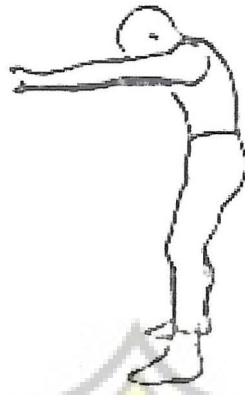


LAMPIRAN

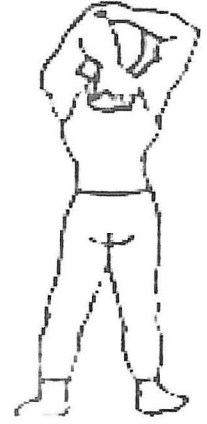
Stretching



0,60



0,90



0,60



0,90



1,50



1,20



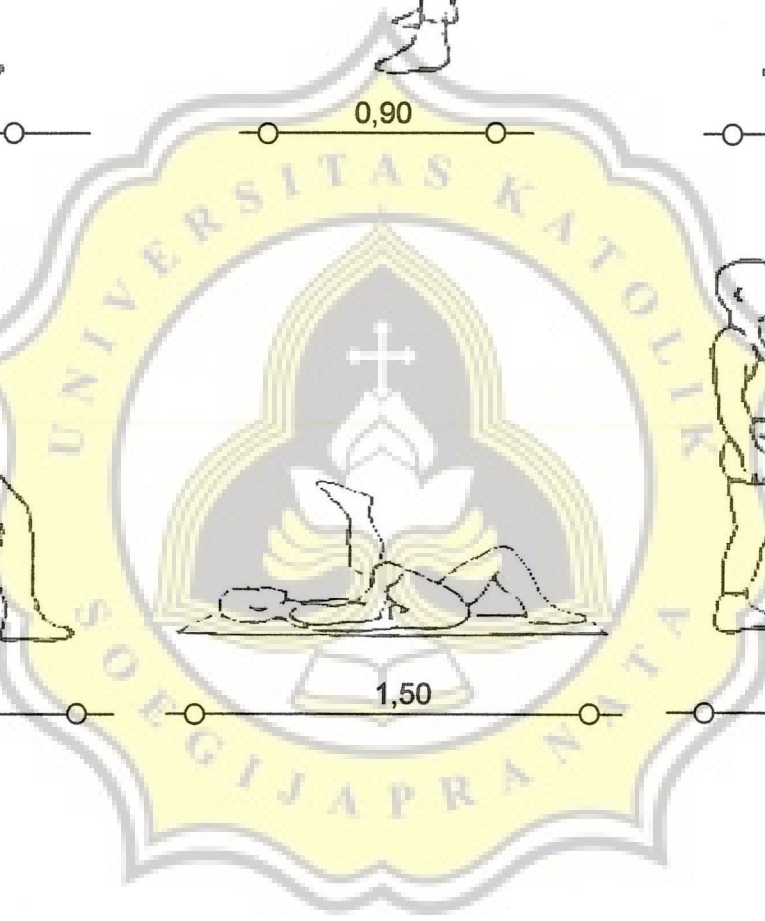
0,60

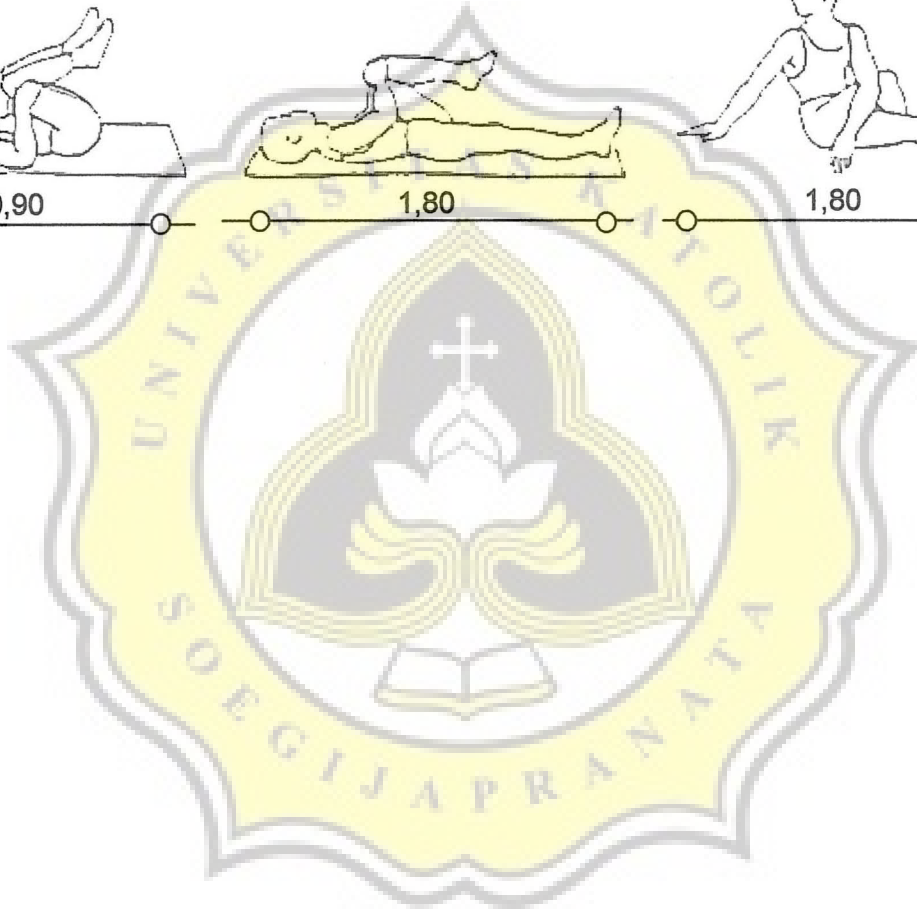
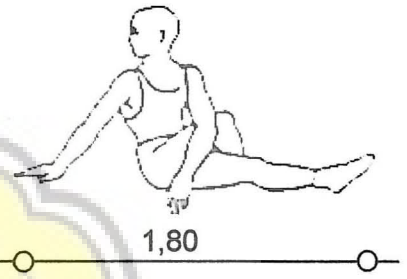
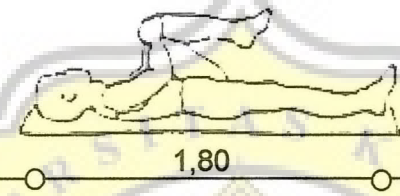
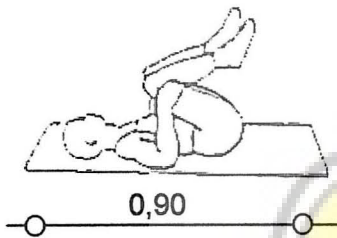
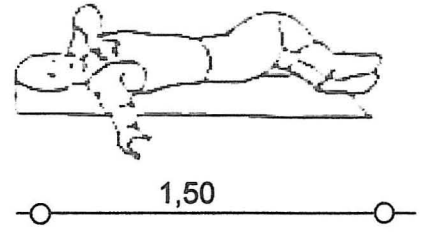
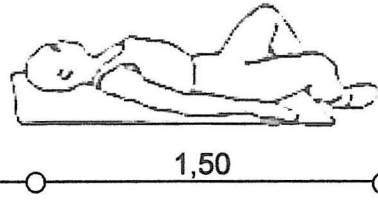
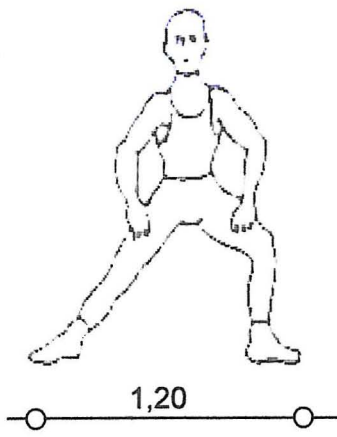


1,80

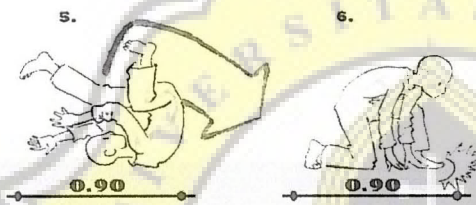
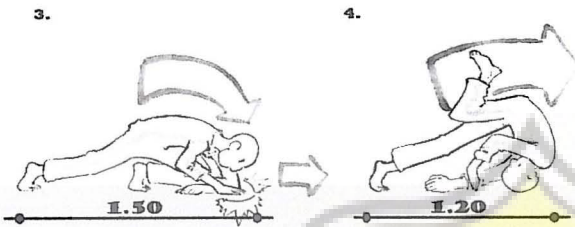
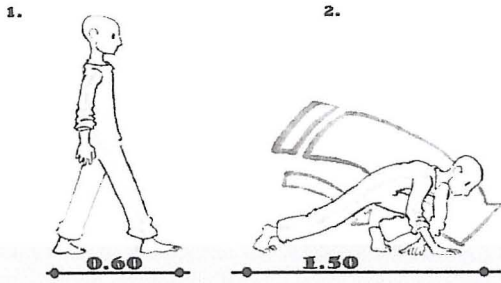


1,20

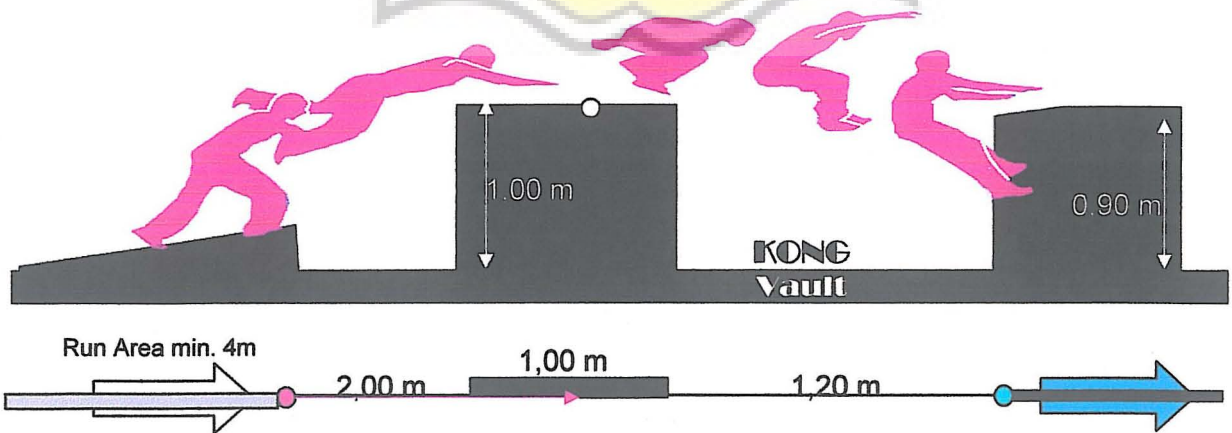
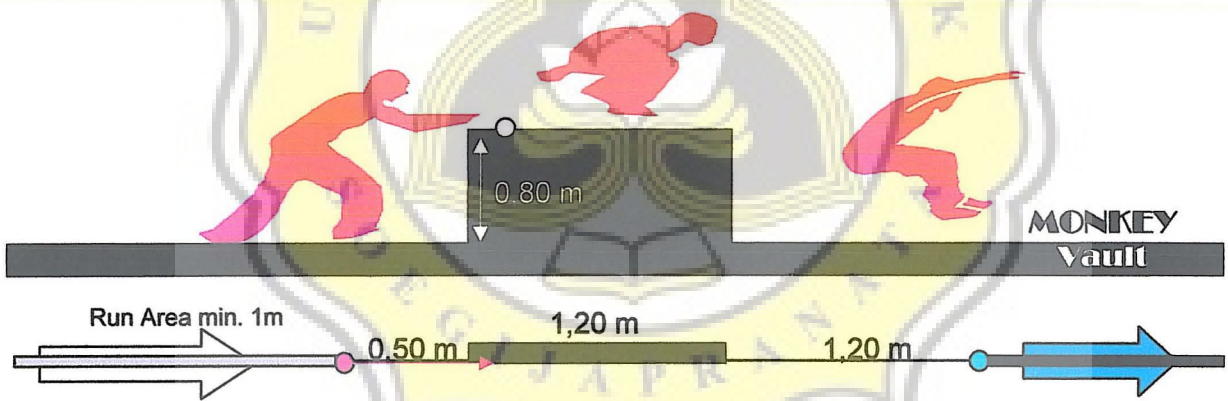


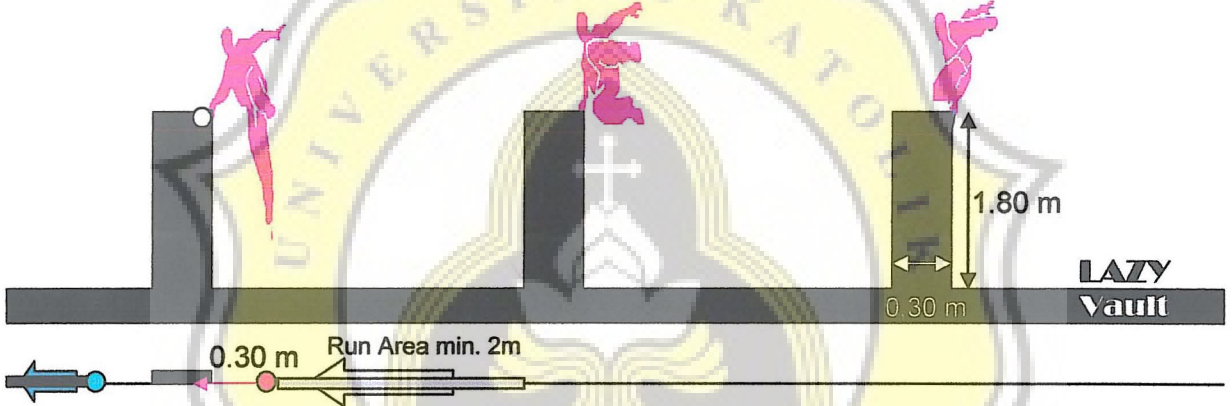
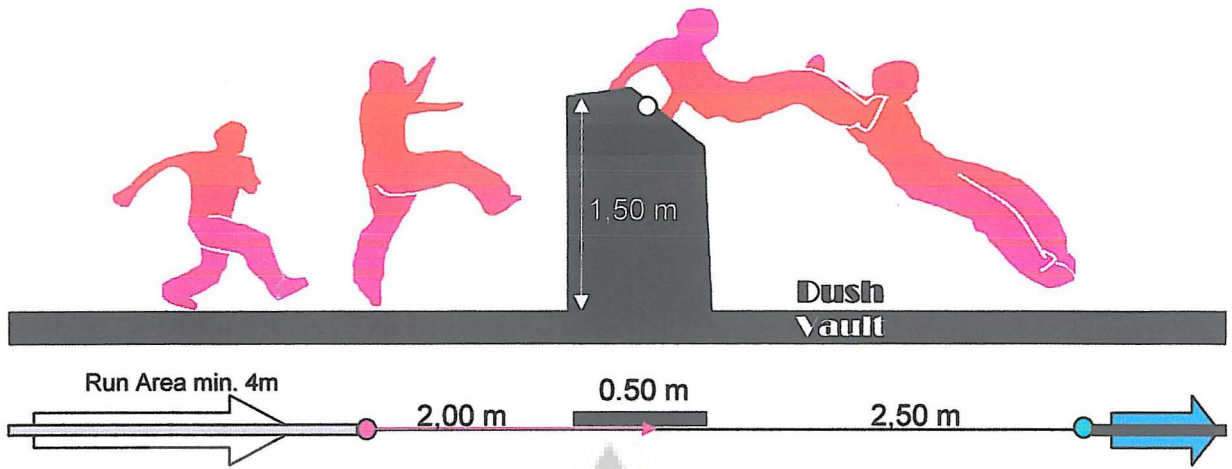


Basic Vaulting








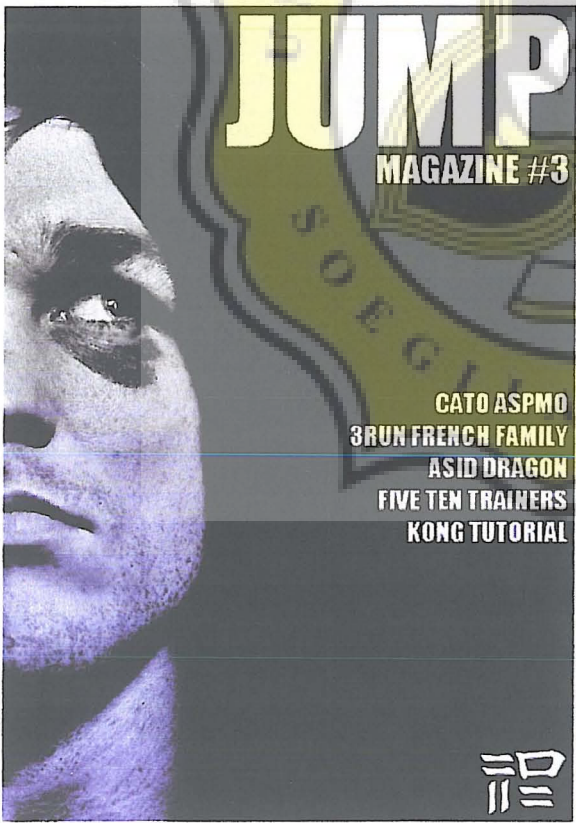
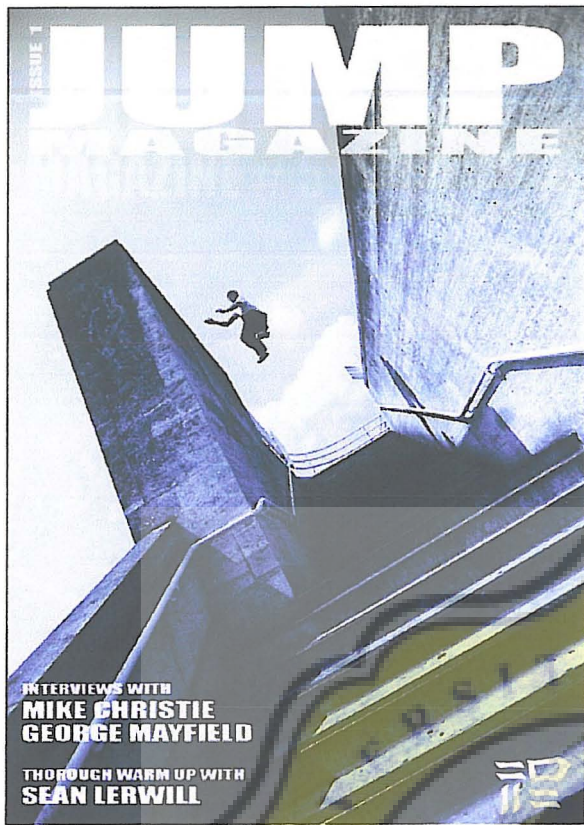
Rolling

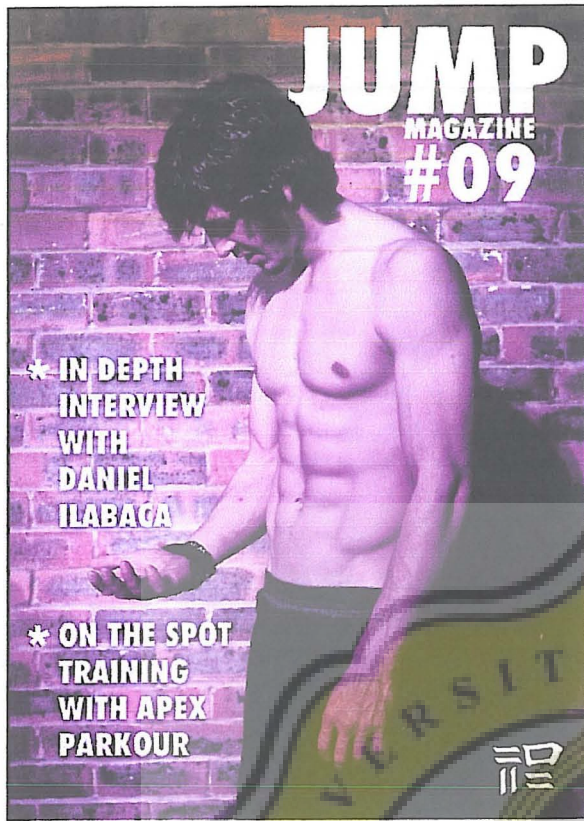




Keterangan :

-  = Run Area
-  = Jump Point to Obstacle
-  = Obstacle
-  = Hand Point
-  = Landing and Rolling Point





JUMP

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