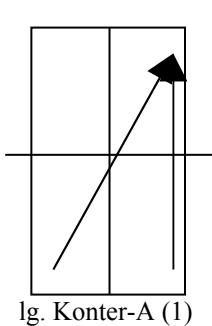
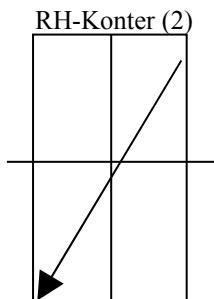


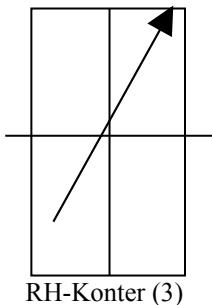
B-Kader **Übung 3** Kamal (August 09)



lg. Konter-A (1)

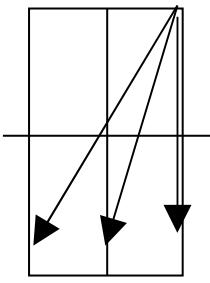


RH-Konter (2)

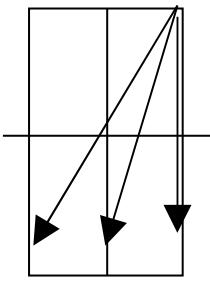


RH-Konter (3)

VHT überall (4)



frei (5)



Bei 4 (umspringen) sollte der VHT in die RH, Mitte (Ellbogen) oder in die VH gespielt werden.

Aufschläger

lg. Konter-Aufschlag in RH (1)

RH-Konter dia. (3)

frei (5)

Rückschläger

RH-Konter dia. (2)

umspringen + VHT in RH, VH, Ellbogen (4)