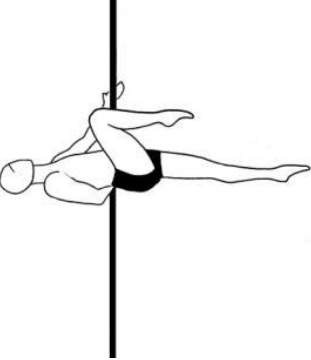
#### a) Prvky na flexibilitu

| Název          | Pozice  |
|----------------|---|
| Pegasus split  |   |
| Cocoon         |  |
| Chopstick 180° |   |

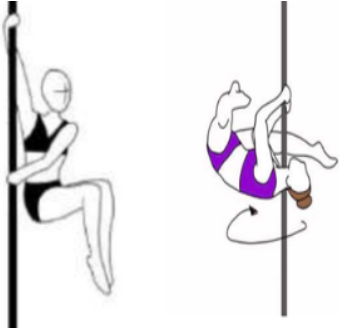
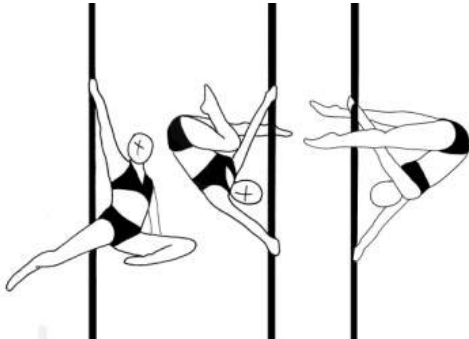
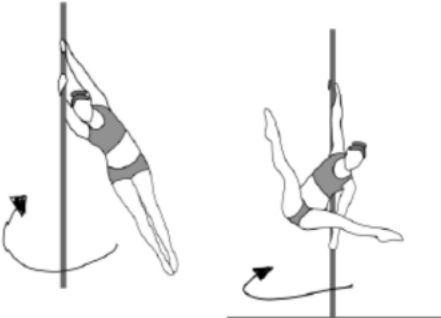
|                           |  |
|---------------------------|--|
| <p><b>Superman V</b></p>  |  |
| <p><b>Machine gun</b></p> |  |

**b) Prvky na sílu**

| <p><b>Název</b></p>              | <p><b>Pozice</b></p>  |
|----------------------------------|---|
| <p><b>Butterfly one hand</b></p> |  |

|  |  |
|--|--|
| <p><b>Flag grip pencil</b></p>                     |   |
| <p><b>Janeiro</b></p>                              |   |
| <p><b>Iron X</b></p>                               |  |
| <p><b>Back support plank outside leg passé</b></p> |  |

c) Spiny na statické tyči

| Název   | Pozice  |
|---|---|
| <p><b>Chair spin into shoulder mount</b></p>      |  <p>The first illustration shows a person in a chair position on a pole, with one hand on the pole and the other on their hip. The second illustration shows the person in a shoulder mount position, with their back to the pole and legs tucked under their arms. A curved arrow indicates the direction of the spin.</p>   |
| <p><b>Phoenix spin</b></p>                        |  <p>The first illustration shows a person in a Phoenix spin position, with one hand on the pole and the other on their hip. The second illustration shows the person in a Phoenix spin position, with their back to the pole and legs tucked under their arms. The third illustration shows the person in a Phoenix spin position, with their back to the pole and legs tucked under their arms. A curved arrow indicates the direction of the spin.</p> |
| <p><b>Cupgrip spin into other random spin</b></p> |  <p>The first illustration shows a person in a cupgrip position on a pole, with both hands on the pole. The second illustration shows the person in a random spin position, with one hand on the pole and the other on their hip. A curved arrow indicates the direction of the spin.</p>   |