

Ghetto SD-Übungen

(3.800g)

L. Grief

① u ② u ③ u ④ u

Warm Up

1 R L R L R L R L R L R L R L R L
2 R R L L R R L L R R L L R R L L

3er Gruppen

1) 4x3
R L R L R L R L R L R L R

2) 4x3
R L L R L R L L L R L L R

3) 4x3
L L R L L R L L R L L R L

4) 5x3
L L R L L R L L R L L R L L R

! = Mitte ! = Rand