**Konzept Reck (Methodik) – Küren**

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| **Turner**  **Turnerinnen** | **Stufe 1** | | **Stufe 2** | | **Stufe 3** | | **Stufe 4** | | **Stufe 5** | | | **Stufe 6** | | **S7** | **Stufe 8** | | | **S9** | **S10** |
| **Kür 1** | **Kür 2** | **Kür 3** | **Kür 4** | **Kür 5** | **Kür 6** | **Kür 7** | **Kür 8** | **Kür 9** | **Kür 10** | **Kür 11** | **Kür 12** | **Kür 13** | **Kür 14** | **Kür 15** | **Kür 16** | **Kür 17** | **Kür 18** | **Kür 19** |
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