

Übungen mit der Koordinationsleiter

Linker Fuß

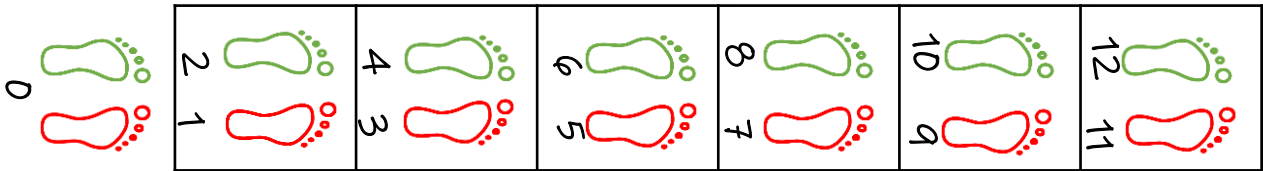


Rechter Fuß

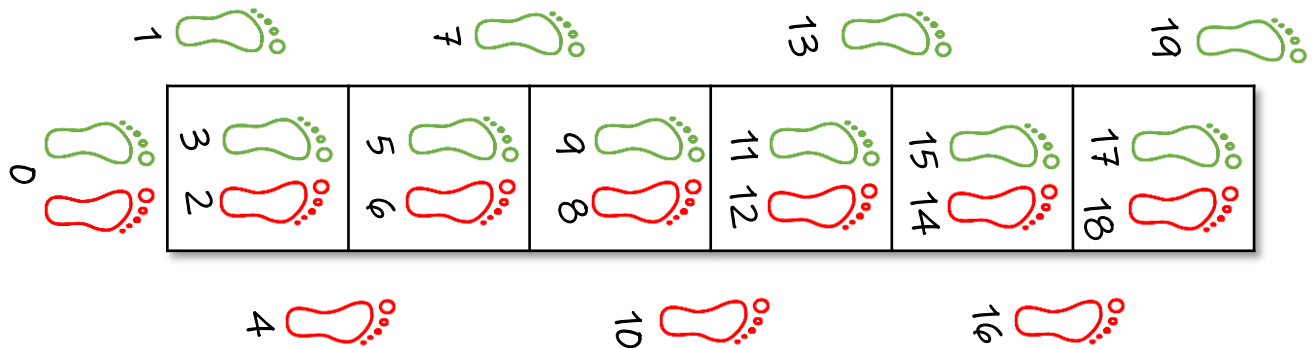
Easy run



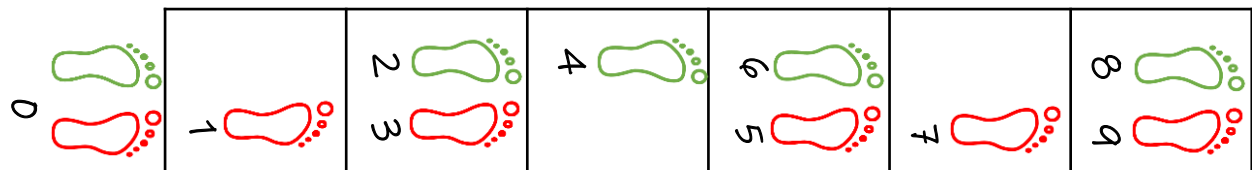
Double step



Run out-in



Double change



Helicopter

