










AK 8 (Version 1/2022)

| | | | | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 1. | <u>2.</u> | 3. | <u>4.</u> | 5. |
|  |  |  |  |  |
| | 90° | | 120° | |
| 2,0 | 1,0 | 1,0 | 1,0 | 1,0 |

Bonus: 2.  180° 4.  180°
(je 0,5 P.)

D-Note: 6,00 P.

Bonus max. 1,00 P.

Name:

| | |
|----------------------|------------------|
| D-Note 6,00 P.: | D-Note: |
| | E-Note: |
| | Neutrale Abzüge: |
| Bonus (max. 1,0 P.): | Endnote: |

| | |
|-----------|-------------|
| E-Abzüge: | Ø E-Abzüge: |
|-----------|-------------|

Name:

| | |
|----------------------|------------------|
| D-Note 6,00 P.: | D-Note: |
| | E-Note: |
| | Neutrale Abzüge: |
| Bonus (max. 1,0 P.): | Endnote: |

| | |
|-----------|-------------|
| E-Abzüge: | Ø E-Abzüge: |
|-----------|-------------|

Name:

| | |
|----------------------|------------------|
| D-Note 6,00 P.: | D-Note: |
| | E-Note: |
| | Neutrale Abzüge: |
| Bonus (max. 1,0 P.): | Endnote: |

| | |
|-----------|-------------|
| E-Abzüge: | Ø E-Abzüge: |
|-----------|-------------|



| | | | | | | | | | | |
|-----|------|-----------------------------------|-----|-----|-----|------|-----|-----|-----|---------------------------------------------------------|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | D-Note: 9,00 P. Bonus max. 1,50 P. |
| | | Holmnahes Element i. d. Handstand | | | | | | | | |
| | 180° | 180° | | 45° | | 180° | | | | |
| 0,5 | 1,0 | 1,5 | 0,5 | 0,5 | 0,5 | 1,0 | 1,0 | 1,0 | 1,5 | |

Bonus: 3. zweites gleiches holmnahes Element + 0,5 P. oder zweites unterschiedliches holmnahes Element + 1,0 P.
 (je 0,5 P.) 5. Bück-Umschwung aus dem Handstand + 0,5 P.

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 100px; margin-top: 10px;"></div> | D-Note 9,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 60px;" type="text"/> Ø E-Abzüge: <input style="width: 60px;" type="text"/> | |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 100px; margin-top: 10px;"></div> | D-Note 9,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 60px;" type="text"/> Ø E-Abzüge: <input style="width: 60px;" type="text"/> | |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 100px; margin-top: 10px;"></div> | D-Note 9,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 60px;" type="text"/> Ø E-Abzüge: <input style="width: 60px;" type="text"/> | |



| | | | | | | | | | | | | | |
|------------------------------|------|-----|------|--------------------------------------------------------------------------------------------|------------------------------------------------|-----|-----|---------------------------------------------------------------------|------|-----|-----|-----|----------------------------------------------------------|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | D-Note: 10,00 P. Bonus max. 1,50 P. |
| | | | | Holmnahes Element i. d. Handstand | Anderes holmnahes Element . i. d. Handstand | | | | auch | | | | |
| | 180° | | 180° | 180° | 180° | | | | 180° | | | | |
| 0,2 | 1,5 | 0,2 | 1,0 | 1,5 | 1,5 | 0,2 | 0,2 | 0,2 | 1,0 | 0,5 | 0,5 | 1,5 | |
| Bonus: (je 0,5 P.) | | | | 8. Flugelement vom u. H. zum o. H. (min. SW B) ⊙ zusätzliches drittes holmnahes Element | | | | 13. Abgangsvariante mit doppelter BAD ⊙ Riesenfelge mit 360° LAD | | | | | |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 150px; margin-top: 10px;"></div> | D-Note 10,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 100px;" type="text"/> | Ø E-Abzüge: <input style="width: 100px;" type="text"/> |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 150px; margin-top: 10px;"></div> | D-Note 10,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 100px;" type="text"/> | Ø E-Abzüge: <input style="width: 100px;" type="text"/> |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: <input style="width: 95%;" type="text"/> <div style="border: 1px solid black; height: 150px; margin-top: 10px;"></div> | D-Note 10,00 P.: <input style="width: 95%; height: 40px;" type="text"/> D-Note: <input style="width: 95%; height: 40px;" type="text"/> E-Note: <input style="width: 95%; height: 40px;" type="text"/> Neutrale Abzüge: <input style="width: 95%; height: 40px;" type="text"/> Bonus (max. 1,5 P.): <input style="width: 95%; height: 40px;" type="text"/> Endnote: <input style="width: 95%; height: 40px;" type="text"/> |
| E-Abzüge: <input style="width: 100px;" type="text"/> | Ø E-Abzüge: <input style="width: 100px;" type="text"/> |