

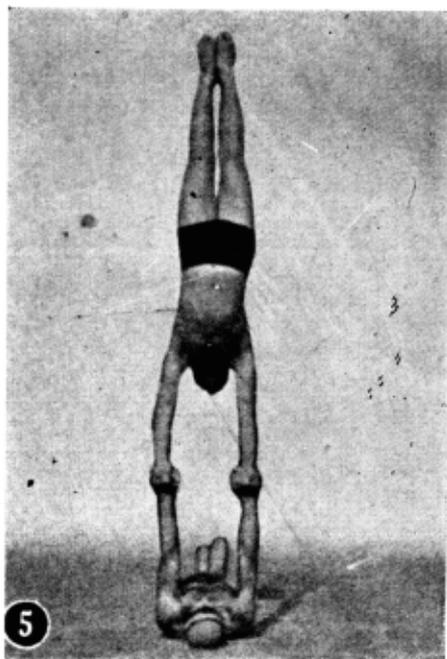
PARADAS

FORÇA CONJUGADA
TRABALHO EM DUPLA

Resumo extraído do artigo de
HARTLEY D. PRICE

PROFESSOR DE EDUCAÇÃO FÍSICA DA UNIVERSIDADE DE Illinois

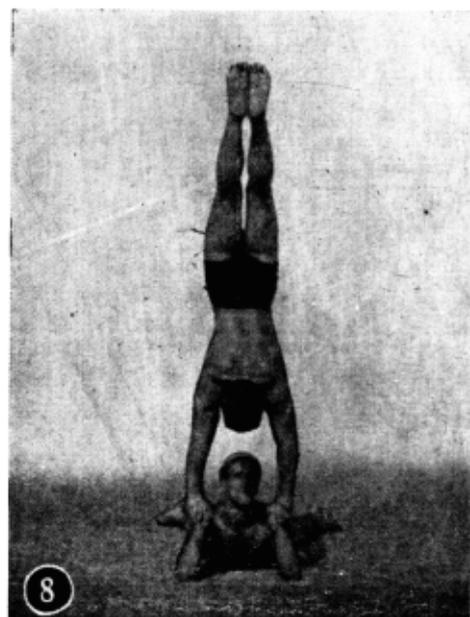
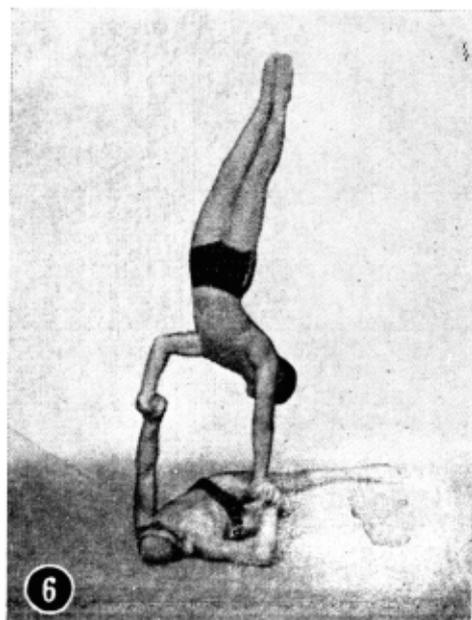
(CONTINUAÇÃO)



O GIRO DA FÓCA - (Figs. 5, 6, 7, 8 e 9)

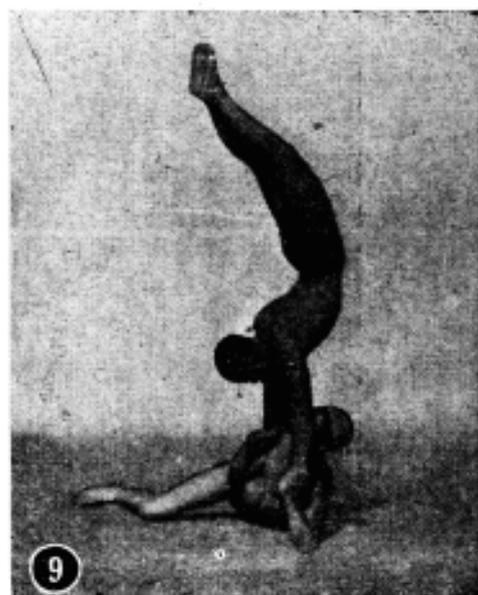
Base - Usando a força dos braços.

Partenairz - Em equilíbrio.





O GIRO
DA
FOCA
(Continuação)



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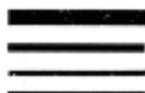
O VOO
DA
ANDORI-
NHA



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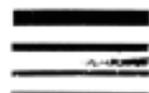
10



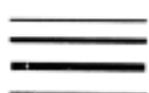
O
CANIVETE



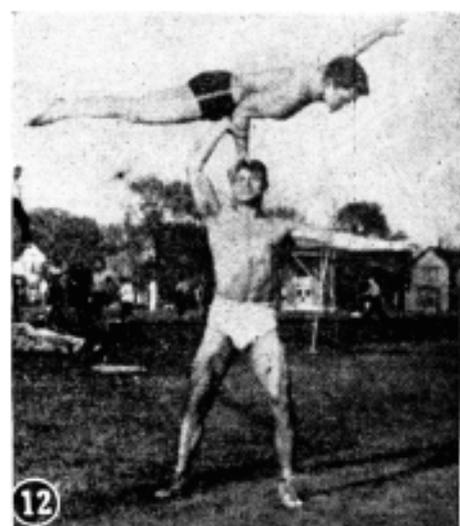
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PARADA
DUPLA
SOBRE OS
COTO-
VELOS



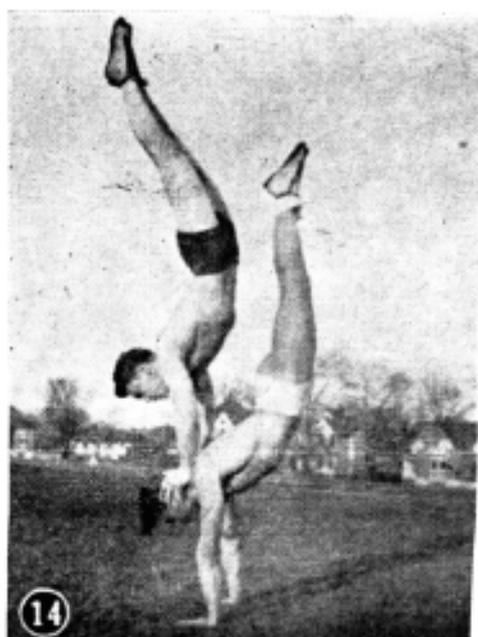
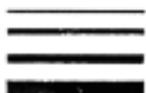
A
BANDEIRA



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DUPLO
EQUILI-
BRIO



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