


















Wirbel - Übersicht 1

Wirbel	Notenwert	Ausführung	Notation
3-stroke-roll	Drag	LLR 	
4-stroke-roll		RRL L 	
5-stroke-roll		RRL LR 	
6-stroke-roll		LLRRL L 	
7-stroke-roll		LLRRL LR 	
8-stroke-roll		RRL LRRL L 	
9-stroke-roll		RRL LRRL LR 