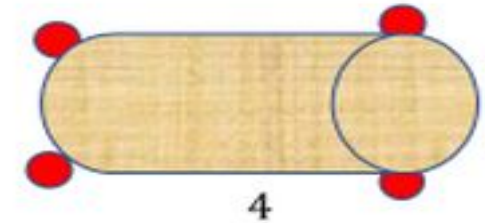


Le parcours standard TICA

Standard Course
January 2017
this is how Paris was

1/11/17

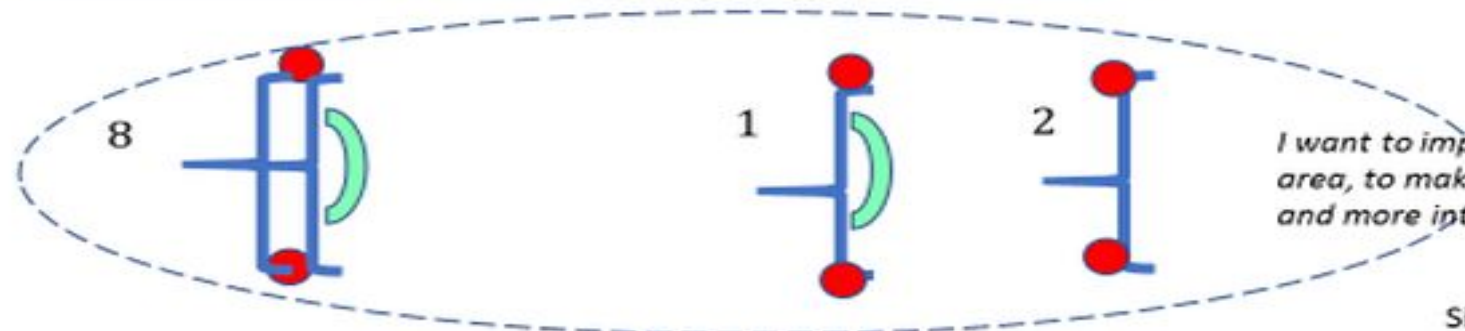


6

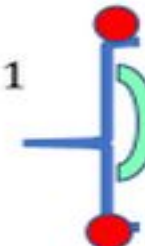
This symbol is an orange cone		This symbol is a mirror	
This symbol is a jumping crossbar		This symbol is a tunnel	
This symbol is a short cone		This symbol is a bounce half-ball	
This symbol is an arch or hoop			



7



1



2



I want to improve this area, to make it harder and more interesting

Size: 10ft x 20ft, 3m x 6m

Le parcours standard TICA

- **1-2** : Saut facile = **confiance + coordination**
- **3** : Saut miroir = **distraction visuelle + confiance**
- **4** : Tunnel = **concentration + motivation + gagner en vitesse**
- **5** : Passerelle = **confiance + équilibre**
- **6** : Saut d'arc = **coordination + souplesse**
- **7** : Bulles = **équilibre + appuis + proprioception**
- **8** : Triple saut = **force + vitesse + endurance**

PARIS 2017 – TICA



PARIS 2017 – TICA

