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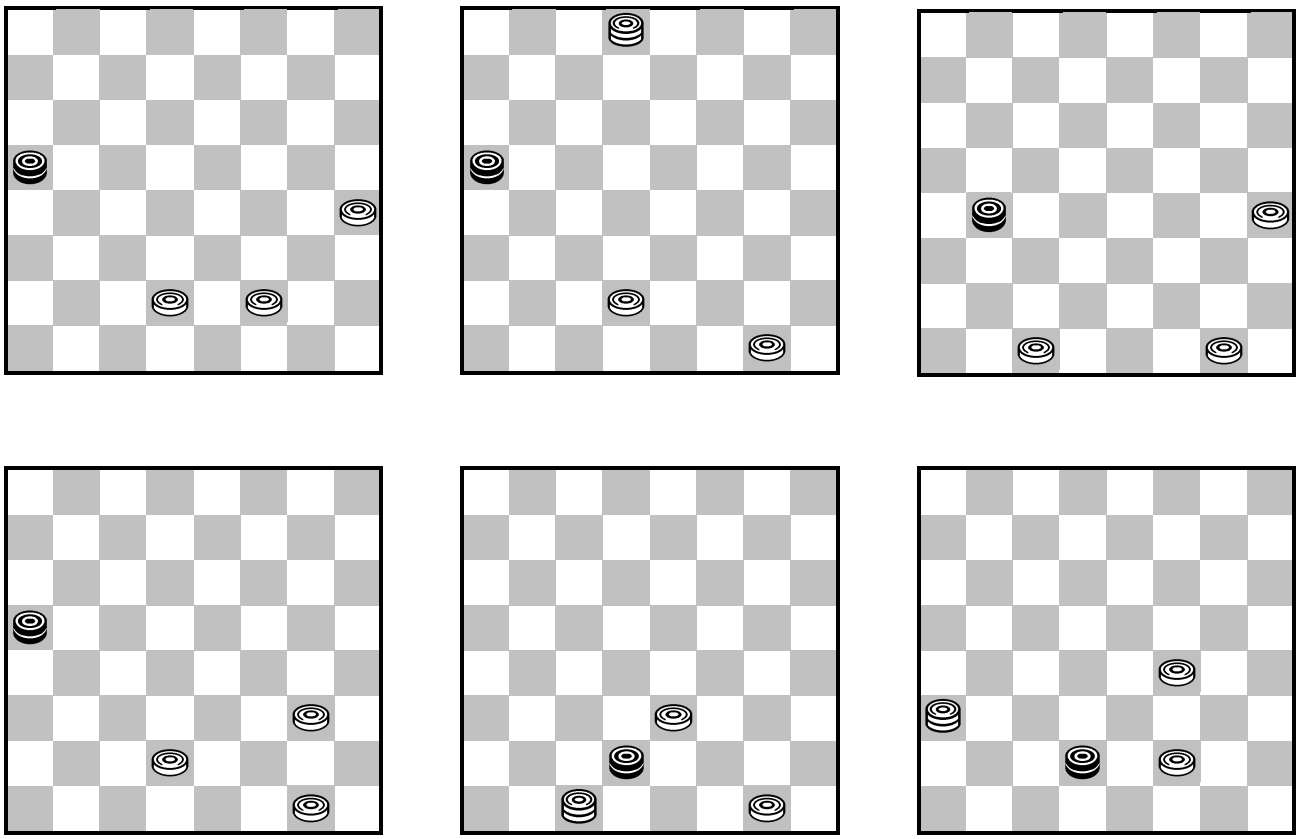

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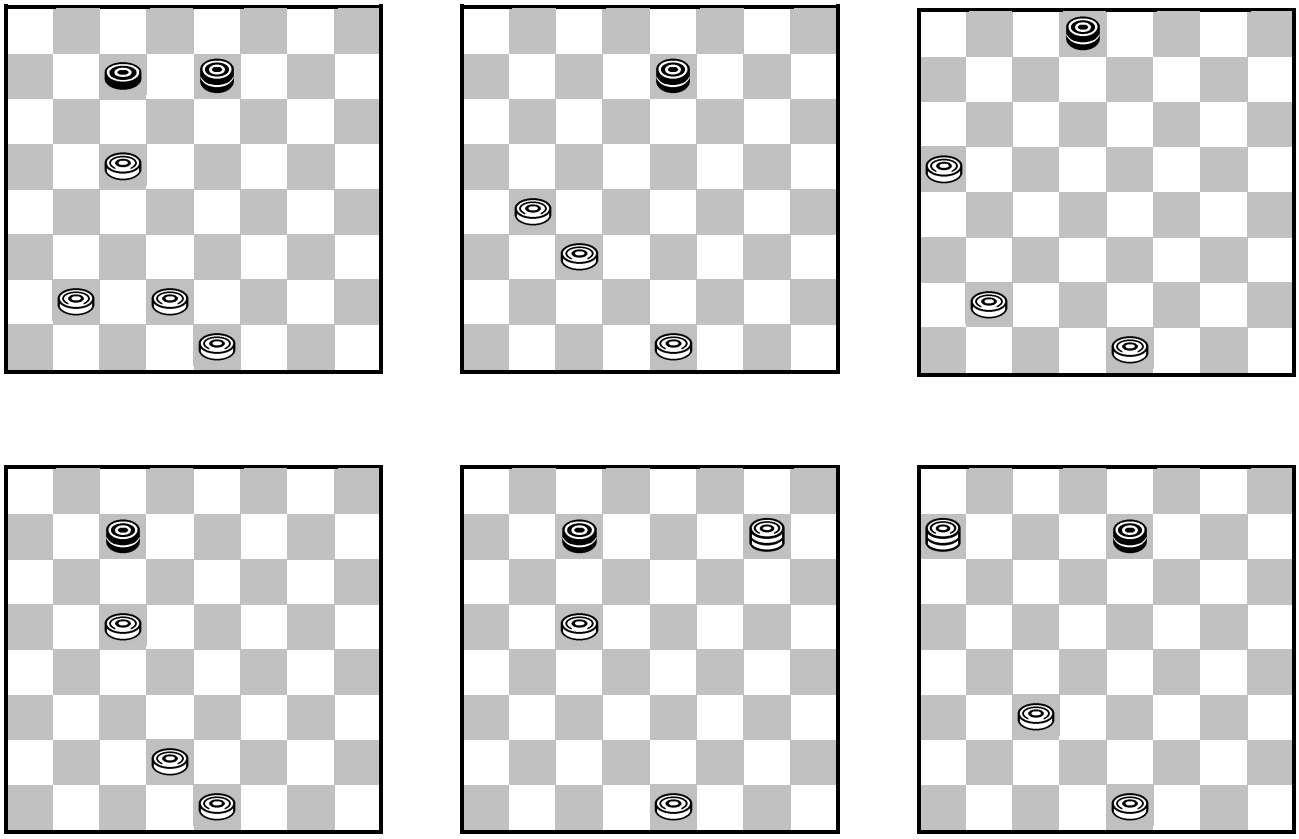

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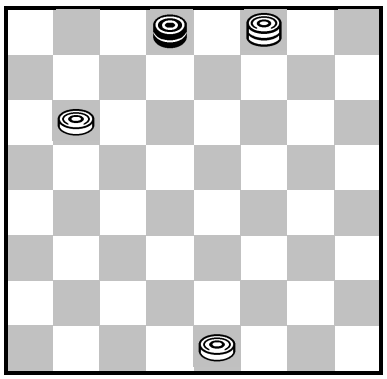
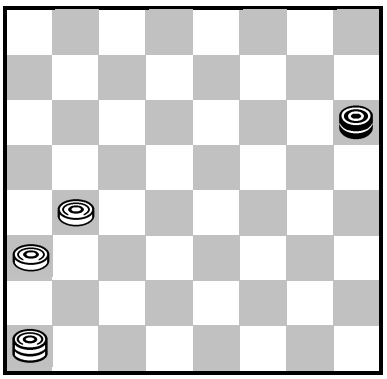
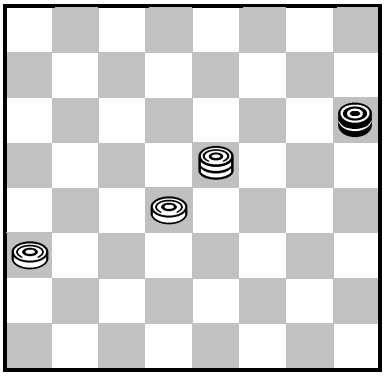
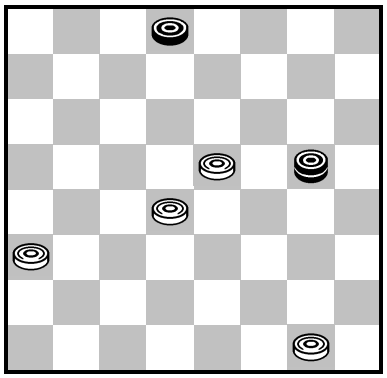
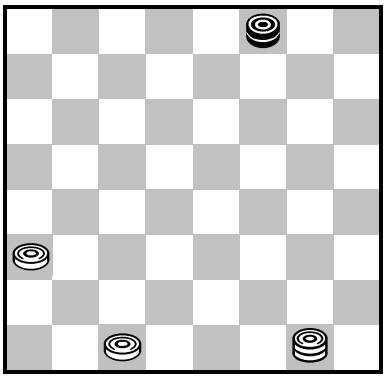
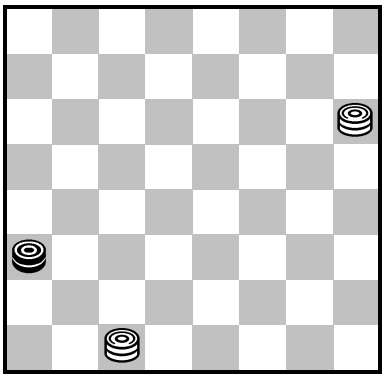

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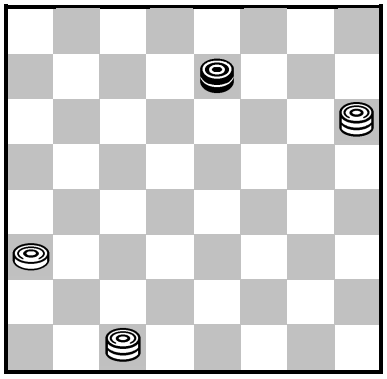
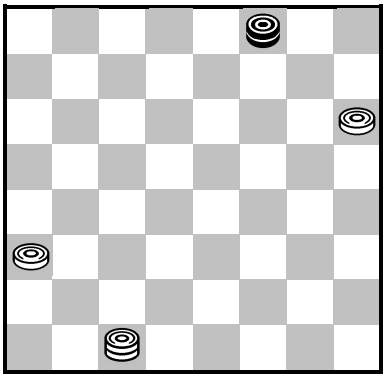
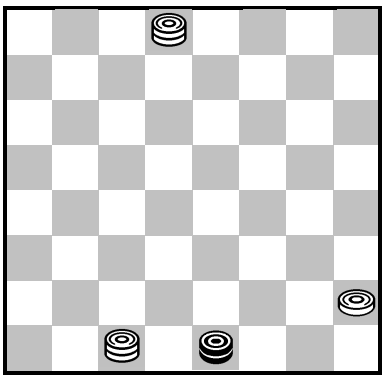
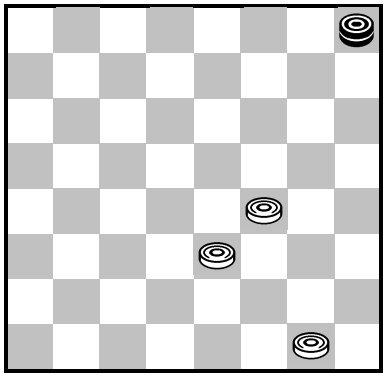
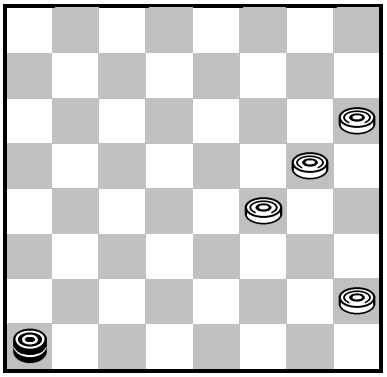
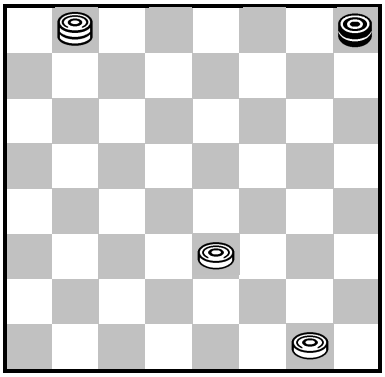

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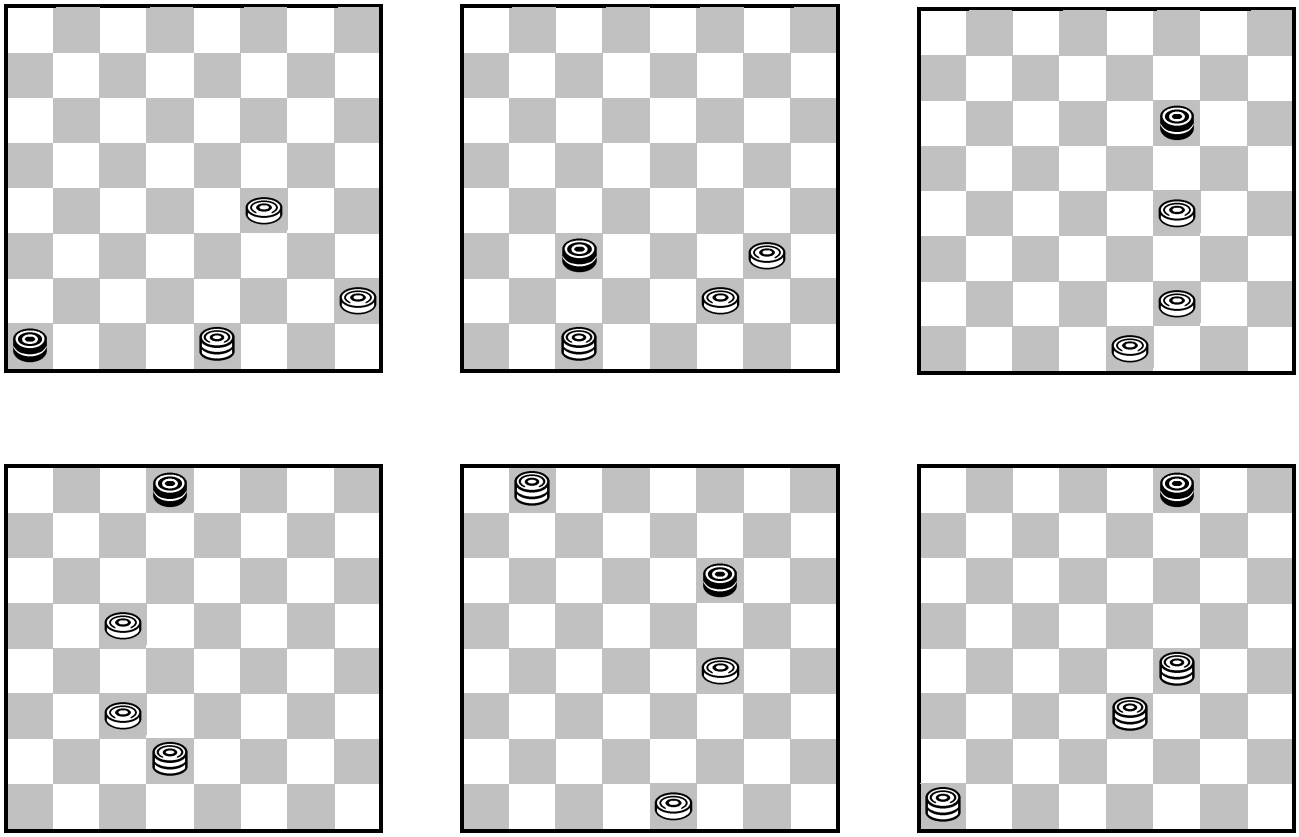

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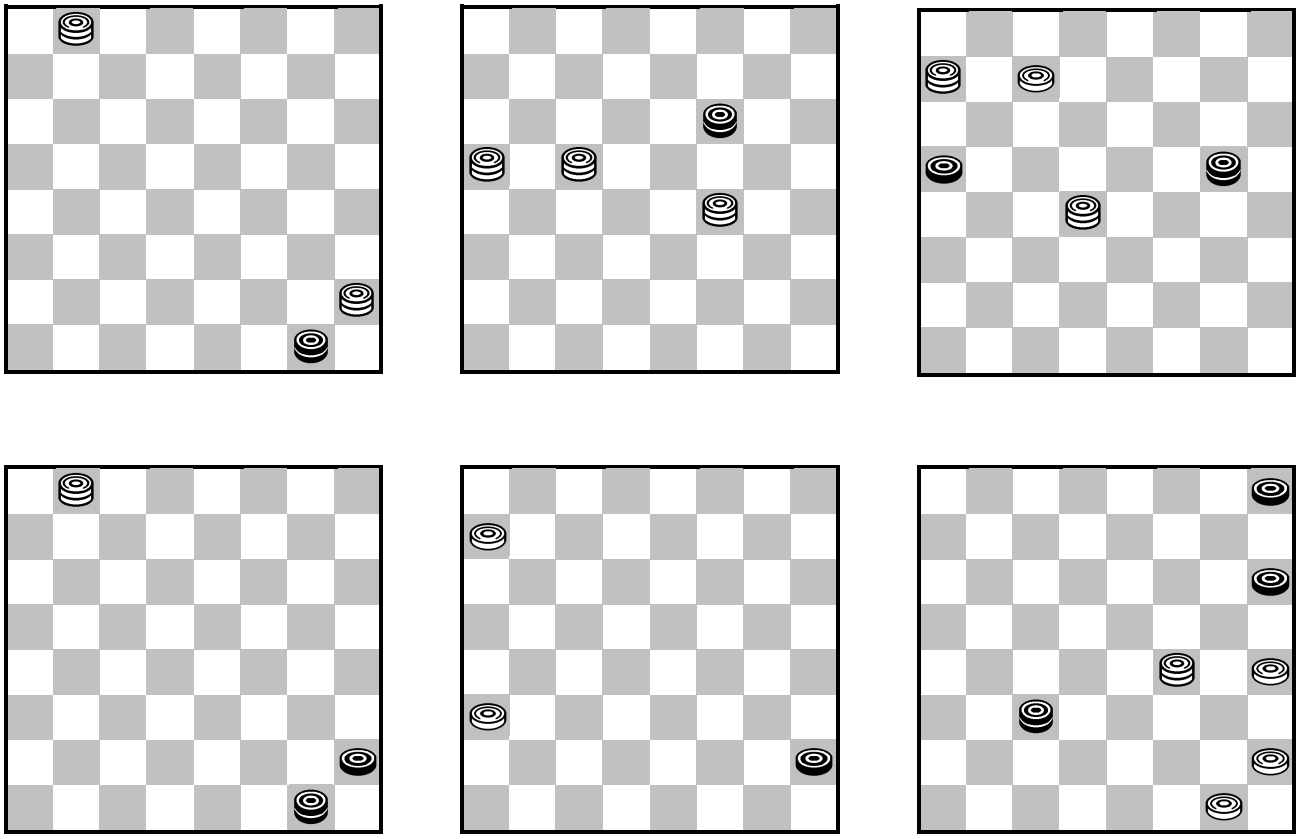

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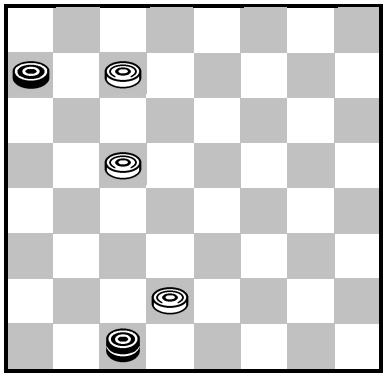
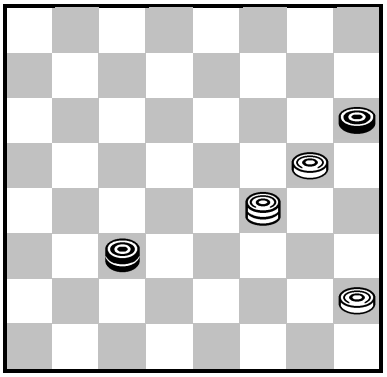
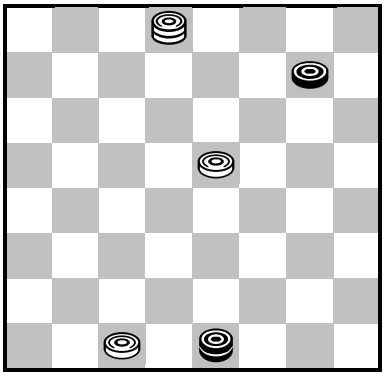
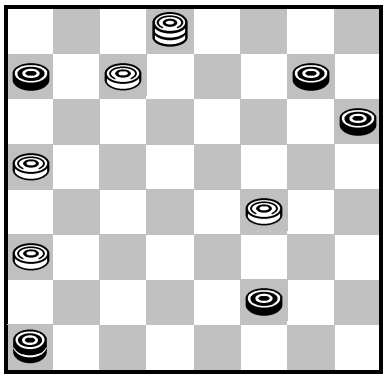
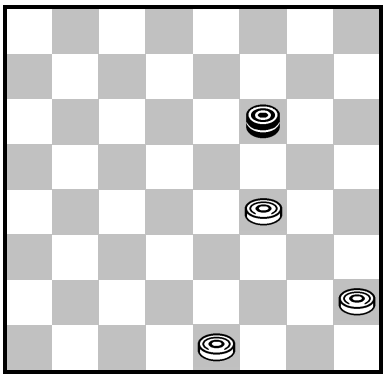
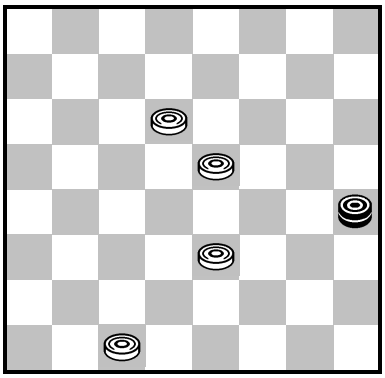
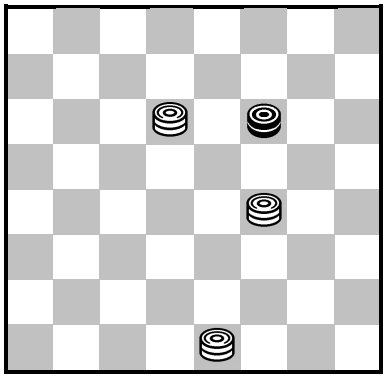
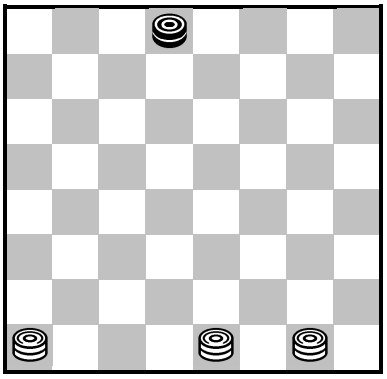
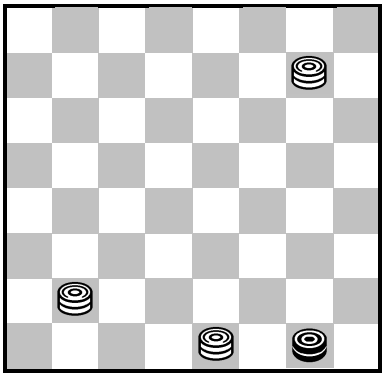
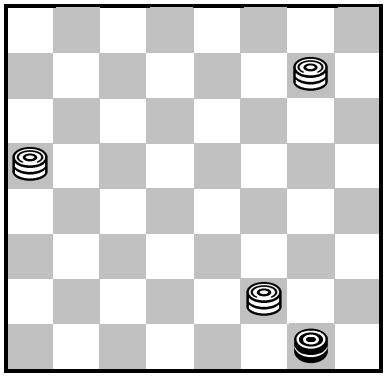
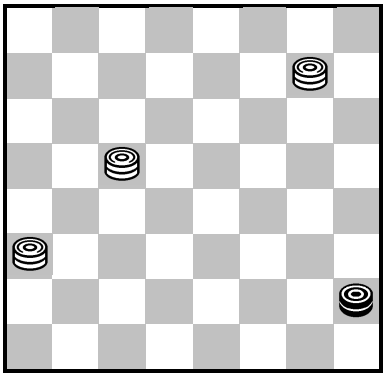
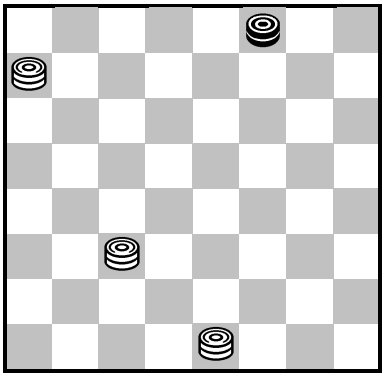







ПОЙМАТЬ ДАМКУ 8

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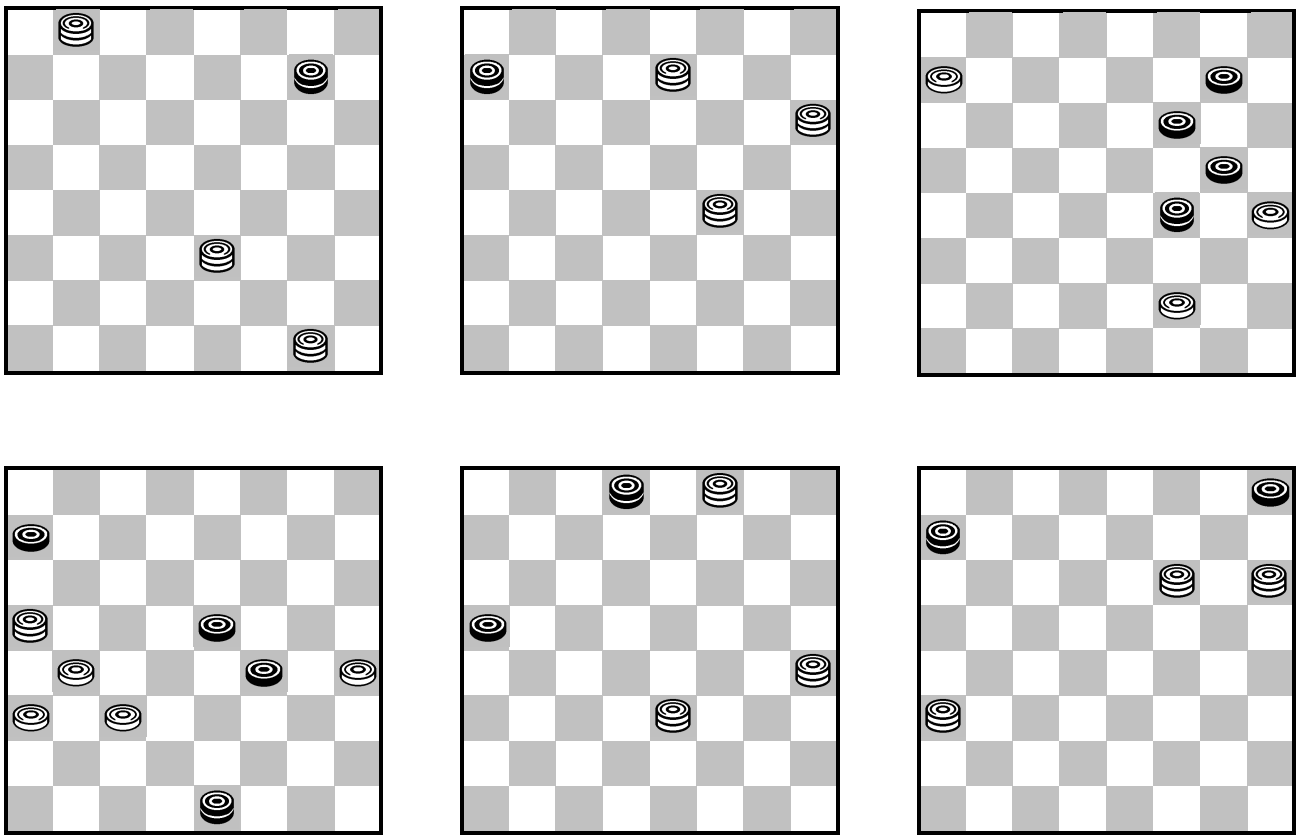

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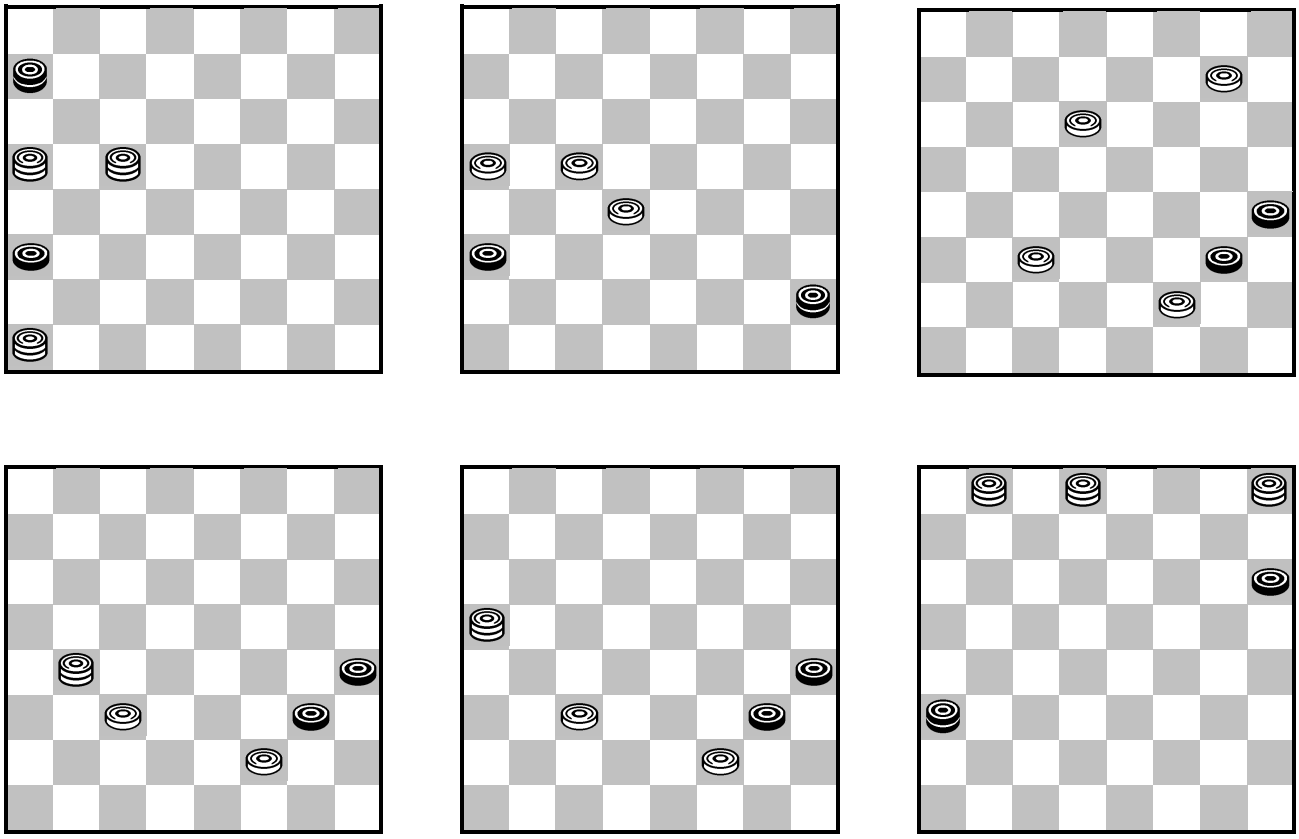
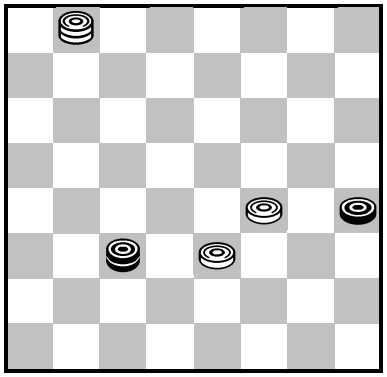
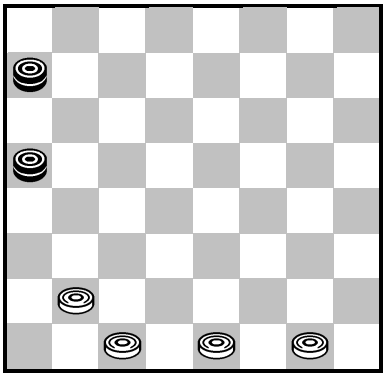
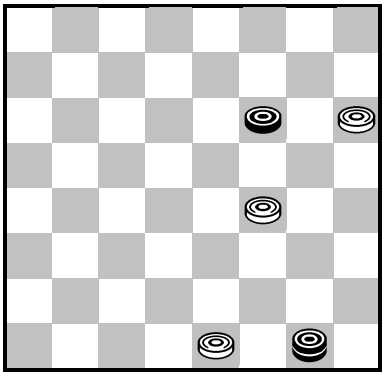
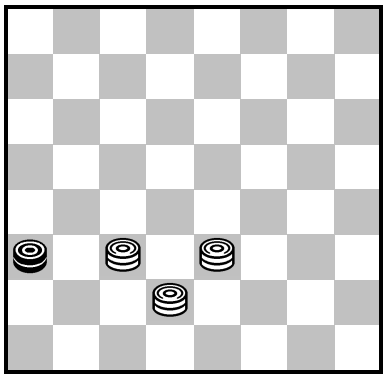
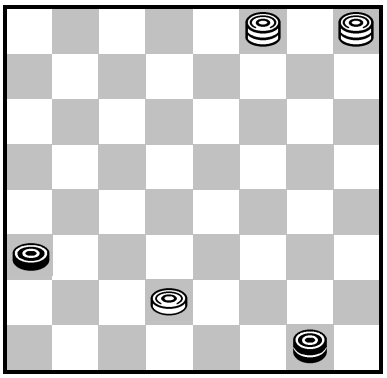
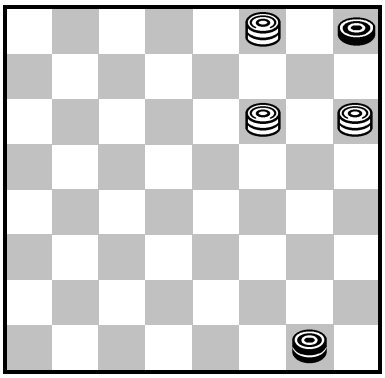
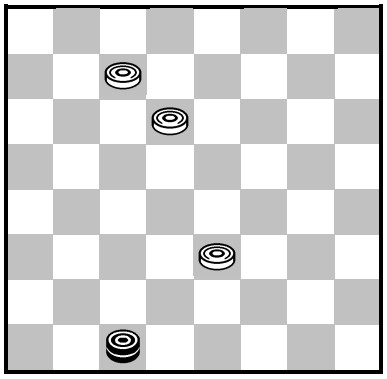
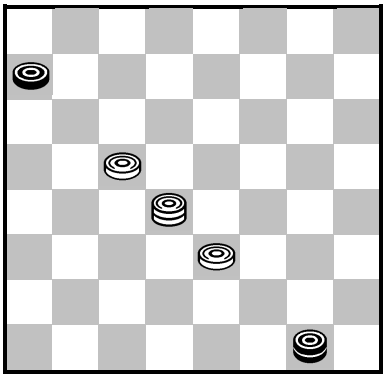
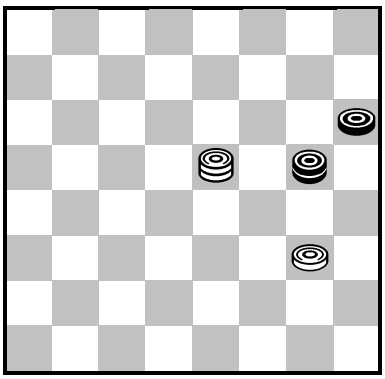
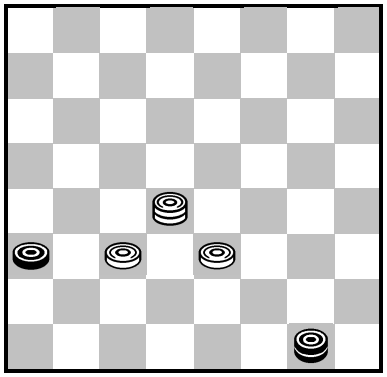
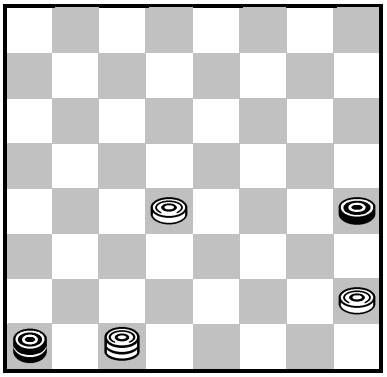
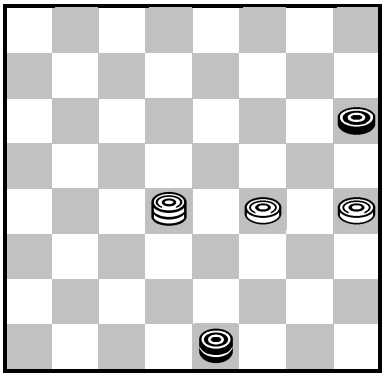


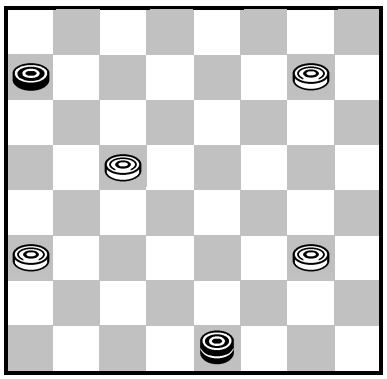
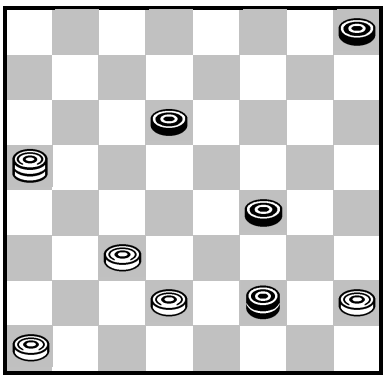
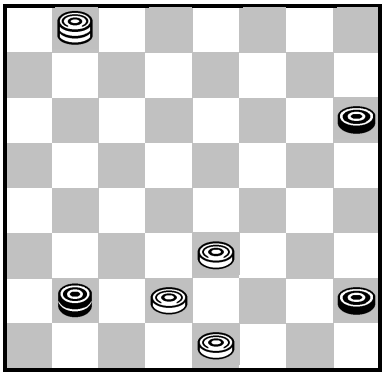
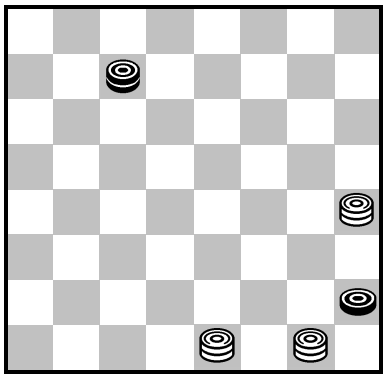
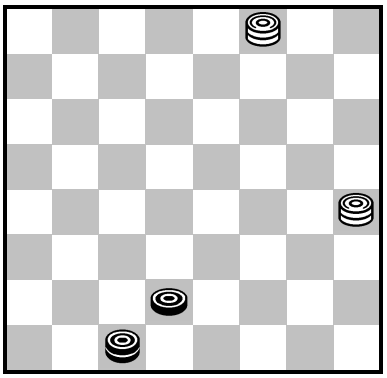
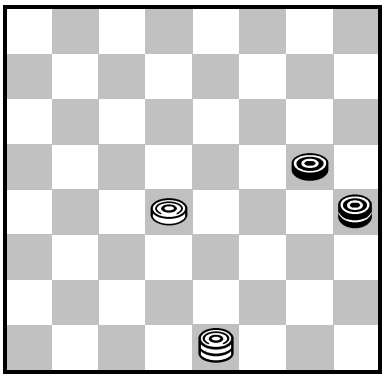
ПОЙМАТЬ ДАМКУ 11

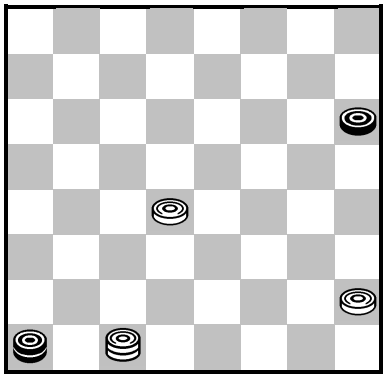
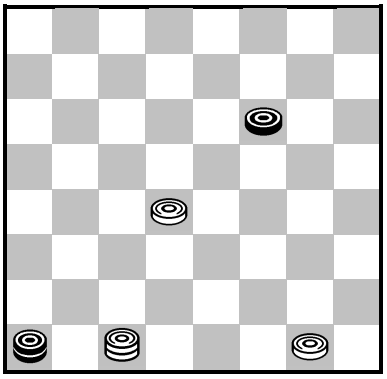
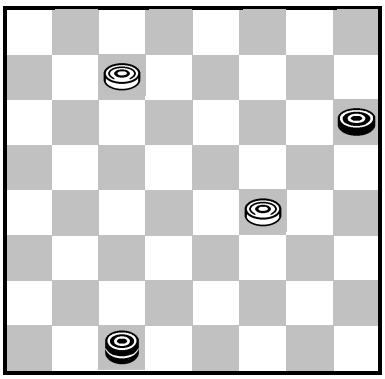
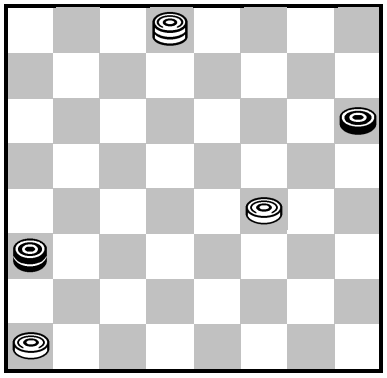
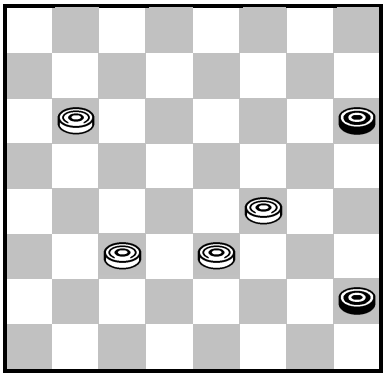
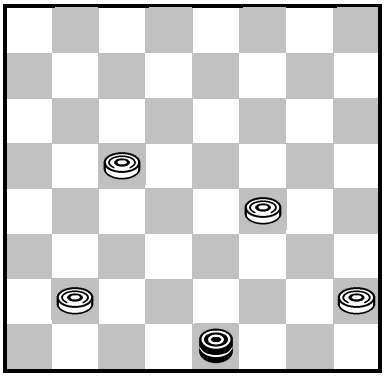
ПОЙМАТЬ ДАМКУ 12

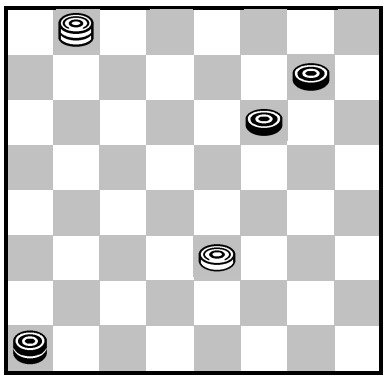
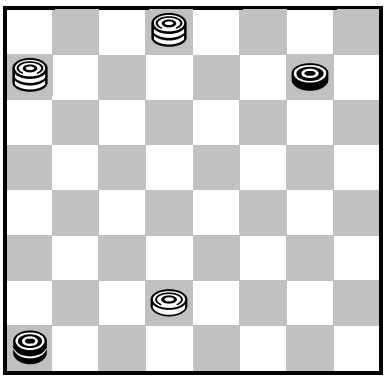
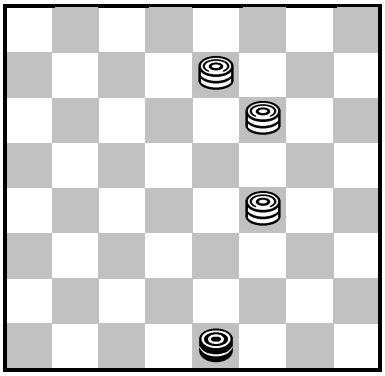
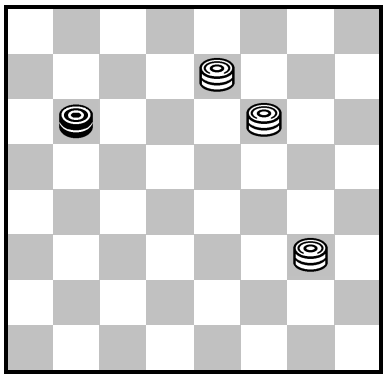
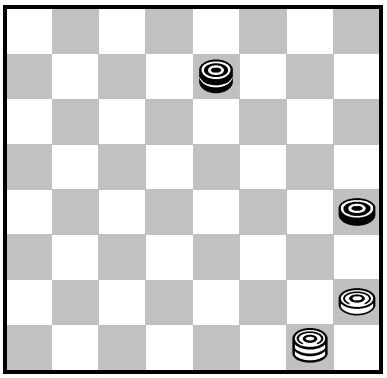
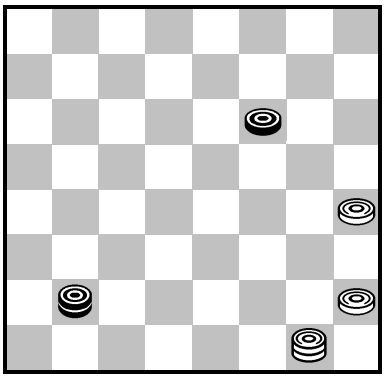
ПОЙМАТЬ ДАМКУ 13

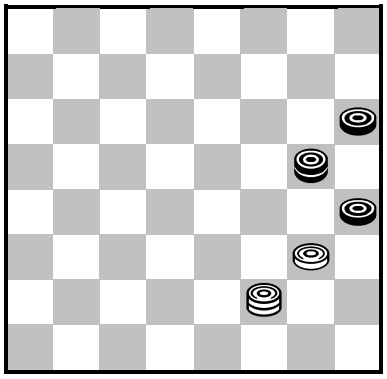
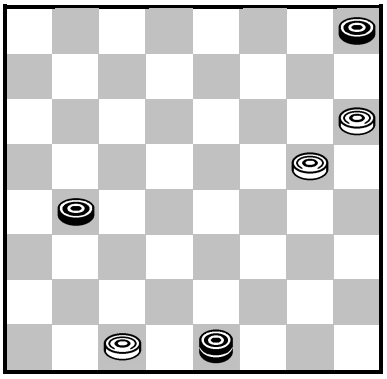
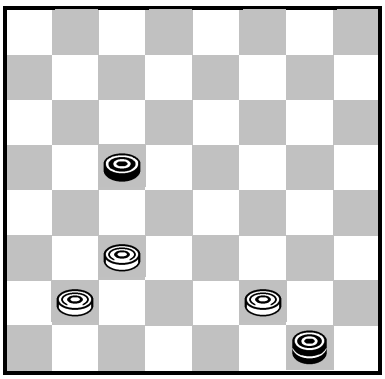
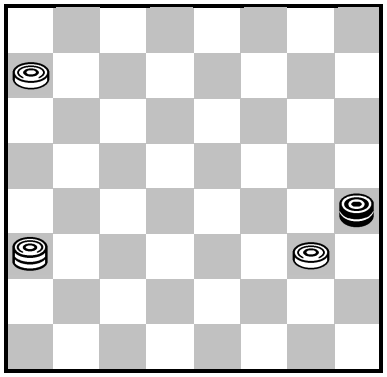
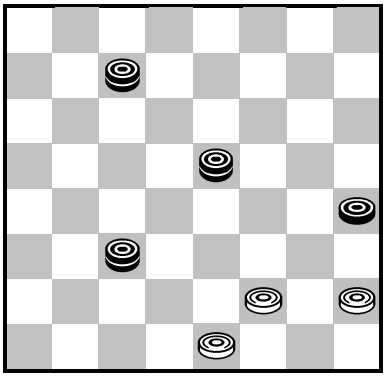
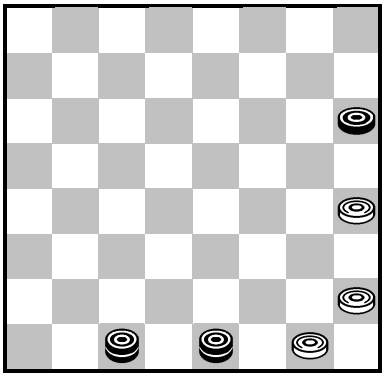
ПОЙМАТЬ ДАМКУ 14

ПОЙМАТЬ ДАМКУ 15

ПОЙМАТЬ ДАМКУ 16

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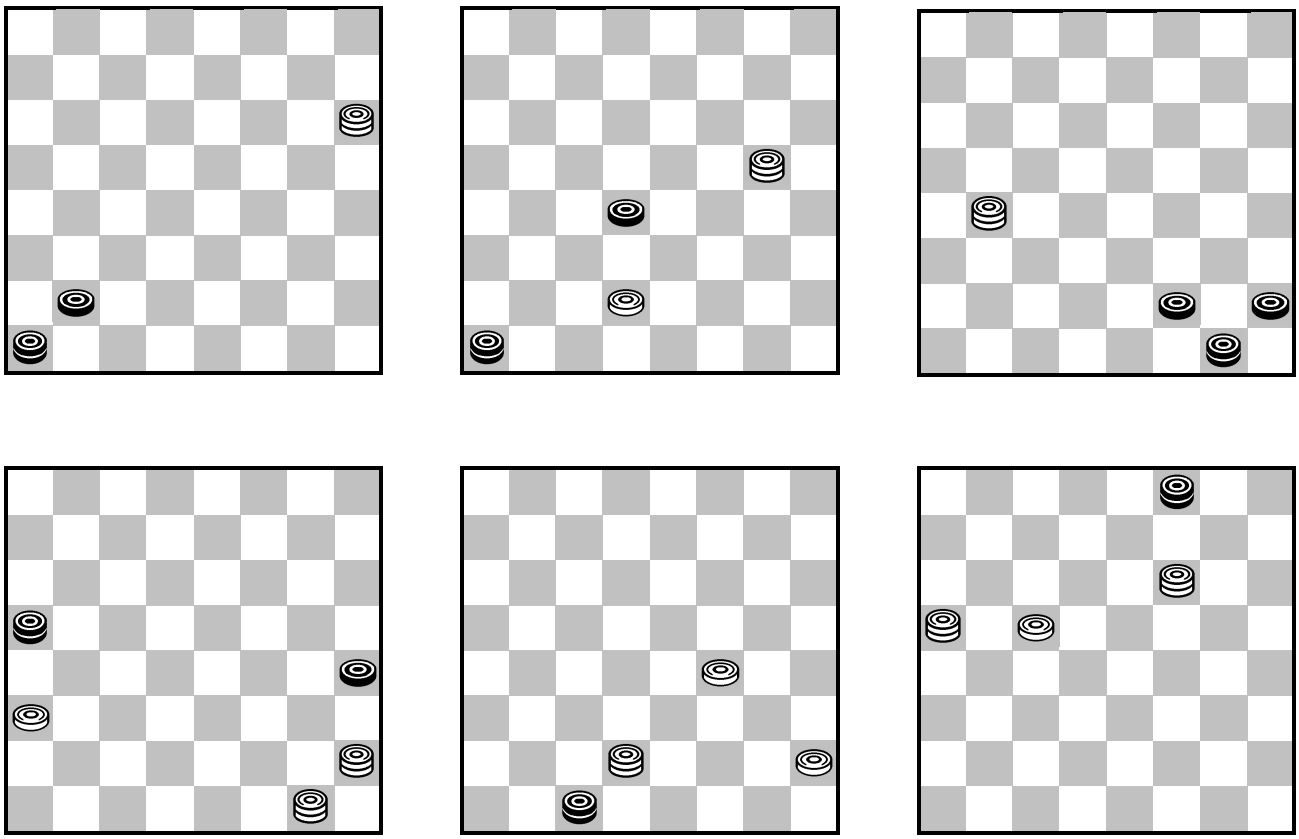
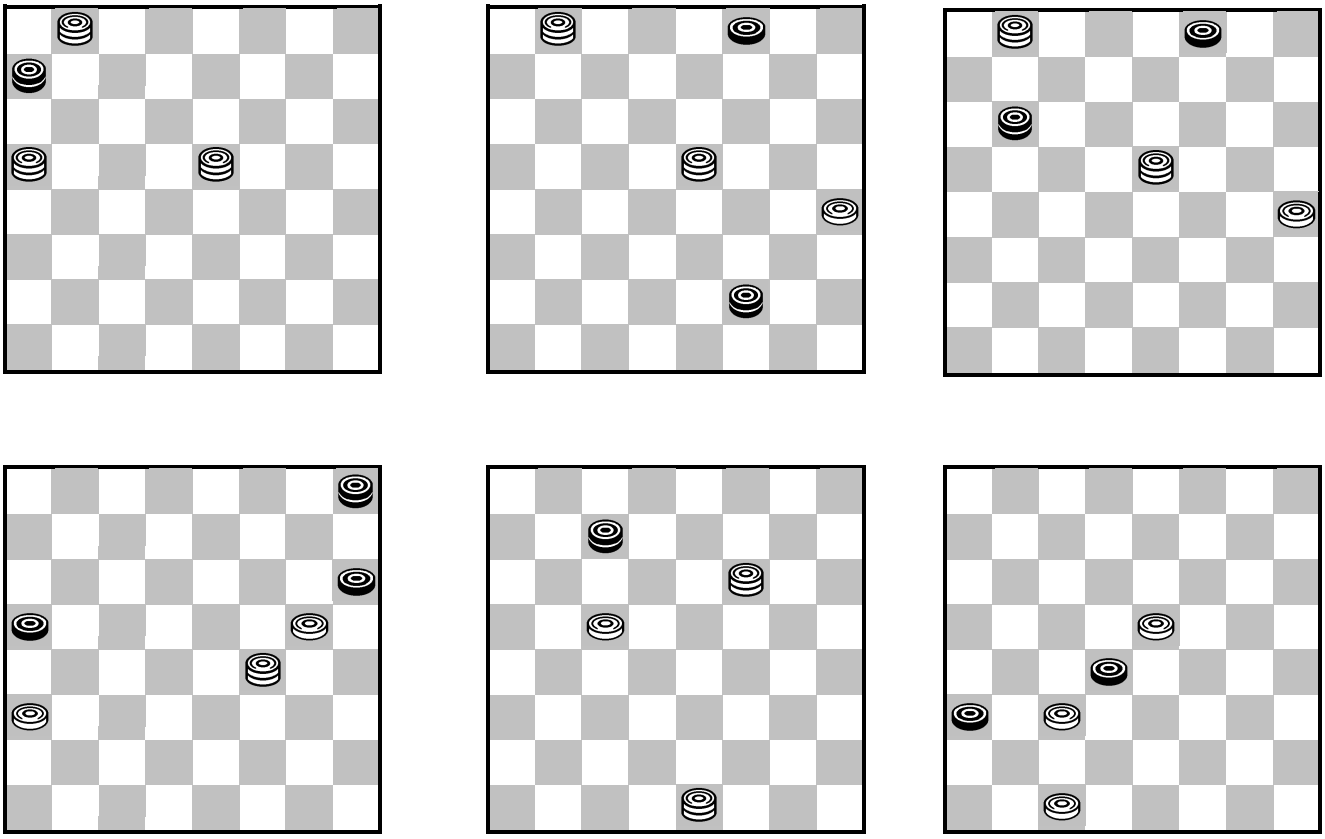
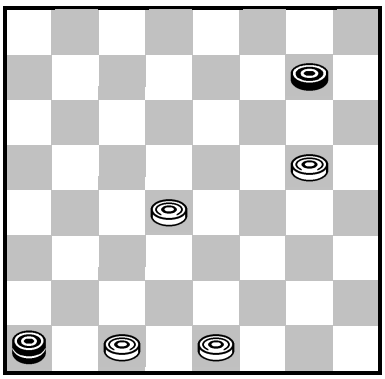
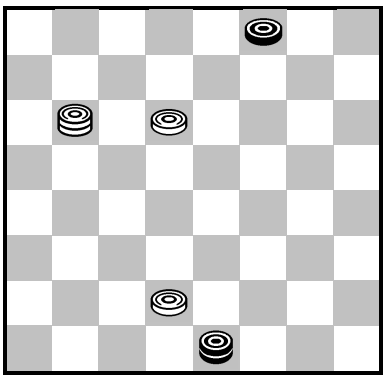
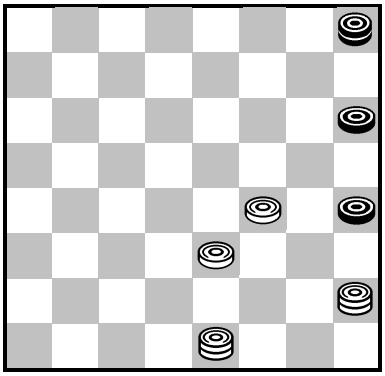
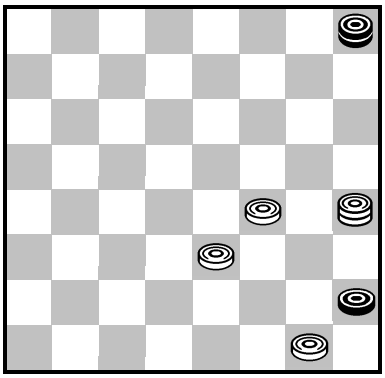
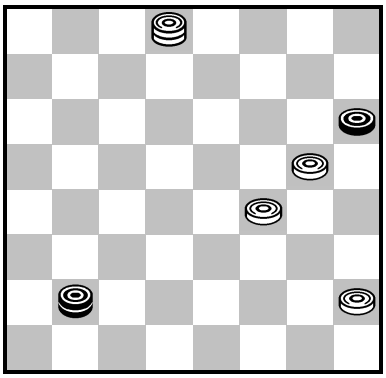
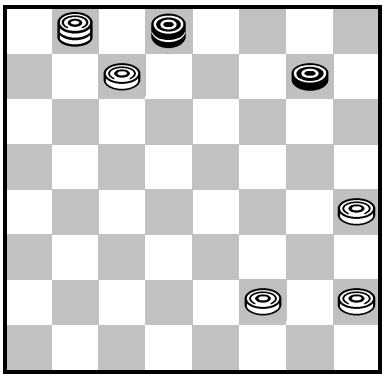


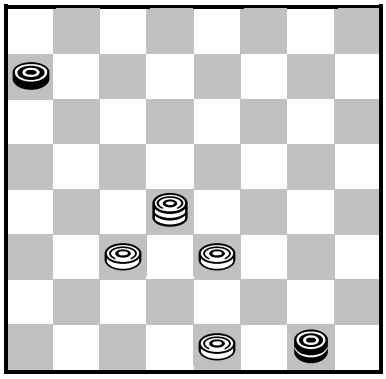
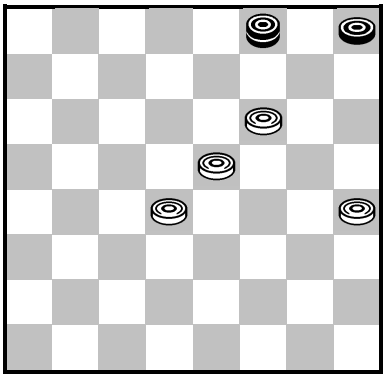
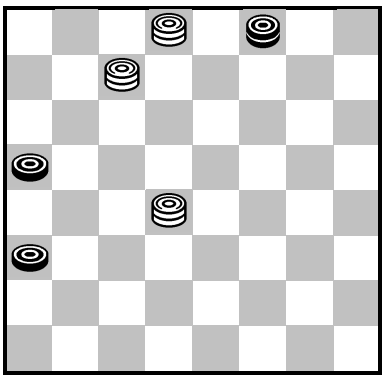
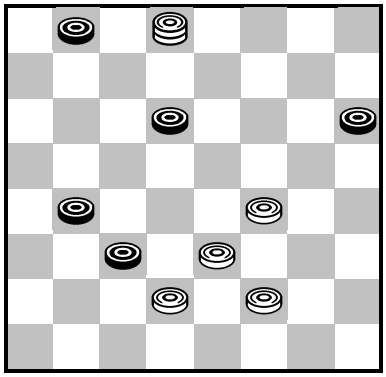
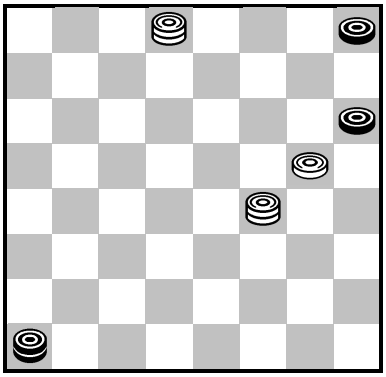
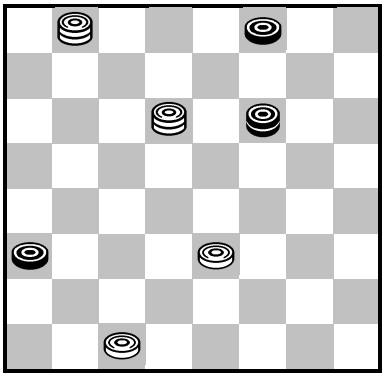
ПОЙМАТЬ ДАМКУ 18



ПОЙМАТЬ ДАМКУ 19

ПОЙМАТЬ ДАМКУ 20

Пояснительная записка

Данная картотека используется для отработки приемов ловли дамки (часто встречающихся). К таковым относятся: петля, столбняк, трамплин, шлагбаум и запирание. Решая позиции из данной картотеки, учащиеся отрабатывают умение ловить дамку противника используя простейшие приемы.