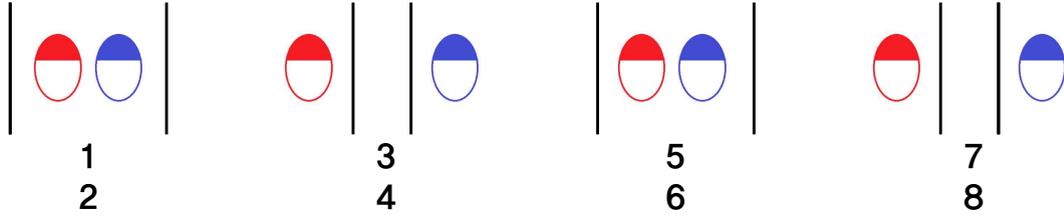


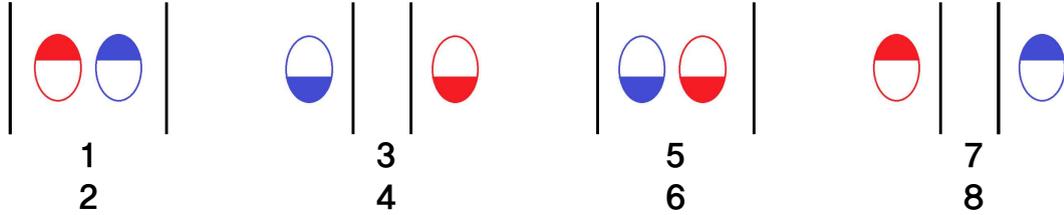
점프밴드 기본 동작 12단계

학년 반 이름 :

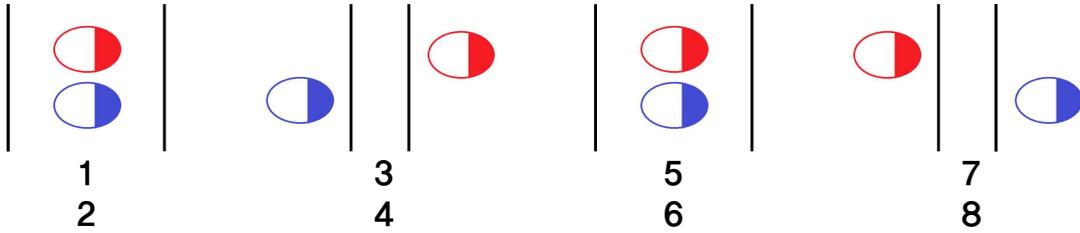
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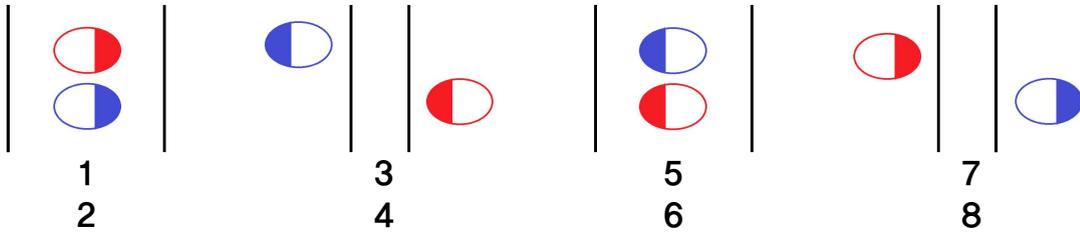
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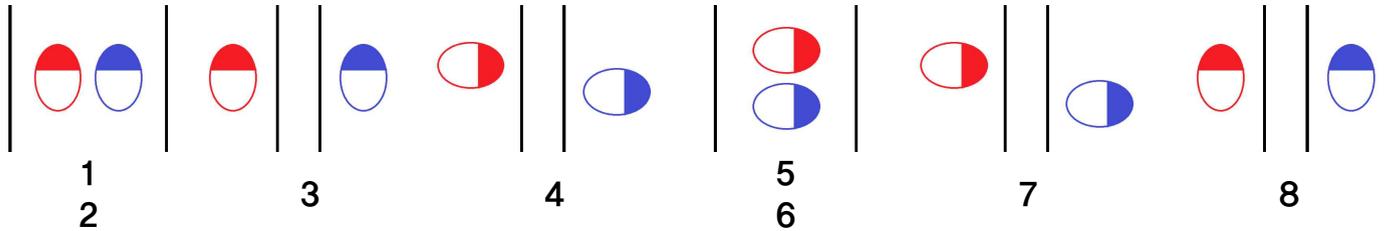
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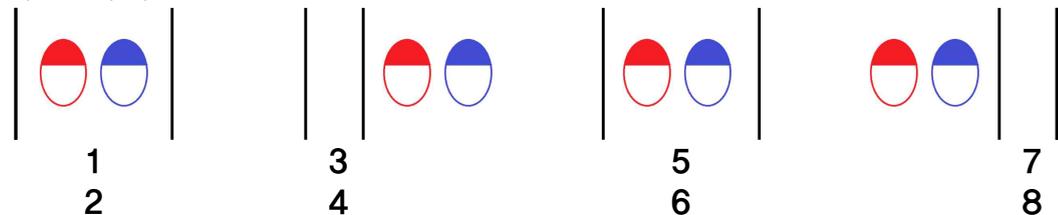
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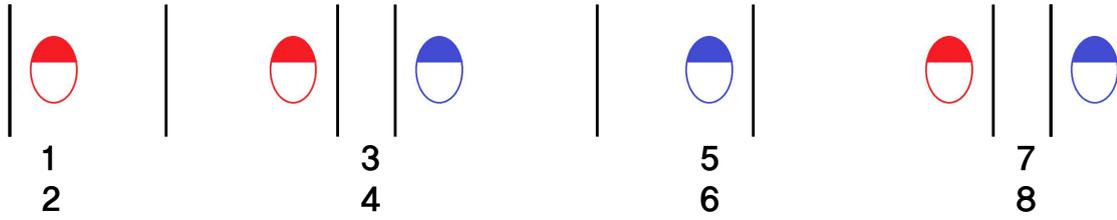
5. 섞어 뛰기



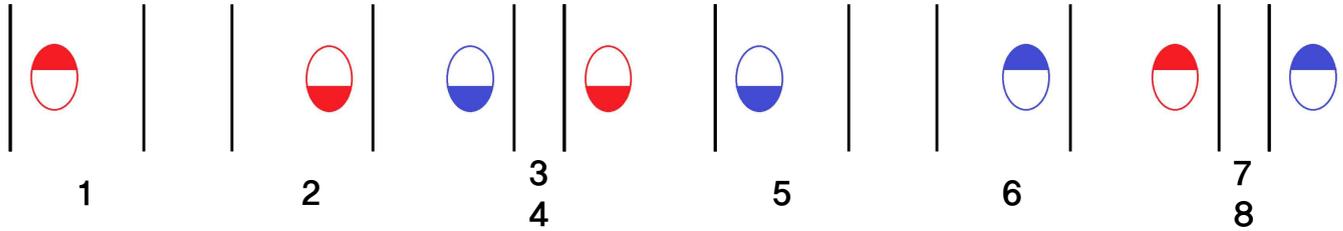
6. 지그재그 뛰기



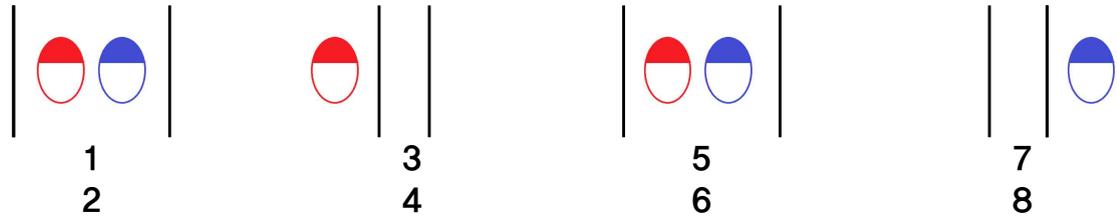
7. 폴짝 뛰기



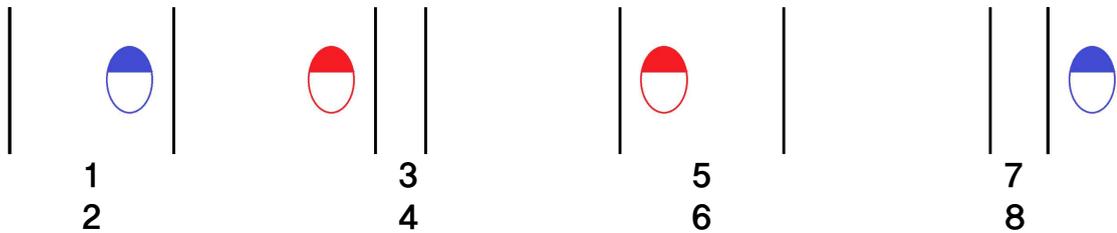
8. 폴짝 뛰고 돌기



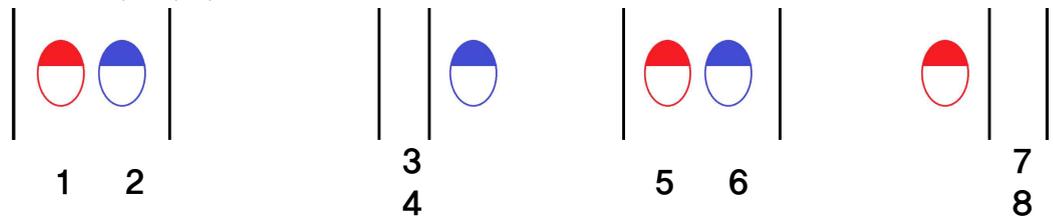
9. 역폴짝 뛰기



10. 한발 번갈아 뛰기



11. 양발 번갈아 뛰기



12. 크로스오버 뛰기



발가락 왼발, 오른발