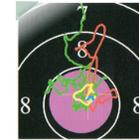
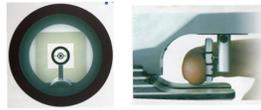


Äußerer Anschlag

Expert



Zielen/
Abziehen

Knie

Schulter

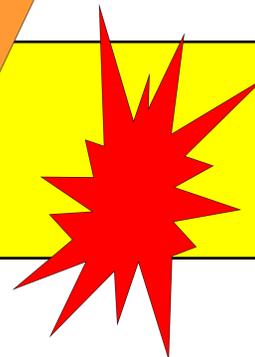
Stützarm

Kopf

Spezial-
ausrüstung

Diagnostik
SCATT etc.

Basics



Füße

Hüfte

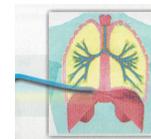
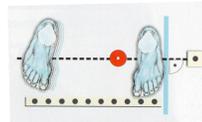
Einsetzen

Griff

Atmung

Rhythmus

Taktik



Äußerer Anschlag

Innerer Anschlag