

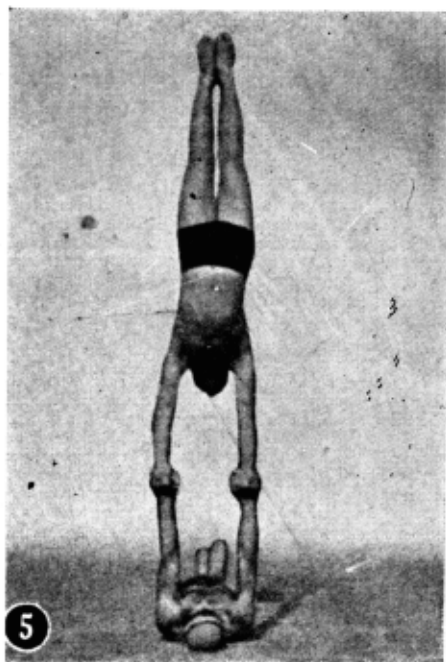
PARADAS

FORÇA CONJUGADA
TRABALHO EM DUPLA

Resumo extraído do artigo de
HARTLEY D. PRICE

PROFESSOR DE EDUCAÇÃO FÍSICA DA UNIVERSIDADE DE Illinois

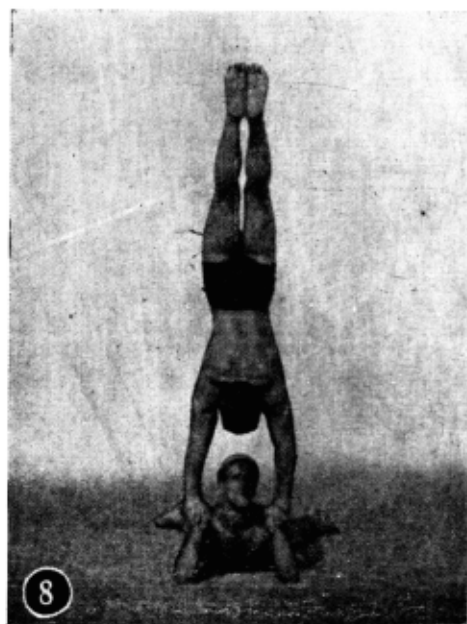
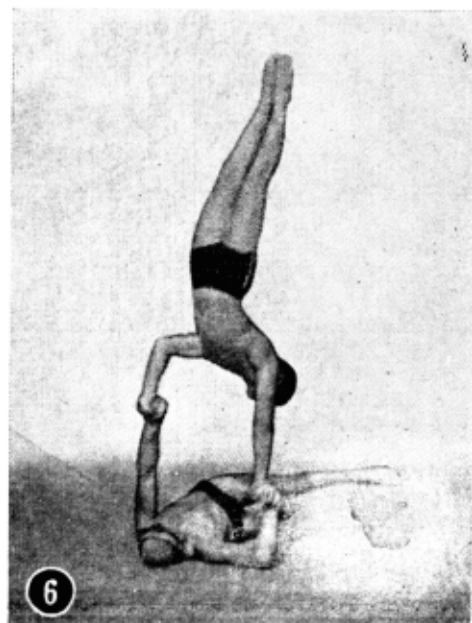
(CONTINUAÇÃO)



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

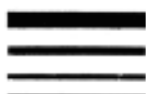
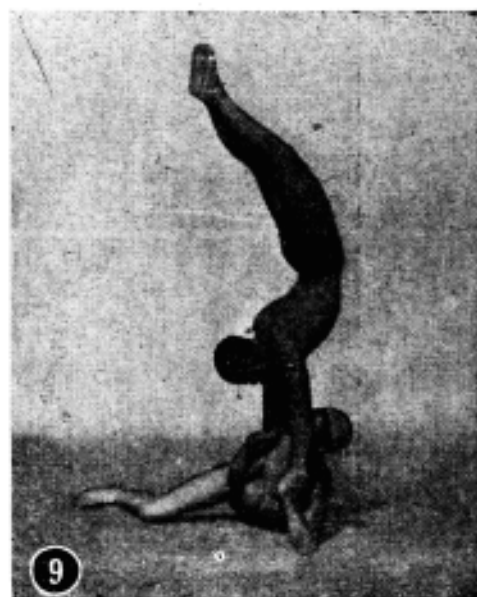
Base - Usando a força dos braços.

Partenairz - Em equilíbrio.

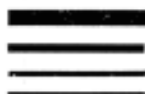
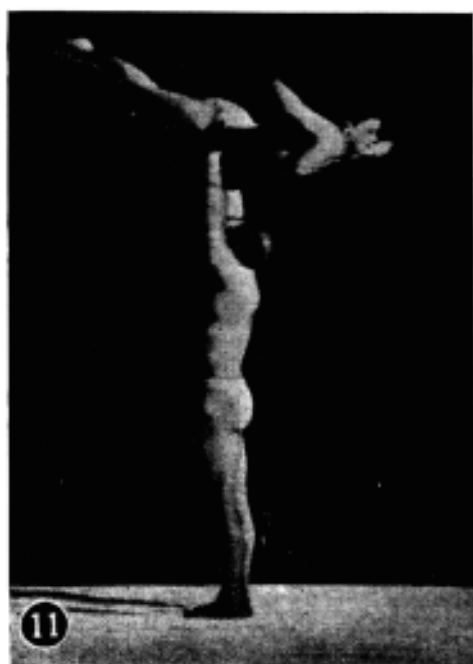




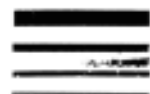
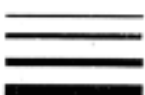
O GIRO
DA
FOCA
(Continuação)



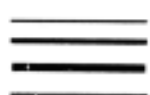
O VOO
DA
ANDORI-
NHA



O
CANIVETE



PARADA
DUPLA
SOBRE OS
COTO-
VELOS



A
BANDEIRA



DUPLO
EQUILI-
BRIO

