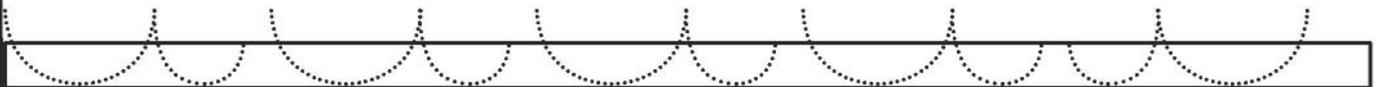
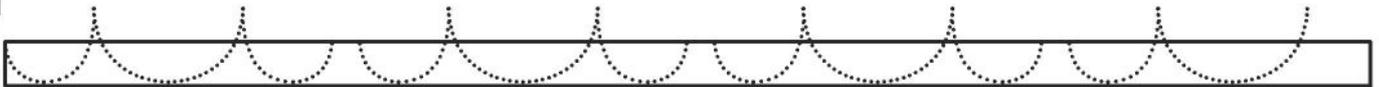


Name: _____

Datum: _____

Klasse: _____

Fahre einfach die Konturen sorgfältig mit einem spitzen Bleistift nach. Lass dir Zeit dazu. Danach male unten vom Bild die Konturen nach. Vielleicht ein bisschen bunt.



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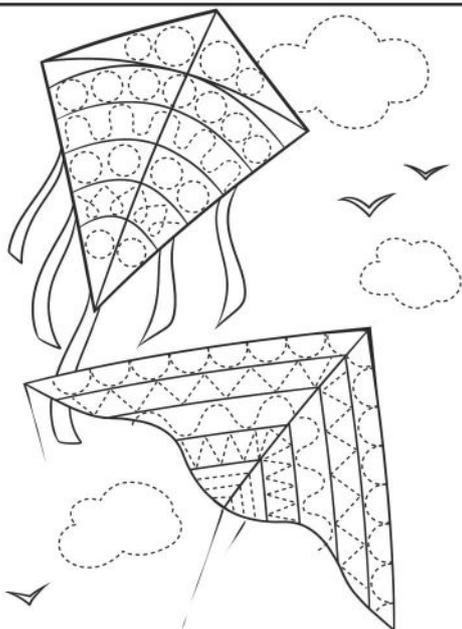
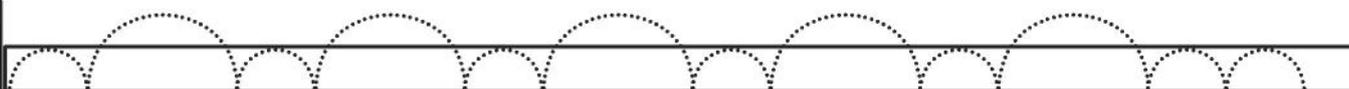
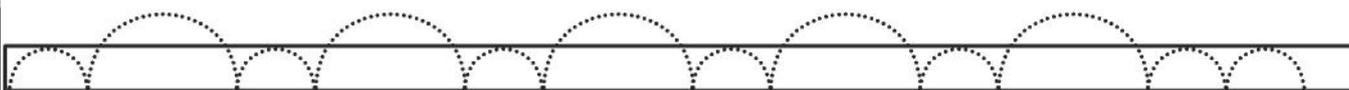


Name: _____

Datum: _____

Klasse: _____

*Das gilt für alle Schwungübungen.
In der Ruhe liegt die Kraft. Lass dir Zeit auch wenn es
langweilig ist.*



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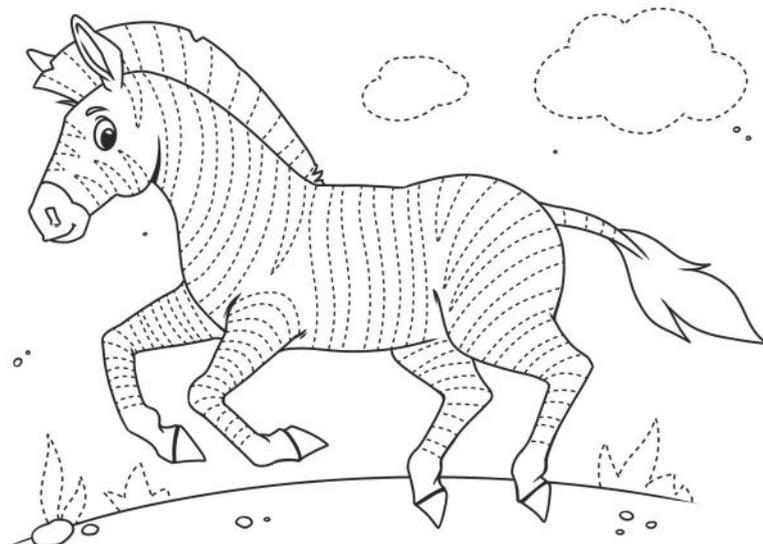
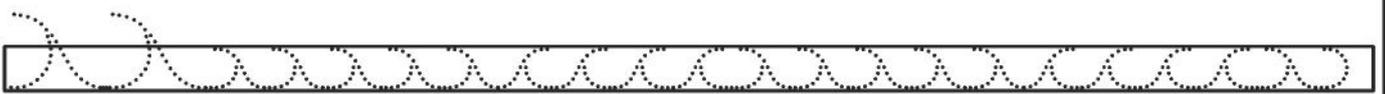
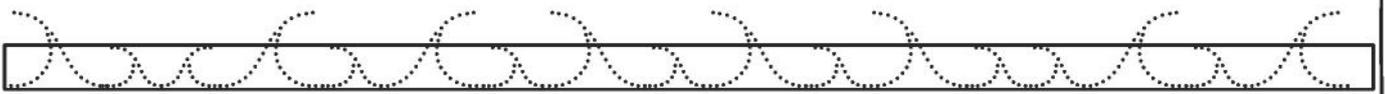
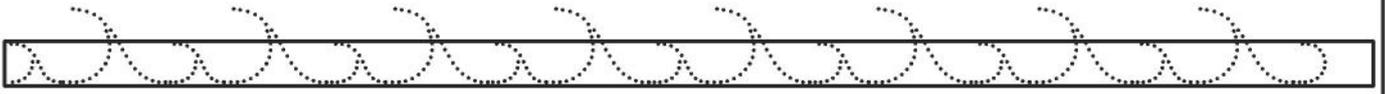
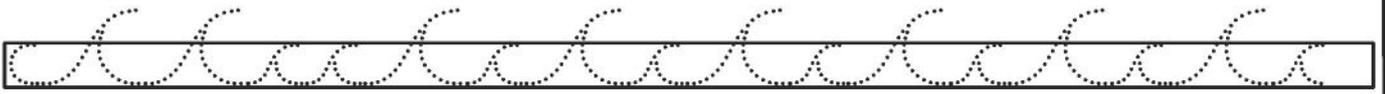


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Name: _____

Datum: _____

Klasse: _____



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