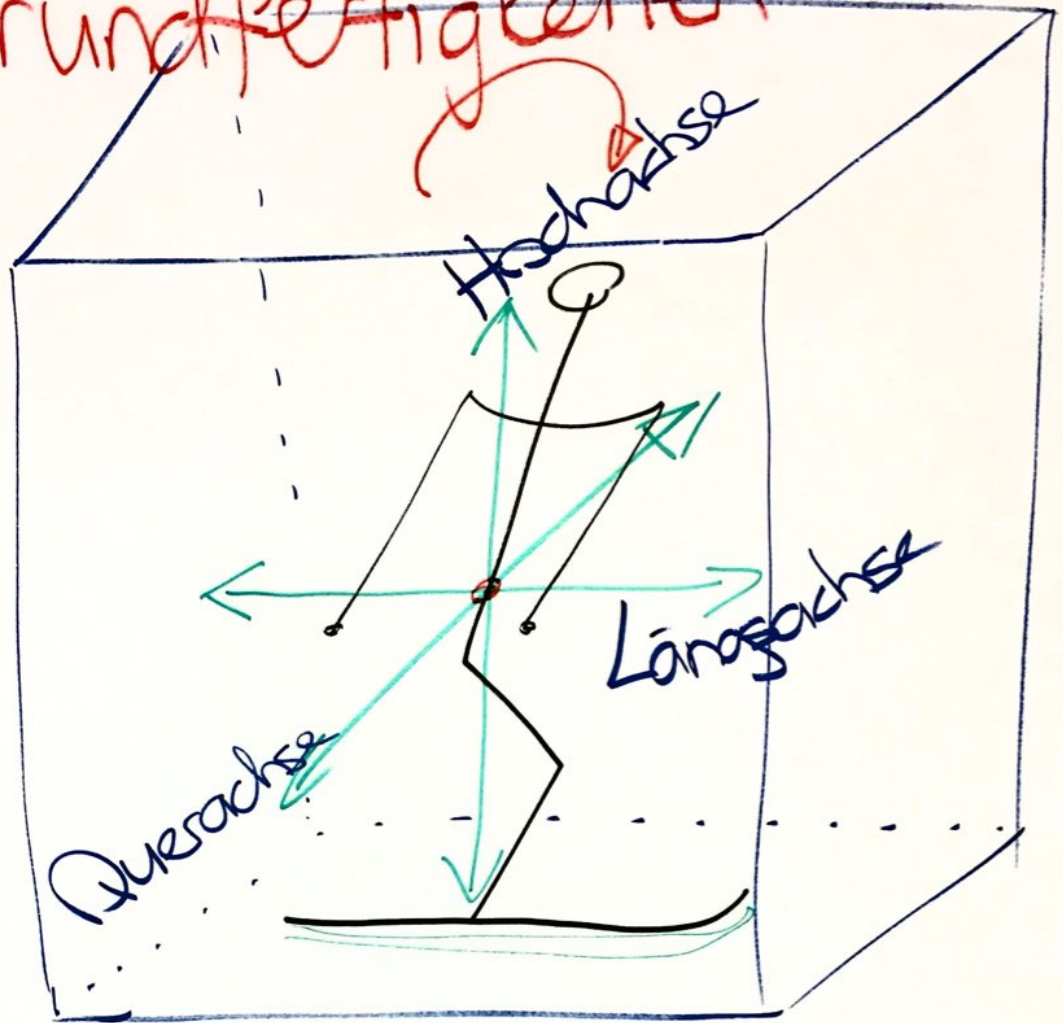
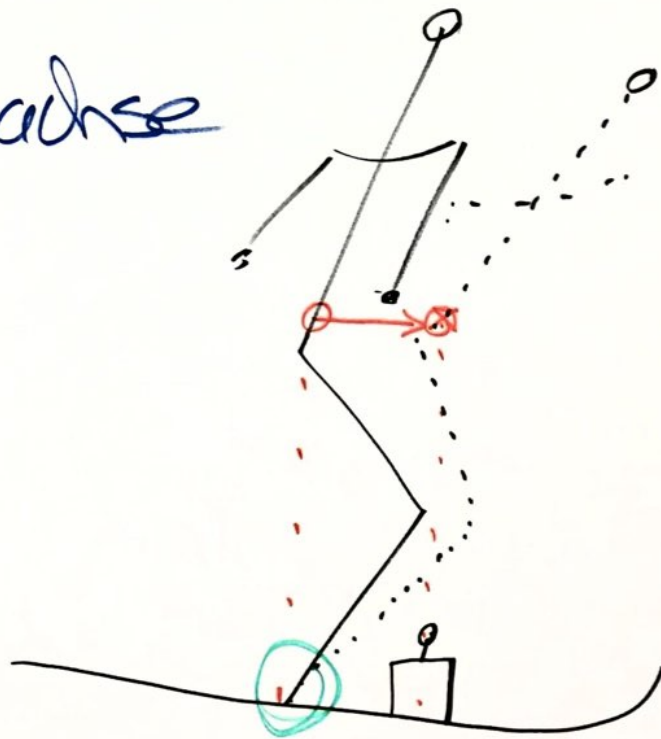


Grundfertigkeiten

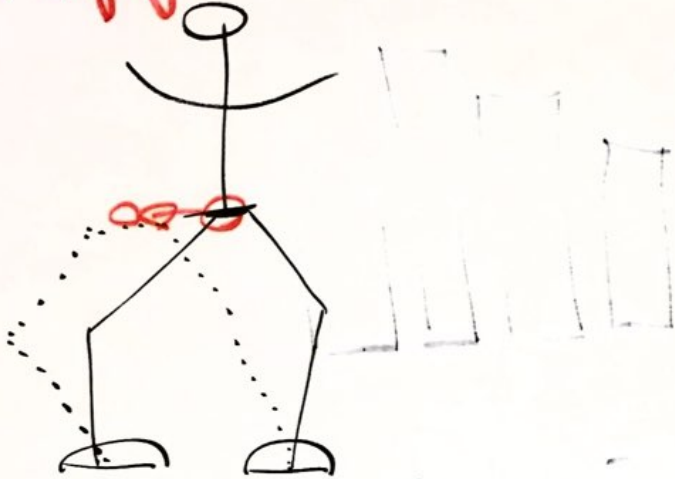


Längsachse



Querachse

Kippen



KSP Verschiebung

⇒ Lastverschiebung

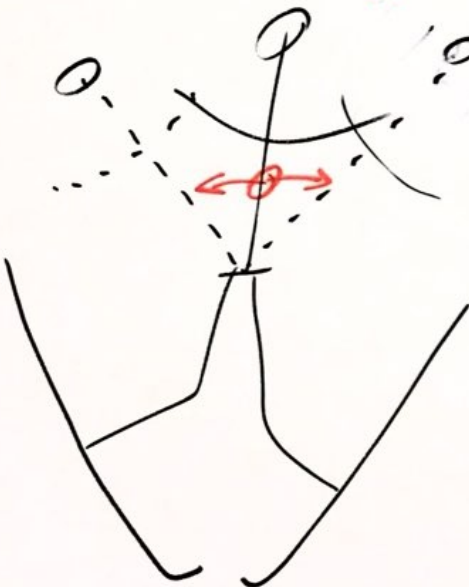
Knicken



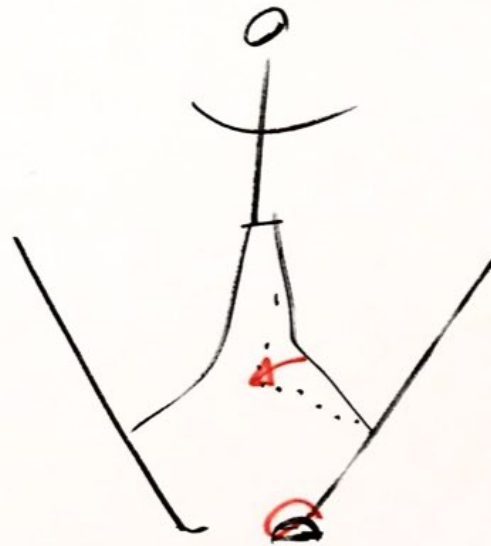
Aufkantungswinkel

verändern

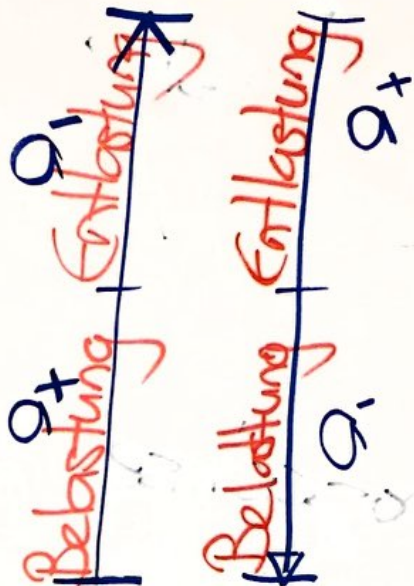
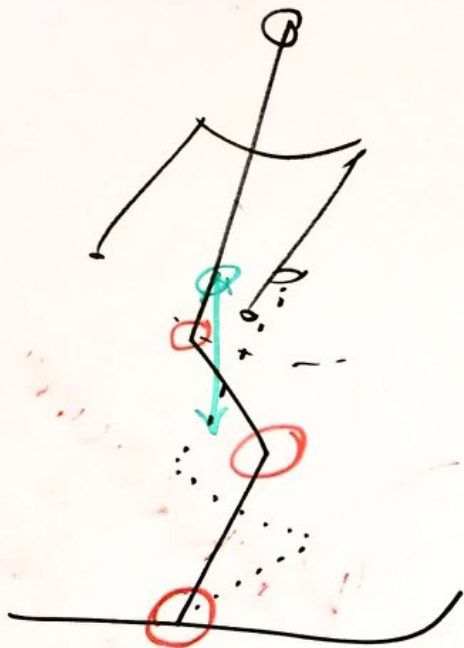
Oberkörper kippen



knicken



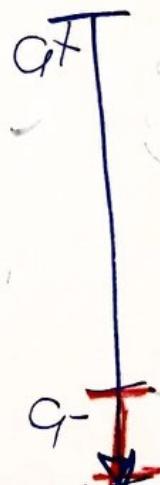
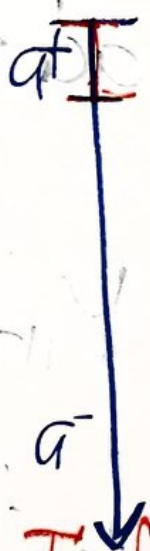
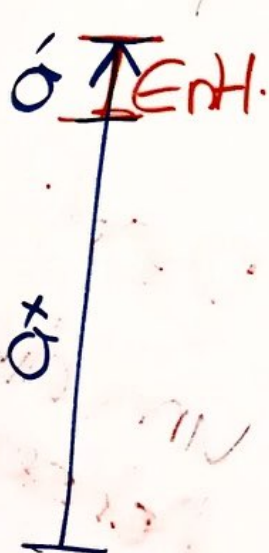
Hochachse



langsam

dynamisch

explosiv



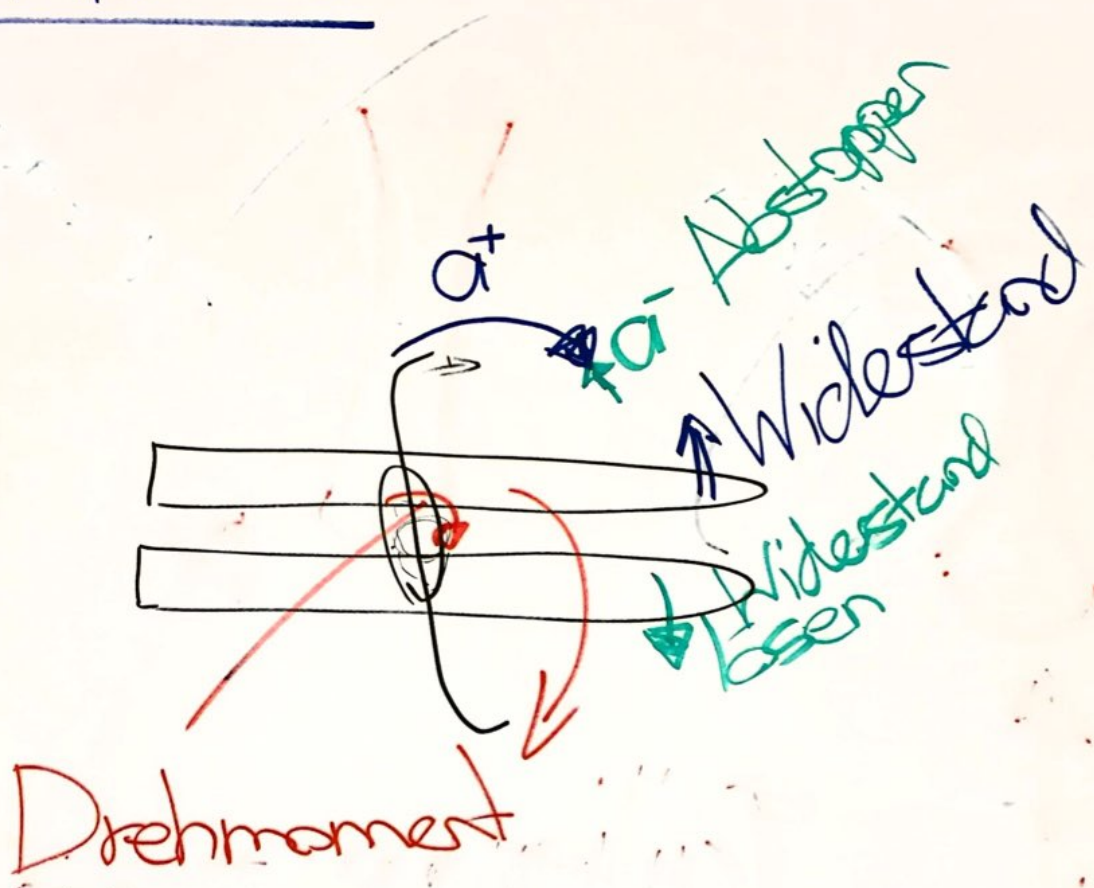
hochentlasten

hochbelasten

Tiefentlasten

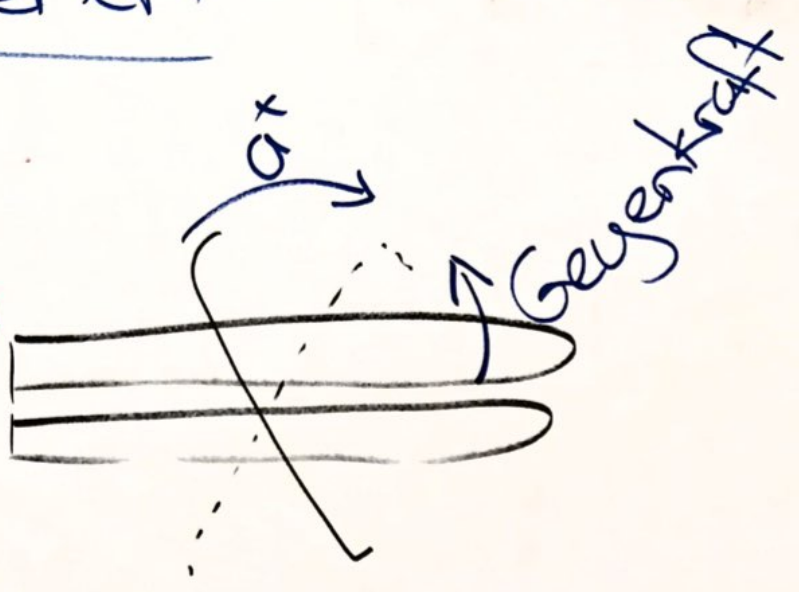
Tiefbelasten

Vormitdrehen

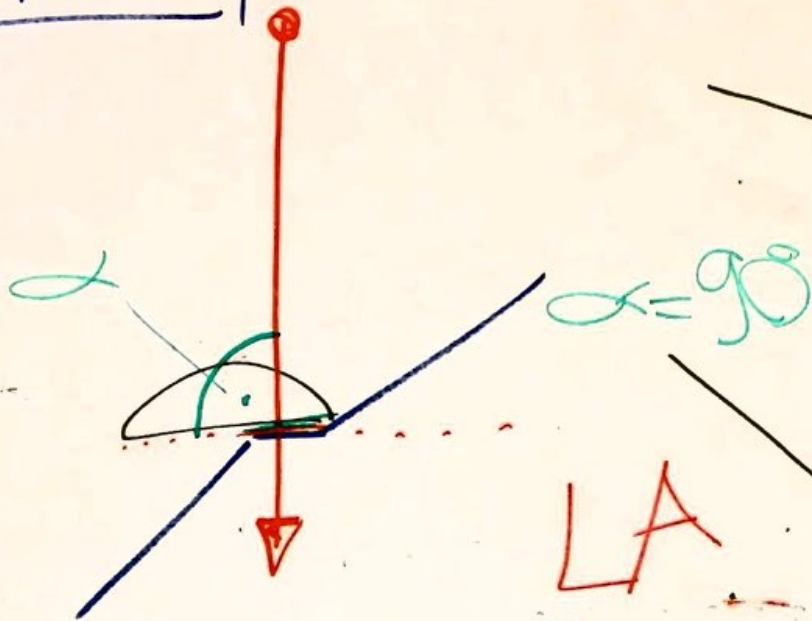


Gegendrehen

Aktio
= Reaktio



fahren

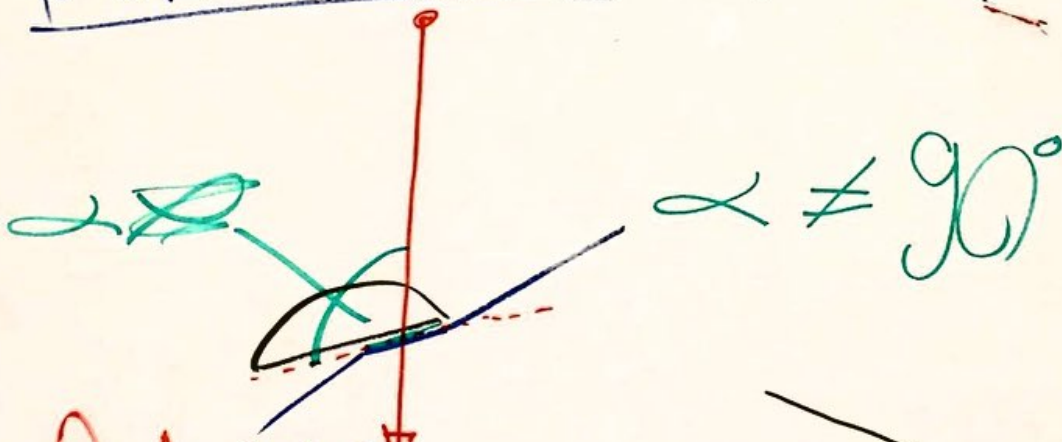


LA

Neigung

⇒ Vorwärts Geschw.

rutschen



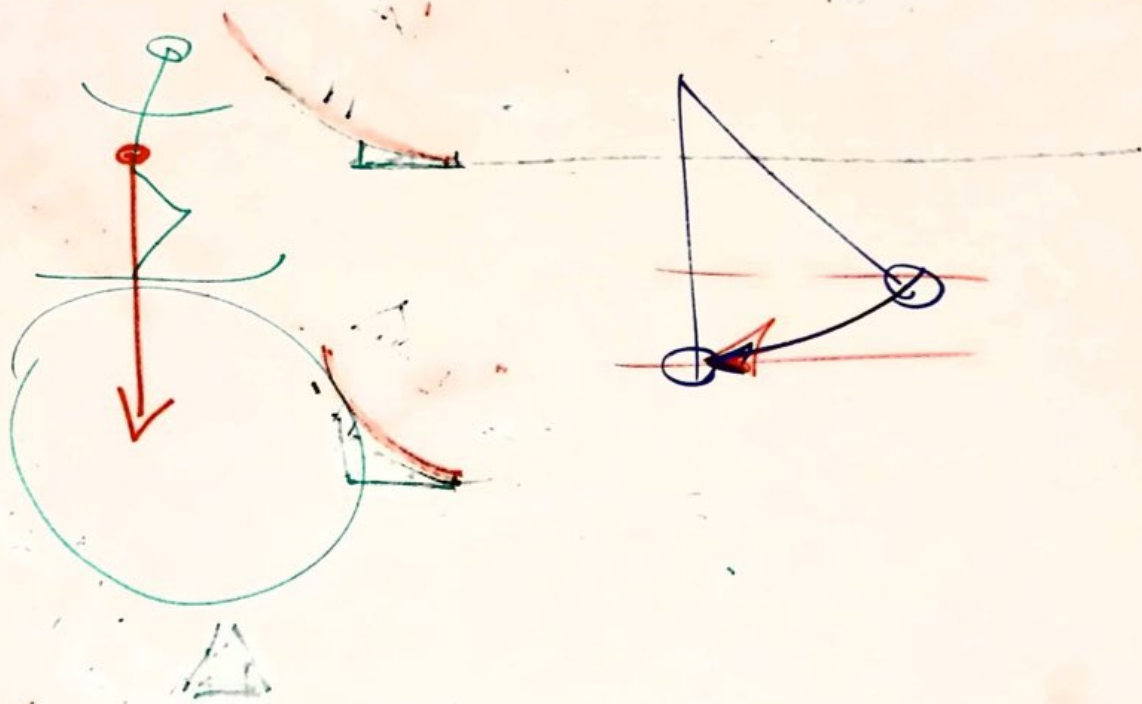
QA-Neigung

⇒ seitliche Geschw.

LANeigung

⇒ Vorwärts
Geschwindigkeit.

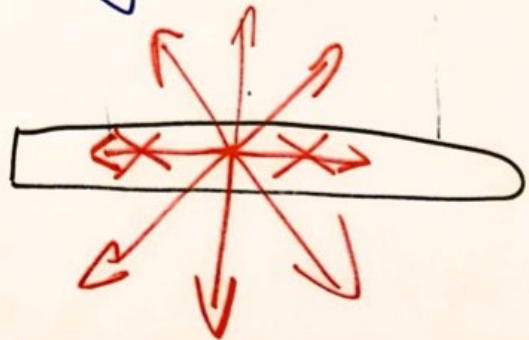
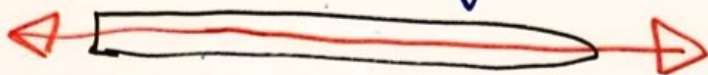
Elementare Fahrformen



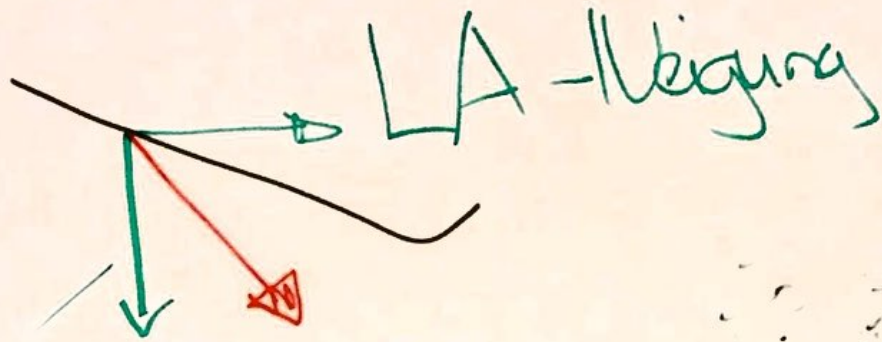
fahren

(curven)

rutscher



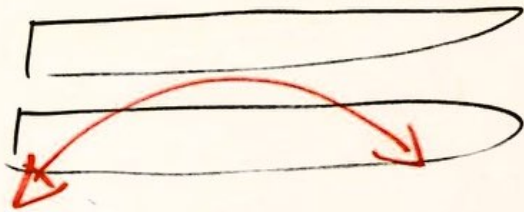
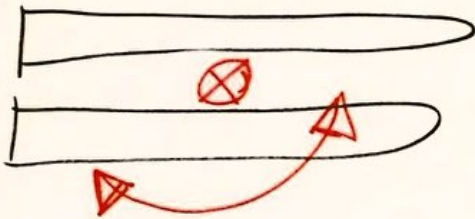
Handwritten notes at the bottom of the page, possibly describing the conditions or effects of the driving forms.



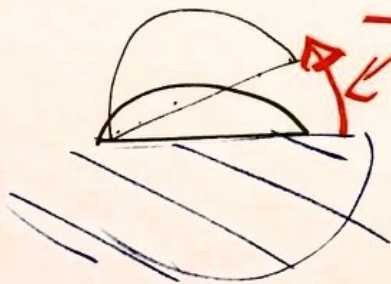
QA-Neigung

drehen

Steuern



kippen



aufkanten

abkanten

umkanten

Amateur - Profi

PRÜFUNG (chance
Glück.
Zufall)

SCHWIERIG ABER ✓
 EINFACH ABER ✓
 NEGATIV ⊖

	2
	20+
	4
	0

5% 10% 15% 20% 30%

||| |||| ||||| |||| ||

○ ▽

SUM - NOVA

NO PIZZA!

~~90~~ 90 DENTO ZRUT

Dinkel shot

Soort

KOMMUNIKATION

ERKLÄREN 10% Verbal
ZEIGEN 90% > DIZIT

12000 Wörter

BILD 17 KOPE

* BEWEGUNGS-Plan
Rhythmus der Bewegung
Bewegungs Abfolge