

## La "part method" des figures de compétition : Du salto arrière aux triffis

Nbre vrilles	0	1/2	1	1 1/2	2
Nbre saltos					
1	<b>SALTO ARRIERE</b>				
1 1/4	SALTO ARRIERE DOS	Salto arrière + 1/2 vrille ventre			
1 1/2					
1 3/4		Salto arrière + 1/2 vrille rentrée tête (dos)	Back in full out (4 pattes)	Back in 3/2 vrilles out (dos)	
2	<b>DOUBLE SALTO ARRIERE</b>		<b>BACK IN FULL OUT</b>		<b>BACK IN DOUBLE FULL OUT</b>
2 1/4	DOUBLE SALTO ARRIERE DOS		BACK IN FULL OUT (dos)	BACK IN FULL OUT (ventre)	
2 1/2					
2 3/4				FULL MIDDLE 1/2 OUT (dos)	BACK FULL FULL (4 pattes)
3	<b>TRIPLE SALTO ARRIERE</b>				<b>BACK FULL FULL</b>
Nbre saltos					
Nbre vrilles	0	1/2	1	1 1/2	2