



















PROGRAMĂ NAȚIONALĂ DE DEZVOLTARE






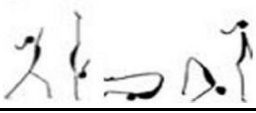
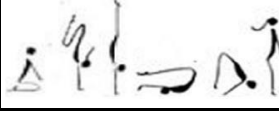







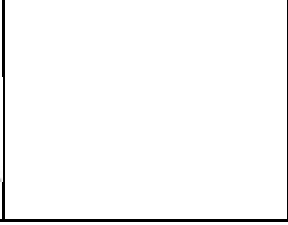
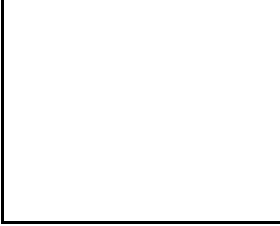
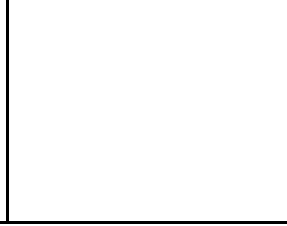
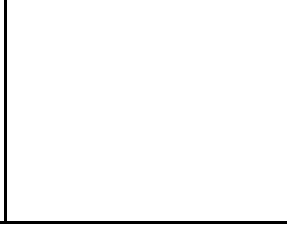
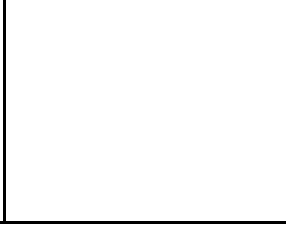
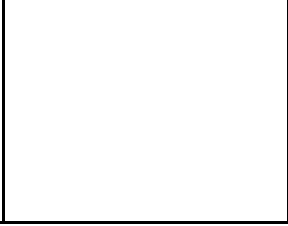
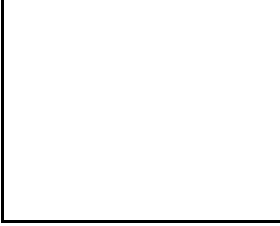
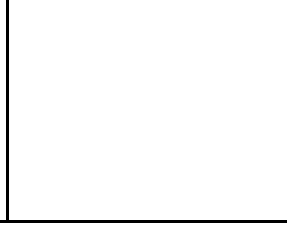
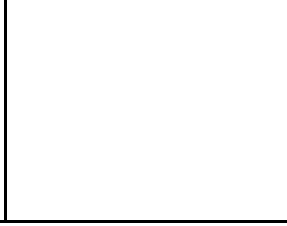
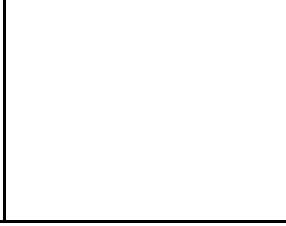
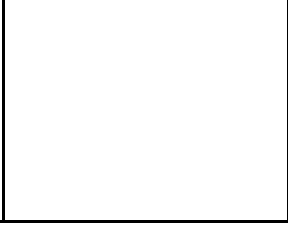





NIVEL 1 - PERECHI ELEMENTE DIVERSE

n°1		n°2		n°3		n°4		n°5	
VD: 0.1 pct 	3"	VD: 0.2 pct 	3"	VD: 0.3 pct 	3"				
n°6		n°7		n°8		n°9		n°10	
VD: 0.2 pct 	3"	VD: 0.2 pct 	3"	VD: 0.3 pct 	3"	VD: 0.3 pct 	3"		
n°11		n°12		n°13		n°14		n°15	
VD: 0.1 pct 	3"	VD: 0.1 pct 	3"	VD: 0.2 pct 	3"				
n°16		n°17		n°18		n°19		n°20	
VD: 0.2 pct 	3"	VD: 0.2 pct 	3"	VD: 0.2 pct 	3"	VD: 0.2 pct 	3"	VD: 0.3 pct 	3"
n°21		n°22		n°23		n°24		n°25	
VD: 0.2 pct 	3"								
n°26		n°27		n°28		n°29		n°30	



PROGRAMĂ NAȚIONALĂ DE DEZVOLTARE

TABEL DE ELEMENTE INDIVIDUALE - AGILITATE

I-1 VD: 0 pct. 	I-2 VD: 0.1 pct. 	I-3 VD: 0.1 pct. 	I-4 VD: 0.2 pct. 	I-5 VD: 0.2 pct. 
I-6 VD: 0.2 pct. 	I-7 VD: 0.3 pct. 	I-8 VD: 0.3 pct. 	I-9 VD: 0.4 pct. 	I-10 VD: 0.4 pct. 
I-11 VD: 0.5 pct. 	I-12 VD: 0.4 pct. 	I-13 VD: 0.5 pct. 	I-14 VD: 0.5 pct. 	I-15 
I-16 	I-17 	I-18 	I-19 	I-20 
I-21 	I-22 	I-23 	I-24 	I-25 
I-26 	I-27 	I-28 	I-29 	I-30 



PROGRAMĂ NAȚIONALĂ DE DEZVOLTARE

TABEL DE ELEMENTE INDIVIDUALE - FLEXIBILITATE

I-31 VD: 0 pct.	I-32 VD: 0.1 pct.	I-33 VD: 0.1 pct.	I-34 VD: 0.1 pct.	I-35 VD: 0.1 pct.
I-36 VD: 0.2 pct.	I-37 VD: 0.3 pct.	I-38 VD: 0.4 pct.	I-39 VD: 0.5 pct.	I-40 VD: 0.2 pct.
I-41 VD: 0.2 pct.	I-42 VD: 0.2 pct.	I-43 VD: 0.3 pct.	I-44 VD: 0.2 pct.	I-45 VD: 0.3 pct.
I-46 VD: 0.3 pct.	I-47 VD: 0.4 pct.	I-48 VD: 0.5 pct.	I-49 VD: 0.5 pct.	I-50 VD: 0.3 pct.
I-51 VD: 0.3 pct.	I-52 VD: 0.3 pct.	I-53 VD: 0.3 pct.	I-54 VD: 0.4 pct.	I-55 VD: 0.4 pct.



PROGRAMĂ NAȚIONALĂ DE DEZVOLTARE

TABEL DE ELEMENTE INDIVIDUALE - ECHILIBRU

I-61 VD: 0 pct. 2"	I-62 VD: 0.1 pct. 2"	I-63 VD: 0.1 pct. 2"	I-64 VD: 0.1 pct. 2"	I-65 VD: 0.1 pct. 2"
I-66 VD: 0.2 pct. 2"	I-67 VD: 0.2 pct. 2"	I-68 VD: 0.3 pct. 2"	I-69 VD: 0 pct. 2"	I-70 VD: 0.1 pct. 2"
I-71 VD: 0.2 pct. 2"	I-72 VD: 0.1 pct. 2"	I-73 VD: 0.2 pct. 2"	I-74 VD: 0.4 pct. 2"	I-75 VD: 0.5 pct. 2"
I-76 VD: 0.4 pct. 2"	I-77 VD: 0.5 pct. 2"	I-78 VD: 0.3 pct. 2"	I-79 VD: 0.3 pct. 2"	I-80 VD: 0.3 pct. 2"
I-81 VD: 0.1 pct. 2"	I-82 VD: 0.2 pct. 2"	I-83 VD: 0.1 pct. 2"	I-84 VD: 0.2 pct. 2"	I-85 VD: 0.3 pct. 2"
I-86 VD: 0.4 pct. 2"	I-87 VD: 0.3 pct. 2"	I-88 VD: 0.4 pct. 2"	I-89 VD: 0.4 pct. 2"	I-90 VD: 0.4 pct. 2"



PROGRAMĂ NAȚIONALĂ DE DEZVOLTARE

TABEL DE ELEMENTE INDIVIDUALE - TUMBLING

I-91 VD: 0.1 pct 	I-92 VD: 0.1 pct 	I-93 VD: 0.1 pct 	I-94 VD: 0.1 pct
I-95 VD: 0.2 pct 	I-96 VD: 0.2 pct 	I-97 VD: 0.2 pct 	
I-98 VD: 0.2 pct 	I-99 VD: 0.2 pct 	I-100 VD: 0.3 pct 	I-101 VD: 0.3 pct
I-102 	I-103 VD: 0.4 pct 	I-104 VD: 0.4 pct 	I-105 VD: 0.4 pct
I-105 VD: 0.4 pct 	I-106 VD: 0.3 pct 	I-107 	I-108 VD: 0.4 pct
I-109 VD: 0.5 pct 	I-110 VD: 0.3 pct 	I-111 VD: 0.4 pct 	I-112 VD: 0.3 pct
I-113 VD: 0.5 pct 			



PROGRAM NAȚIONAL DE DEZVOLTARE

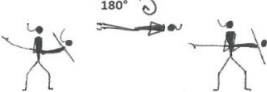



NIVEL 1 – PERECHI DINAMIC

n°181 VD: 0.2 pct 180° or	n°182 VD: 0.3 pct 360° or	n°183	n°184	n°185
n°186 VD: 0.1 pct or	n°187 VD: 0.1 pct or	n°188 VD: 0.1 pct or	n°189 VD: 0.2 pct or	n°190
n°191 VD: 0.1 pct or	n°192 VD: 0.1 pct or	n°193 VD: 0.2 pct or	n°194 VD: 0.3 pct or	n°195
n°196 VD: 0.2 pct or	n°197 VD: 0.3 pct or	n°198 VD: 0.3 pct or	n°199 VD: 0.3 pct or	n°200 VD: 0.4 pct 180° or
n°201 VD: 0.5 pct or	n°202 VD: 0.3 pct 1/4F or	n°203 VD: 0.5 pct 1/4B R or	n°204 VD: 0.2 pct R or	n°205 VD: 0.3 pct R or
n°206 VD: 0.5 pct 1/4B R or	n°207 VD: 0.5 pct or	n°208	n°209	n°210



PROGRAM NAȚIONAL DE DEZVOLTARE

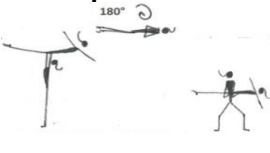
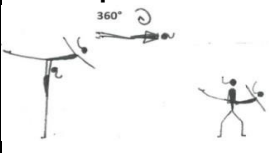
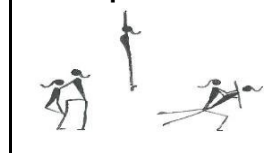
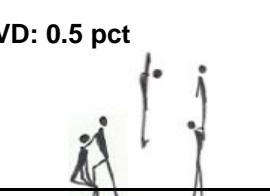
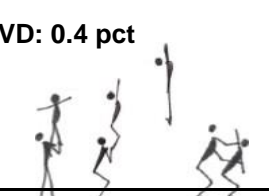
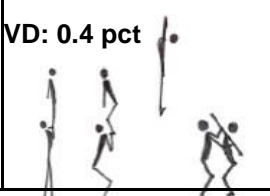
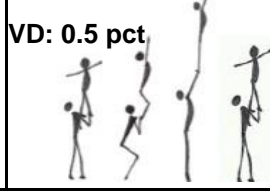
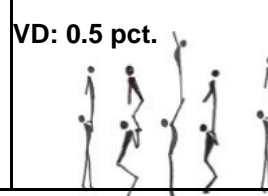
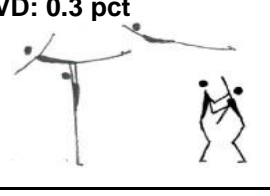
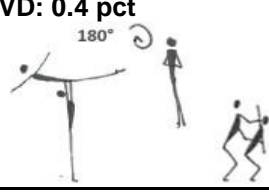
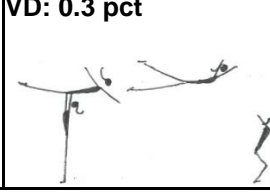
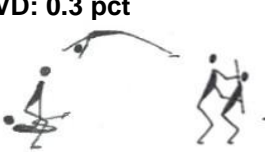
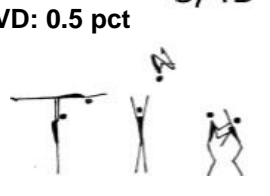
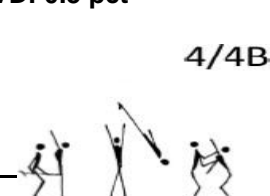
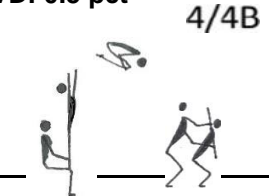

NIVEL 1 – PERECHI DINAMIC

n°211 VD: 0.4 pct 	n°212 VD: 0.5 pct 	n°213	n°214	n°215
n°216 VD: 0.3 pct 	n°217 VD: 0.3 pct 4/4F 	n°218	n°219	n°220
n°241	n°242	n°243	n°244	n°245
n°246	n°247	n°248	n°249	n°250
n°281	n°282	n°283	n°284	n°285
n°286 VD: 0.5 pct	n°287 VD: 0.5 pct	n°288	n°289	n°290



NATIONAL DEVELOPMENT PROGRAMME - ELEMENTS TABLE



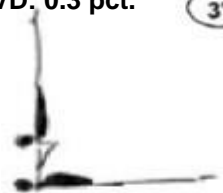








LEVEL 2 - PAIRS DYNAMIC

n°291 VD: 0.3 pct 	n°292 VD: 0.4 pct 	n°293 VD: 0.4 pct 	n°294	n°295
n°296 VD: 0.5 pct 	n°297 VD: 0.4 pct 	n°298 VD: 0.4 pct 	n°299 VD: 0.5 pct 	n°300 VD: 0.5 pct. 
n°301 VD: 0.3 pct 	n°302 VD: 0.4 pct 180° 	n°303 VD: 0.3 pct 	n°304	n°305
n°306 VD: 0.3 pct 	n°307	n°308	n°309	n°310
n°311 VD: 0.5 pct 3/4B 	n°312	n°313	n°314	n°315
n°316 VD: 0.5 pct 4/4B 	n°317 VD: 0.5 pct 4/4B 	n°318 VD: 0.5 pct 4/4B 	n°319	n°320



PROGRAM NAȚIONAL DE DEZVOLTARE


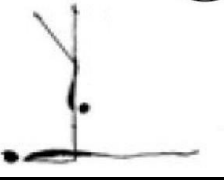


NIVEL 1 – PERECHI STÂND PE MÂINI

n°121 VD: 0.1 pct.  3"	n°122 VD: 0.2 pct.  3"	n°123 VD: 0.3 pct.  3"	n°124	n°125
n°126 VD: 0.1 pct.  3"	n°127 VD: 0.4 pct.  3"	n°128 VD: 0.5 pct.  3"	n°129	n°130
n°131 VD: 0.1 pct.  3"	n°132	n°133	n°134	n°135
n°136 VD: 0.2 pct.  3"	n°137 VD: 0.3 pct.  3"	n°138 VD: 0.4 pct.  3"	n°139 VD: 0.5 pct.  3"	n°140
n°141	n°142	n°143	n°144	n°145



PROGRAM NAȚIONAL DE DEZVOLTARE













NIVEL 2 – PERECHI STÂND PE MÂINI

n°151 VD: 0.3 pct. 	n°152	n°153	n°154	n°155
n°156 VD: 0.4 pct. 	n°157	n°158	n°159	n°160
n°161 VD: 0.5 pct. 	n°162	n°163	n°164	n°165
n°166 VD: 0.5 pct. 	n°167	n°168	n°169	n°170
n°171	n°172	n°173	n°174	n°175



PROGRAM NAȚIONAL DE DEZVOLTARE




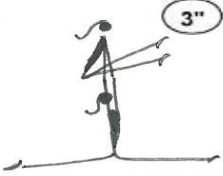



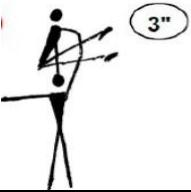
NIVEL 2 PERECHI STRADDLE

n°61 VD: 0.1 pct (3") 	n°62	n°63	n°64	n°65
n°66 VD: 0.1 pct (3") 	n°67 VD: 0.2 pct (3") 	n°68 VD: 0.2 pct (3") 	n°69	n°70
n°71 VD: 0.3 pct (3") 	n°72 VD: 0.4 pct (3") 	n°73 VD: 0.1 pct 	n°74	n°75
n°76 VD: 0.3 pct (3") 	n°77 VD: 0.4 pct (3") 	n°78	n°79	n°80
n°81 VD: 0.3 pct (3") 	n°82 VD: 0.4 pct (3") 	n°83	n°84	n°85
n°86 	n°87	n°88	n°89	n°90



PROGRAM NAȚIONAL DE DEZVOLTARE




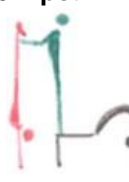
















NIVEL 2 PERECHI STRADDLE

n°91 VD: 0.2 pct  3"	n°92 VD: 0.3 pct  3"	n°93 VD: 0.4 pct  3"	n°94	n°95
n°96 VD: 0.4 pct  3"	n°97	n°98	n°99	n°100
n°101 VD: 0.3 pct  3"	n°102	n°103	n°104	n°105
n°106 VD: 0.4 pct  3"	n°107 VD: 0.5 pct  3"	n°108 VD: 0.5 pct  3"	n°109	n°110
n°111	n°112	n°113	n°114	n°115
n°116	n°117	n°118	n°119	n°120



PROGRAM NAȚIONAL DE DEZVOLTARE

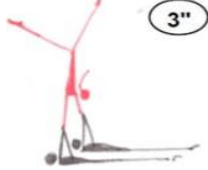





NIVEL 1 - TRIO STÂND PE MÂINI

n ^o 436 VD: 0.1 pct  3"	n ^o 437 VD: 0.2 pct  3"	n ^o 438 VD: 0.2 pct  3"	n ^o 439 VD: 0.1 pct  3"	n ^o 440
n ^o 441 VD: 0.2 pct  3"	n ^o 442 VD: 0.3 pct  3"	n ^o 443 VD: 0.4 pct  3"	n ^o 444 VD: 0.5 pct  3"	n ^o 445 VD: 0.5 pct  3"
n ^o 446 VD: 0.3 pct  3"	n ^o 447 VD: 0.4 pct  3"	n ^o 448	n ^o 449	n ^o 450
n ^o 451 VD: 0.3 pct  3"	n ^o 452 VD: 0.3 pct  3"	n ^o 453 VD: 0.4 pct  3"	n ^o 454	n ^o 455
n ^o 456 VD: 0.2 pct  3"	n ^o 457 VD: 0.2 pct  3"	n ^o 458 VD: 0.3 pct  3"	n ^o 459 VD: 0.3 pct  3"	n ^o 460
n ^o 461 VD: 0.1 pct  3"	n ^o 462 VD: 0.1 pct  3"	n ^o 463	n ^o 464	n ^o 465



PROGRAM NAȚIONAL DE DEZVOLTARE

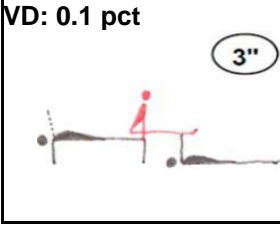
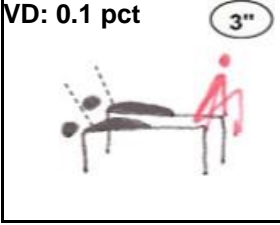
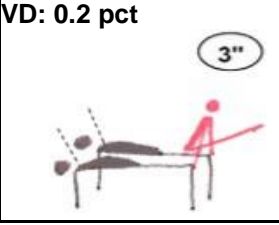
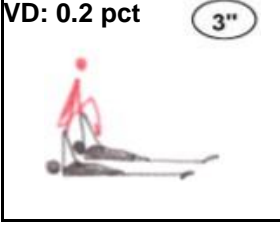
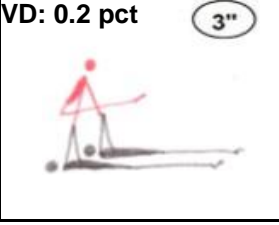
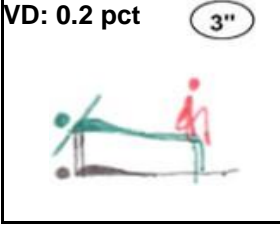
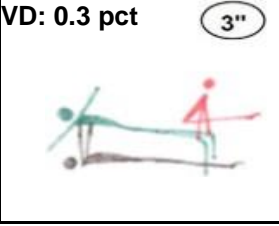
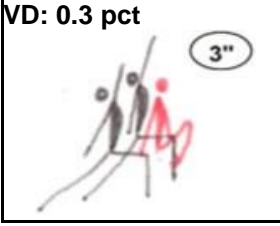
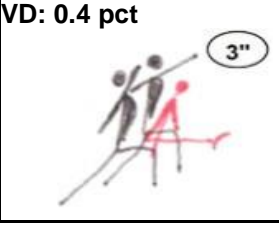
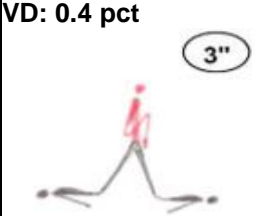
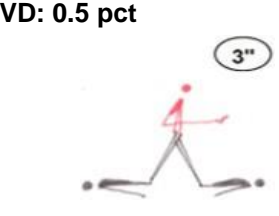
NIVEL 2 - TRIO STÂND PE MÂINI

n ^o 466 VD: 0.5 pct 	n ^o 467	n ^o 468	n ^o 469	n ^o 470
n ^o 471 VD: 0.5 pct 	n ^o 472	n ^o 473	n ^o 474	n ^o 475
n ^o 476 VD: 0.3 pct 	n ^o 477	n ^o 478	n ^o 479	n ^o 480
n ^o 481 VD: 0.4 pct 	n ^o 482	n ^o 483	n ^o 484	n ^o 485
n ^o 486 VD: 0.4 pct 	n ^o 487 VD: 0.5 pct 	n ^o 488	n ^o 489	n ^o 490
n ^o 491	n ^o 492	n ^o 493	n ^o 494	n ^o 495



PROGRAM NAȚIONAL DE DEZVOLTARE

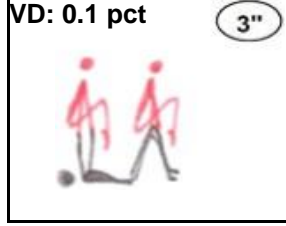
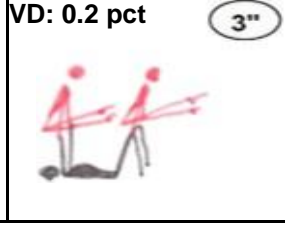
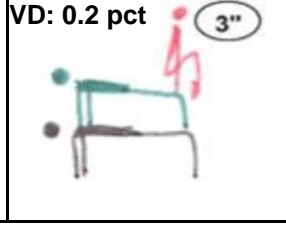
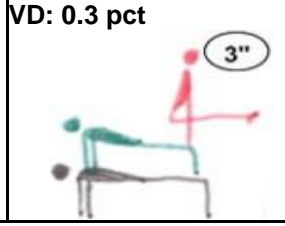
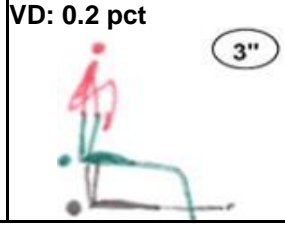
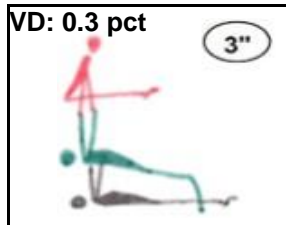
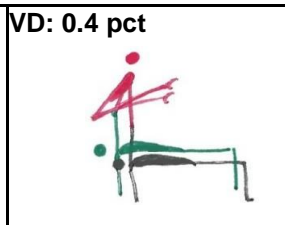
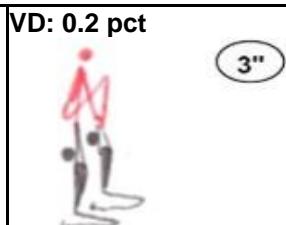
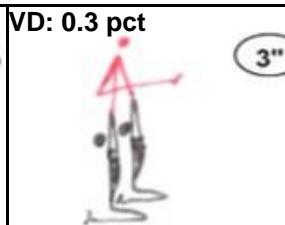
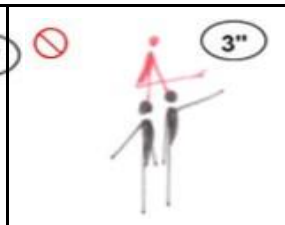
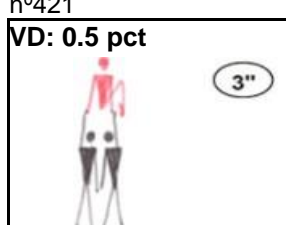
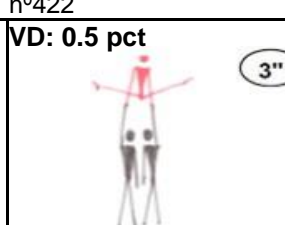
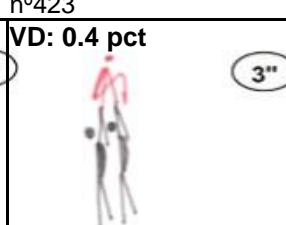
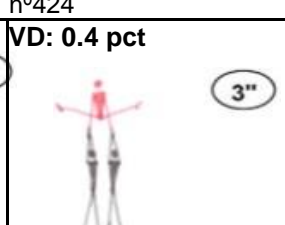
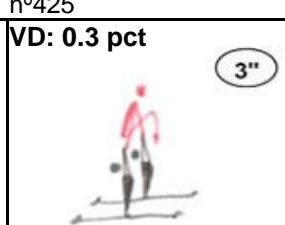
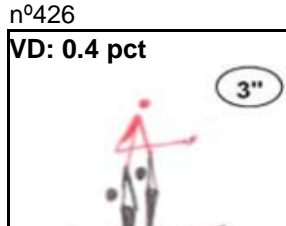
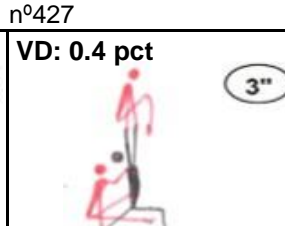
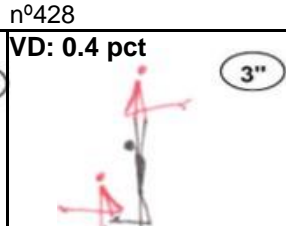
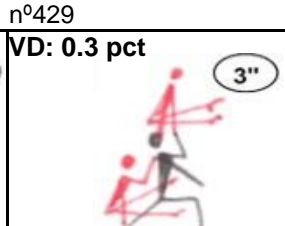
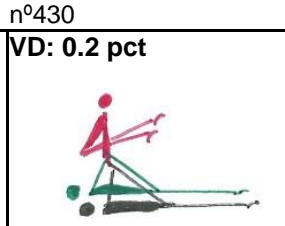
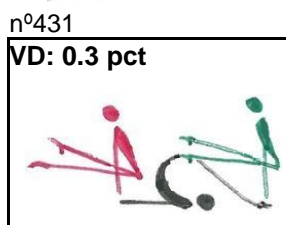

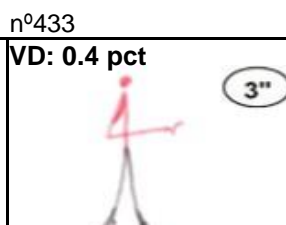
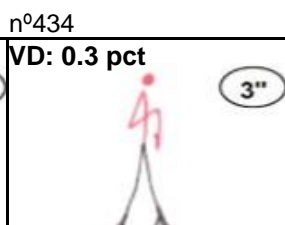
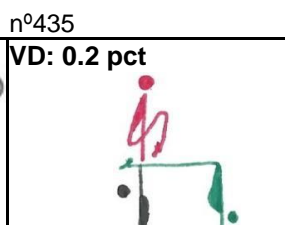
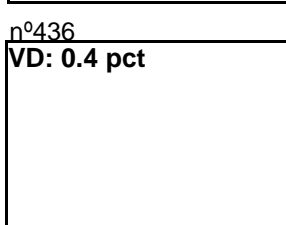
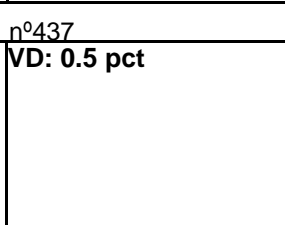
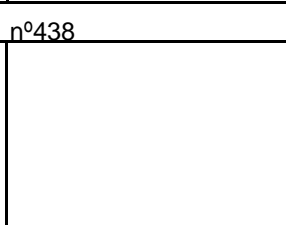
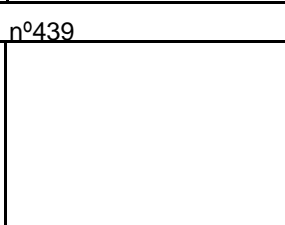
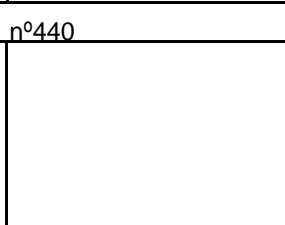
NIVEL 1 - TRIO STRADDLE

n°381 VD: 0.1 pct 	n°382	n°383	n°384	n°385
n°386 VD: 0.1 pct 	n°387 VD: 0.2 pct 	n°388	n°389	n°390
n°391 VD: 0.2 pct 	n°392 VD: 0.2 pct 	n°393	n°394	n°395
n°396 VD: 0.2 pct 	n°397 VD: 0.3 pct 	n°398	n°399	n°400
n°401 VD: 0.3 pct 	n°402 VD: 0.4 pct 	n°403	n°404	n°405
n°406 VD: 0.4 pct 	n°407 VD: 0.5 pct 	n°408	n°409	n°410



PROGRAM NAȚIONAL DE DEZVOLTARE

NIVEL 2 - TRIO STRADDLE

n ^o 411 VD: 0.1 pct 	n ^o 412 VD: 0.2 pct 	n ^o 413 VD: 0.2 pct 	n ^o 414 VD: 0.3 pct 	n ^o 415 VD: 0.2 pct 
n ^o 416 VD: 0.3 pct 	n ^o 417 VD: 0.4 pct 	n ^o 418 VD: 0.2 pct 	n ^o 419 VD: 0.3 pct 	n ^o 420 VD: 0.3 pct 
n ^o 421 VD: 0.5 pct 	n ^o 422 VD: 0.5 pct 	n ^o 423 VD: 0.4 pct 	n ^o 424 VD: 0.4 pct 	n ^o 425 VD: 0.3 pct 
n ^o 426 VD: 0.4 pct 	n ^o 427 VD: 0.4 pct 	n ^o 428 VD: 0.4 pct 	n ^o 429 VD: 0.3 pct 	n ^o 430 VD: 0.2 pct 
n ^o 431 VD: 0.3 pct 	n ^o 432 VD: 0.4 pct 	n ^o 433 VD: 0.4 pct 	n ^o 434 VD: 0.3 pct 	n ^o 435 VD: 0.2 pct 
n ^o 436 VD: 0.4 pct 	n ^o 437 VD: 0.5 pct 	n ^o 438 	n ^o 439 	n ^o 440 



PROGRAM NAȚIONAL DE DEZVOLTARE

NIVEL 1 - TRIO DINAMIC

n°496 VD: 0.1 pct 	n°497 VD: 0.1 pct 	n°498 VD: 0.1 pct 	n°499 	n°500
n°501 VD: 0.3 pct 1/4B 	n°502 VD: 0.2 pct R 	n°503 VD: 0.1 pct 1/4F 	n°504 VD: 0.2 pct 1/4B 	n°505
n°506 VD: 0.2 pct 	n°507 VD: 0.1 pct 	n°508 VD: 0.1 pct ... 	n°509 VD: 0.2 pct 180° 	n°510 VD: 0.3 pct 360°
n°511 VD: 0.3 pct 180° 	n°512 VD: 0.4 pct 360° 	n°513 VD: 0.3 pct 	n°514 VD: 0.3 pct 	n°515 VD: 0.3 pct
n°516 VD: 0.4 pct 	n°517 VD: 0.5 pct 	n°518 VD: 0.4 pct 	n°519 VD: 0.4 pct 	n°520 VD: 0.4 pct
n°521 VD: 0.5 pct 	n°522 VD: 0.5 pct 	n°523 VD: 0.5 pct 1/4F 	n°524 VD: 0.3 pct 1/4B 	n°525 VD: 0.3 pct 1/4F



PROGRAM NAȚIONAL DE DEZVOLTARE

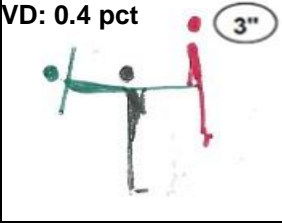
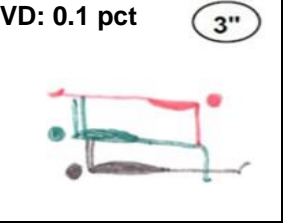
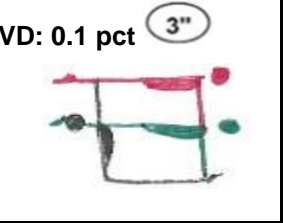
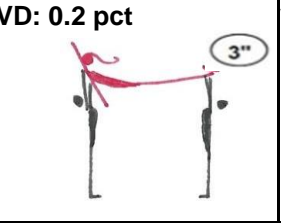
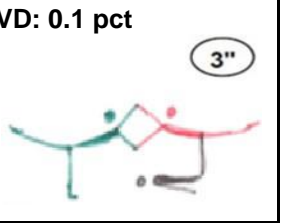
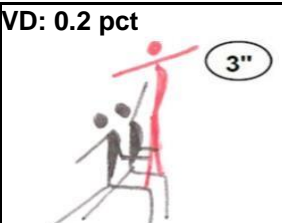
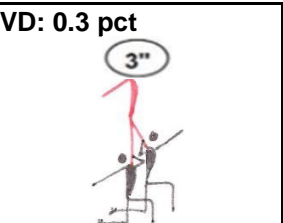
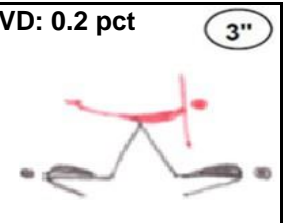
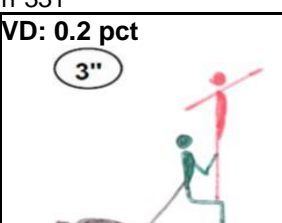
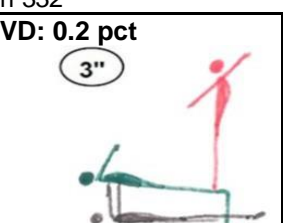
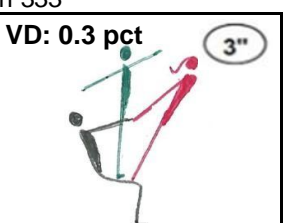
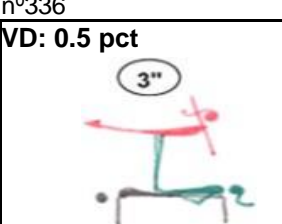
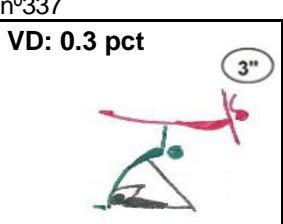
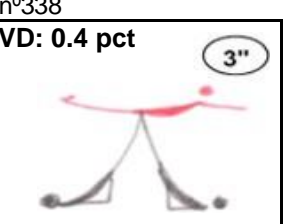
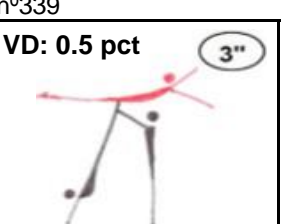
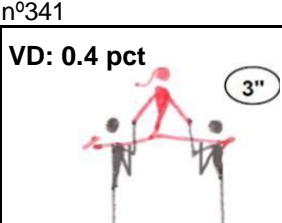
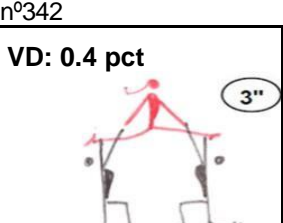
NIVEL 2 - TRIO DINAMIC

n°526 VD: 0.3 pct 540° 	n°527 VD: 0.3 pct 720° 	n°528	n°529	n°530
n°531 VD: 0.3 pct 1/4F 	n°532 VD: 0.3 pct 1/4B 	n°533 VD: 0.3 pct 1/4B 	n°534 VD: 0.3 pct 1/4B 	n°535 VD: 0.3 pct 1/4B + 180°
n°536 VD: 0.3 pct 1/4F 	n°537	n°538	n°539	n°540
n°541 VD: 0.3 pct 2/4F 	n°543 VD: 0.2 pct 	n°544 VD: 0.3 pct 	n°545	
n°546 VD: 0.3 pct 3/4B 	n°547 VD: 0.3 pct 3/4B 	n°548 VD: 0.4 pct 3/4B 	n°549 VD: 0.5 pct 3/4F 	n°550
n°551 VD: 0.5 pct 4/4F 	n°552 VD: 0.5 pct 	n°553 VD: 0.5 pct 4/4B 	n°554 VD: 0.3 pct	n°555 VD: 0.3 pct



PROGRAM NAȚIONAL DE DEZVOLTARE

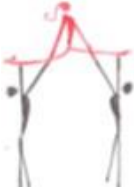




NIVEL 1 - TRIO ELEMENTE DIVERSE

n°321 VD: 0.4 pct 	n°322 VD: 0.1 pct 	n°323 VD: 0.1 pct 	n°324 VD: 0.2 pct 	n°325 VD: 0.1 pct 
n°326 VD: 0.2 pct 	n°327 VD: 0.3 pct 	n°328 VD: 0.2 pct 	n°329	n°330
n°331 VD: 0.2 pct 	n°332 VD: 0.2 pct 	n°333 VD: 0.3 pct 	n°334	n°335
n°336 VD: 0.5 pct 	n°337 VD: 0.3 pct 	n°338 VD: 0.4 pct 	n°339 VD: 0.5 pct 	n°340
n°341 VD: 0.4 pct 	n°342 VD: 0.4 pct 	n°343	n°344	n°345
n°346	n°347	n°348	n°349	n°350



PROGRAM NAȚIONAL DE DEZVOLTARE

NIVEL 2 - TRIO ELEMENTE DIVERSE

n°351 VD: 0.4 pct 	n°352	n°353	n°354	n°355
n°356 VD: 0.3 pct 	n°357	n°358	n°359	n°360
n°361 VD: 0.3 pct 	n°362	n°363	n°364	n°365
n°366 VD: 0.4 pct 	n°367	n°368	n°369	n°370
n°371 VD: 0.5 pct 	n°372	n°373	n°374	n°375
n°376	n°377	n°378	n°379	n°380

