

FREESTYLE SLALOM - MATRIX T E C H N I K A

0,1	0,2	0,3	0,4
Parallel	Nelson	Crazy	Crazy spin
Cross fwd	Stroll	Sun	Anticrazy
Cross bck	1 foot	Italian	Volt
Snake fwd	Eddie mabrouk	Mexican	1 foot bck
Snake bck		X	Crazy legs
		Stroll bck	Nelson reverse
			Rusian volt
			8
			X jumping
			Butterfly

ČESKÉ FREESTYLE BRUSLENÍ

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0,5	1	1,5	2	2,5	3
Special	Wiper	Christie	1 wheel bck	Christie bck	1 wheel spin fwd
Brush	From eagle to footgun bck	Z	From 1 w fwd to 1 w bck		Kasachok bck
Full volt	1 wheel fwd	Corean spin moved	Footgun bck		Cobra
Spin 2w uncrossed	Footgun	From footgun to 1 w	Kasachock		From 1 w bck to 1 w fwd
Brush	Spin 2 wheels crossed	Y	Spin 2 w closed 2 cones		
Foot spin	Eagle	Y to footgun			
Total cross	Crossed eagle				
	Tea pot				
	Reverse eagle				

3,5	4	4,5	5	5,5	6
Escargot	Cobra bck	Escargot bck	Stop and go		
	Day night		Footgun 1 w		
	Wiper 1 w		Christie spin		
	Nowiper		Spin 1w bck		
	Footgun spin				
	Kasachok spin				
	Butterfly spin fwd				
	Fish leg				