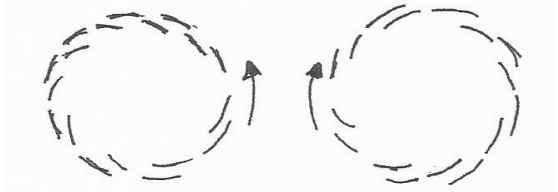
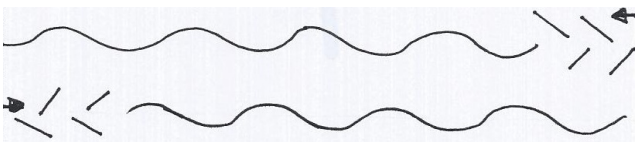
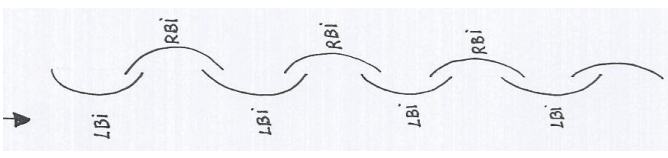
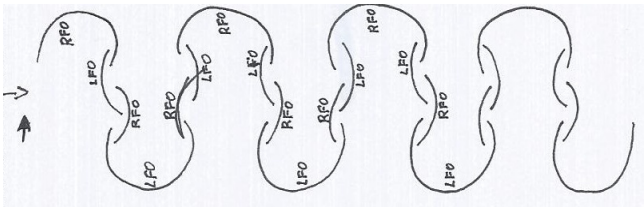


# BREVET 4

	<p style="text-align: center;">← Breedte ijsbaan →</p>
<ul style="list-style-type: none"> <li>- <b>Voorwaarts overzetten</b></li> <li>- Clock- en counterclockwise</li> </ul>	
<ul style="list-style-type: none"> <li>- <b>Voorwaartse kantenwissels L. en R.</b></li> <li>- R. voet heen L. voet terug</li> <li>- 2/3 van de breedte op 1 voet</li> </ul>	
<ul style="list-style-type: none"> <li>- <b>Korte achterwaartse binnenbogen</b></li> </ul>	
<ul style="list-style-type: none"> <li>- <b>Voorwaartse cross rolls buitenwaarts in serpentine</b></li> <li>- In bochten houding controleren</li> <li>- Diepe knie</li> </ul>	
<ul style="list-style-type: none"> <li>- <b>Achterwaartse buitenbogen</b></li> </ul>	