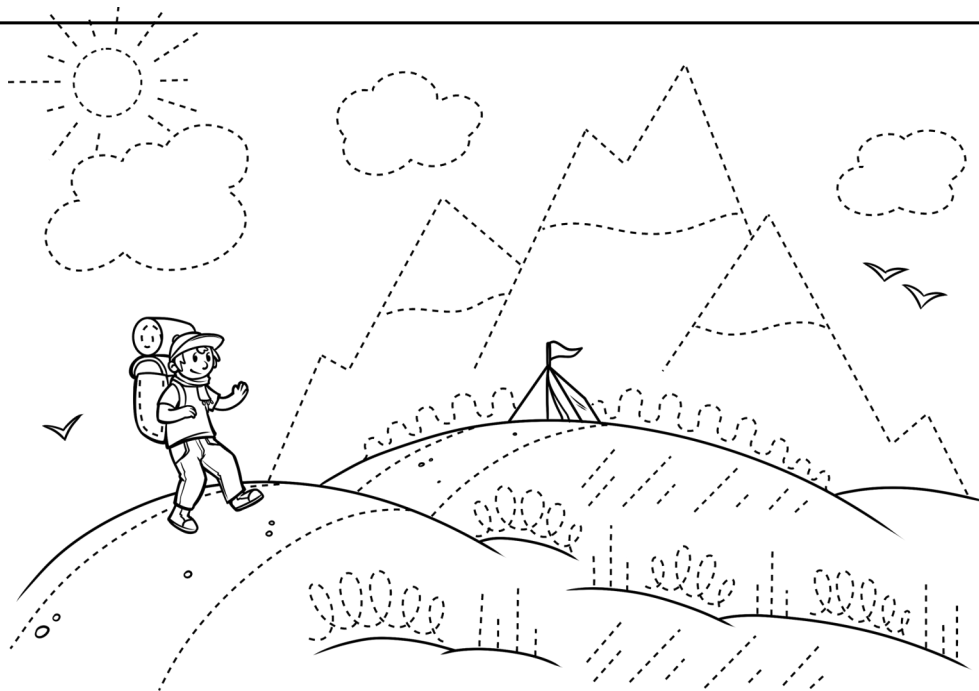
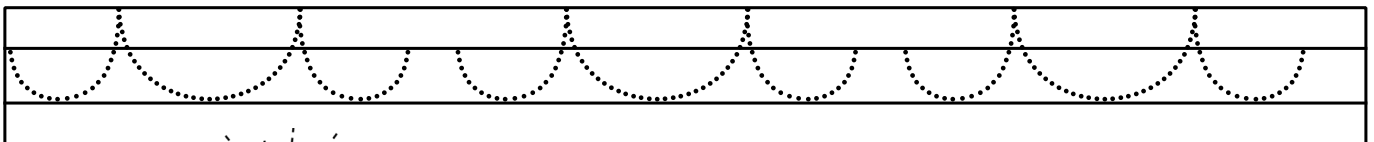
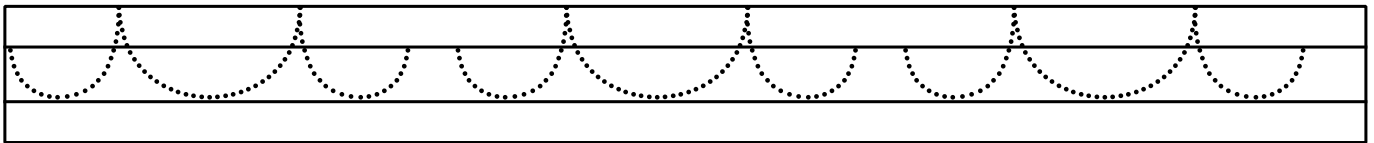
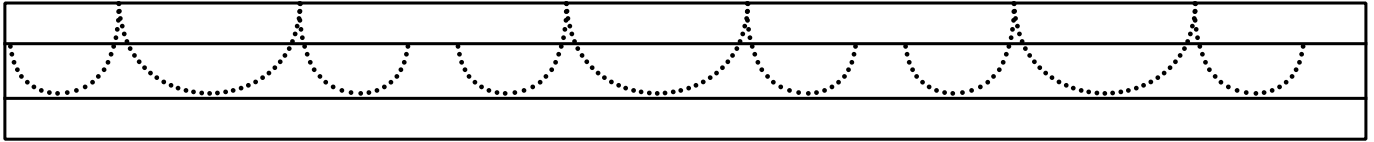
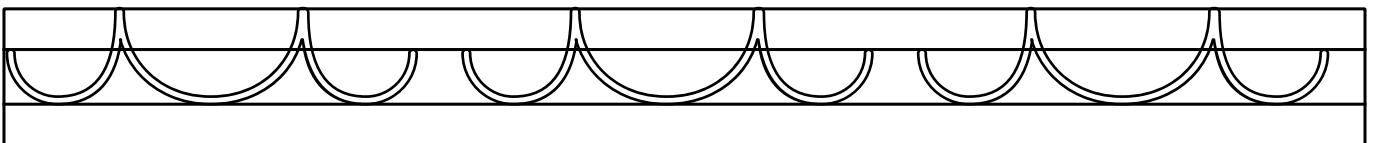
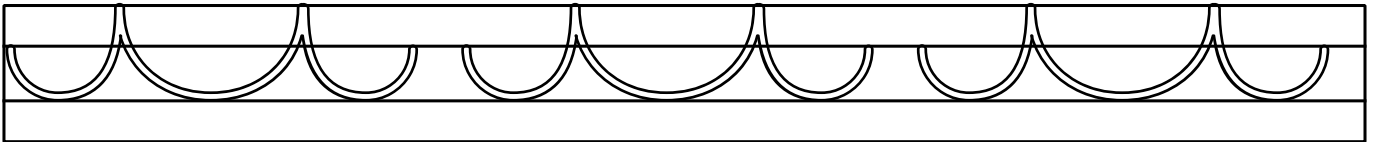
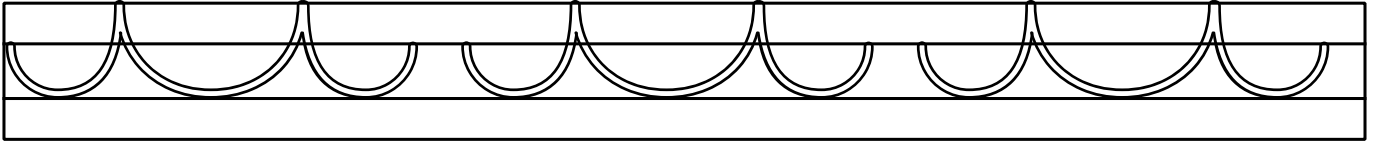


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*Fahre einfach die Konturen sorgfältig mit einem spitzen Bleistift nach.
Lass dir Zeit dazu. Danach male unten vom Bild die Konturen nach.
Vielleicht ein bisschen bunt.*

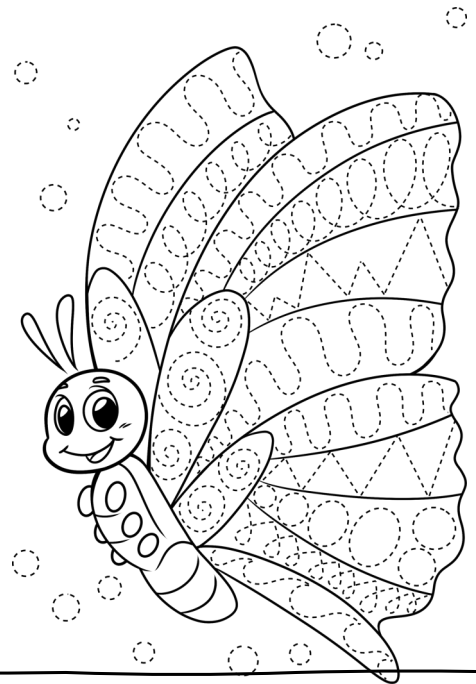
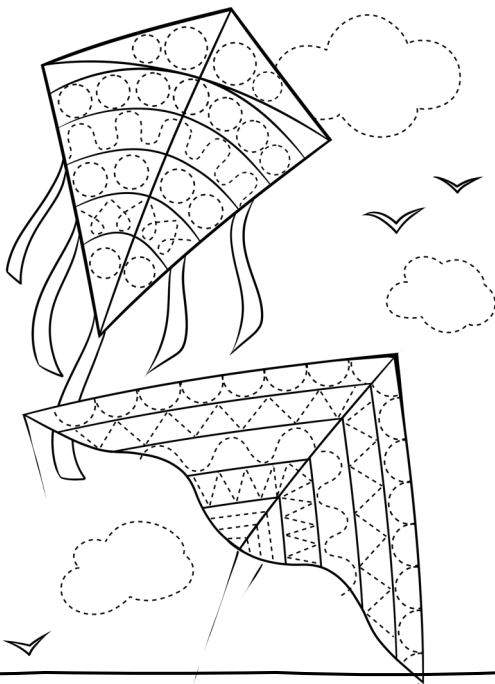
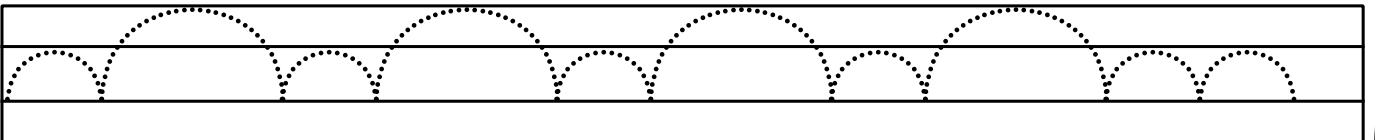
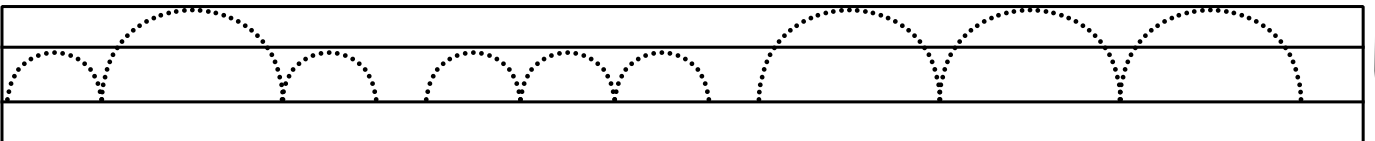
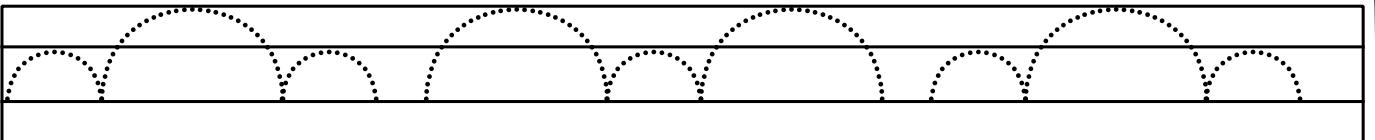
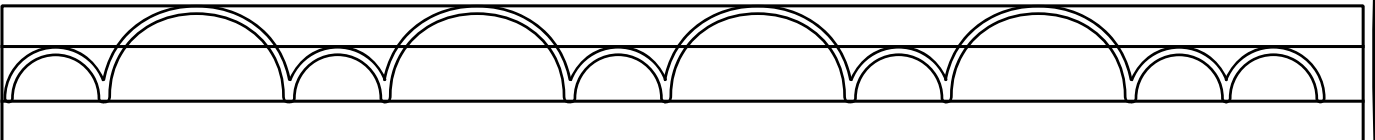
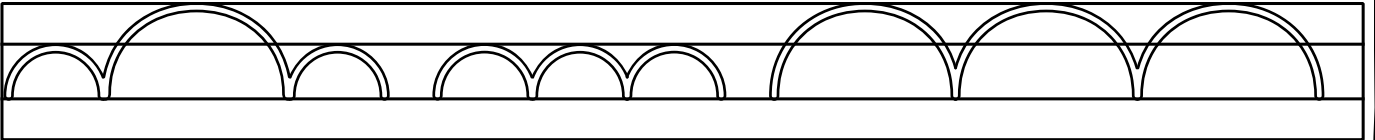
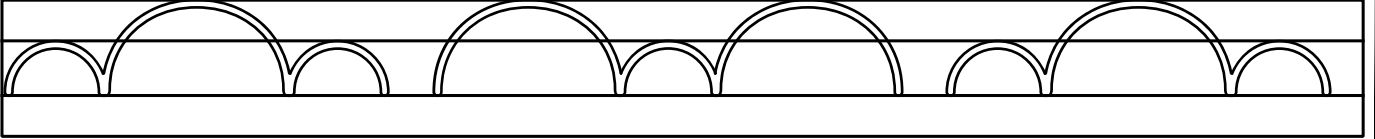


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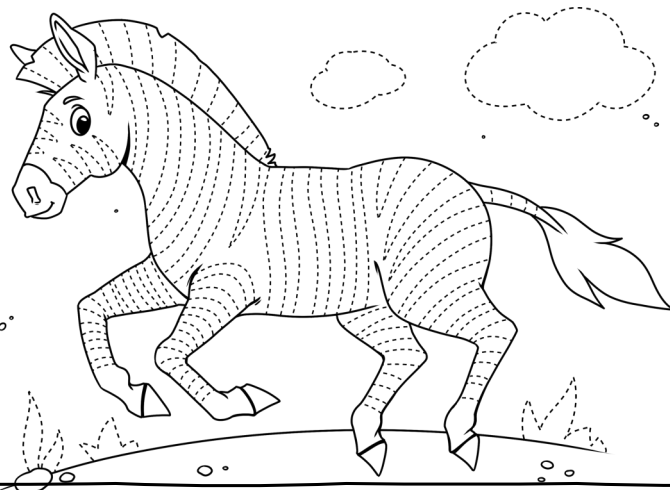
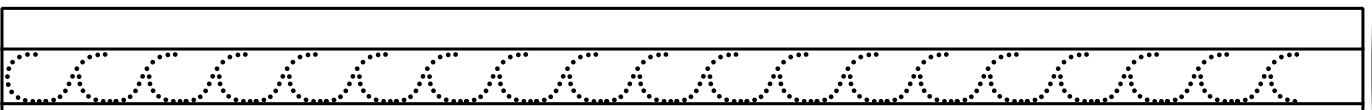
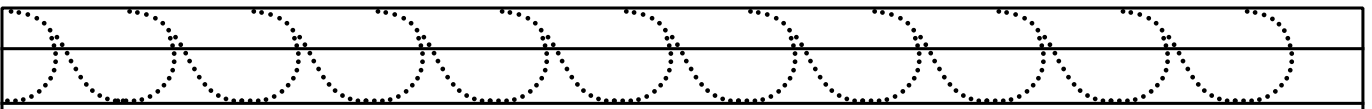
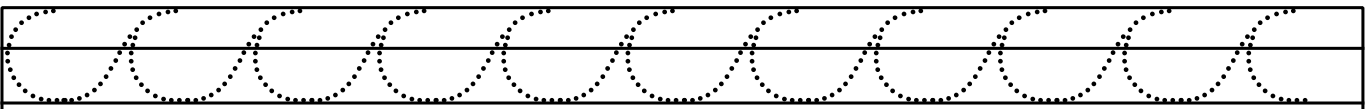
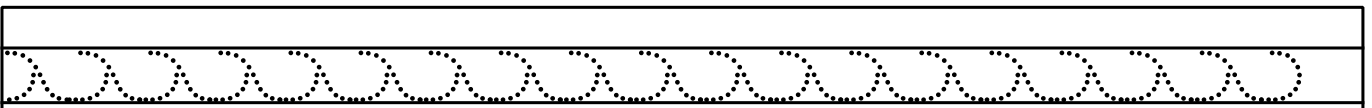
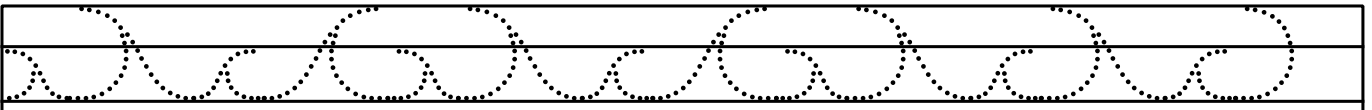
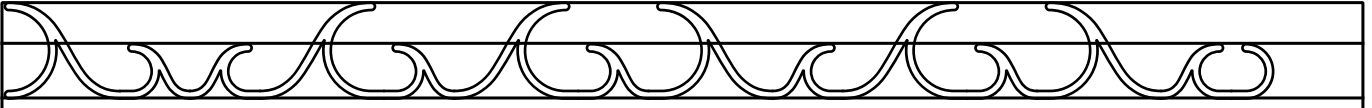
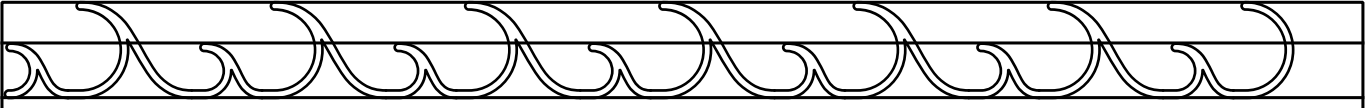
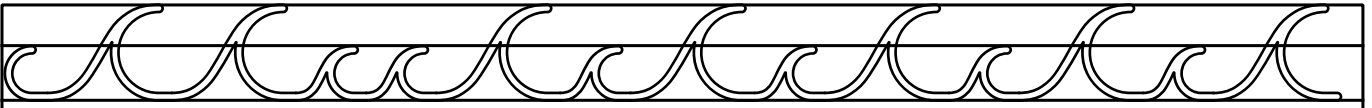
*Das gilt für alle Schwungübungen. Langsam und sorgfältig.
In der Ruhe liegt die Kraft.*



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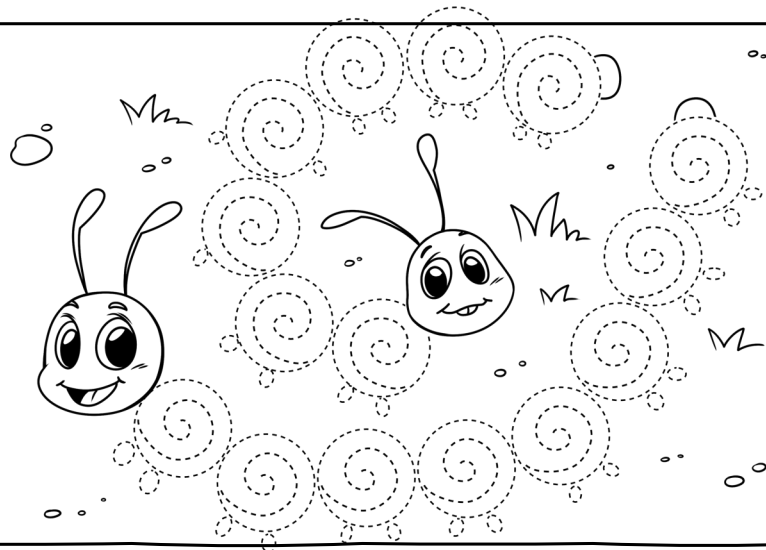
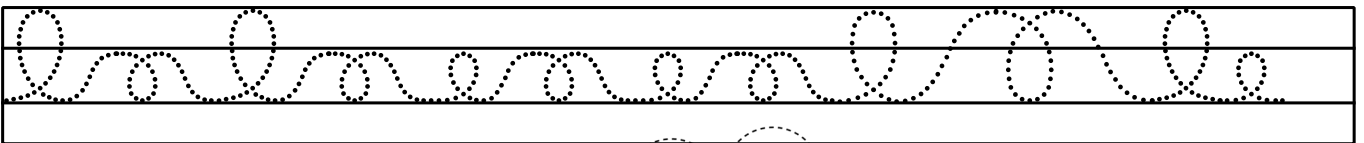
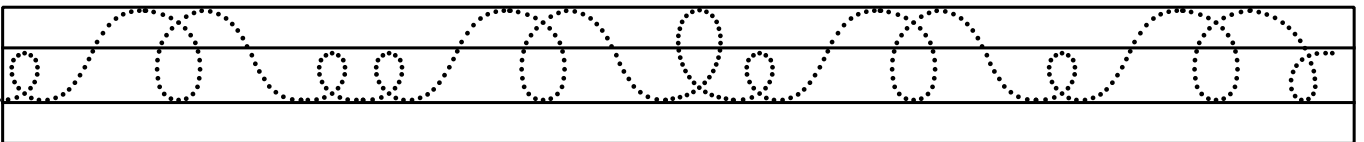
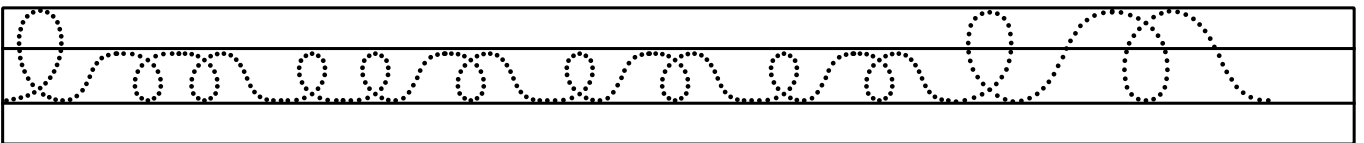
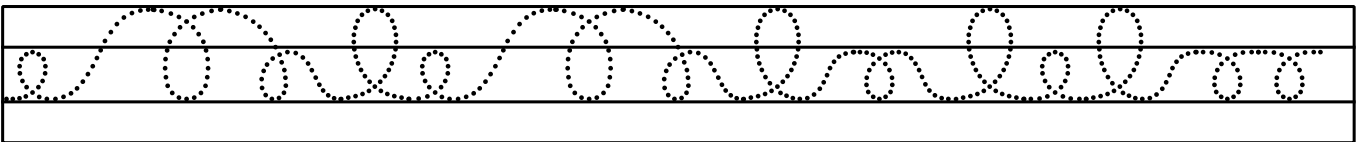
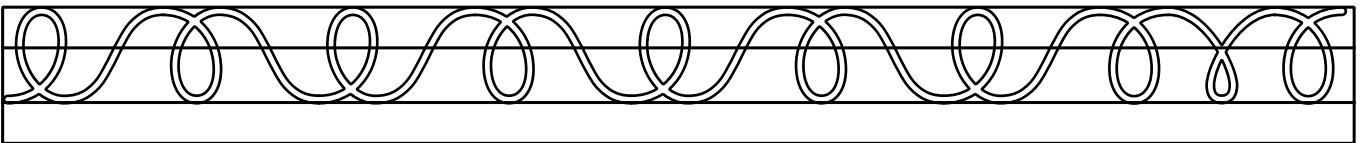
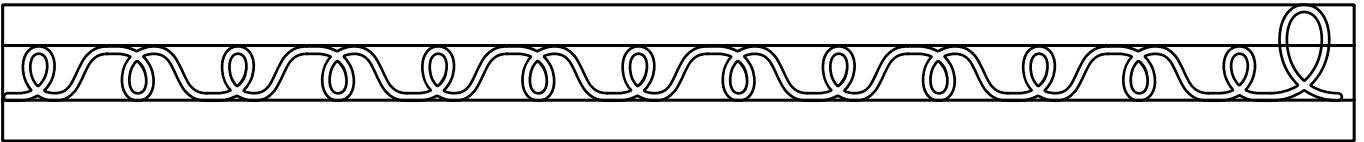
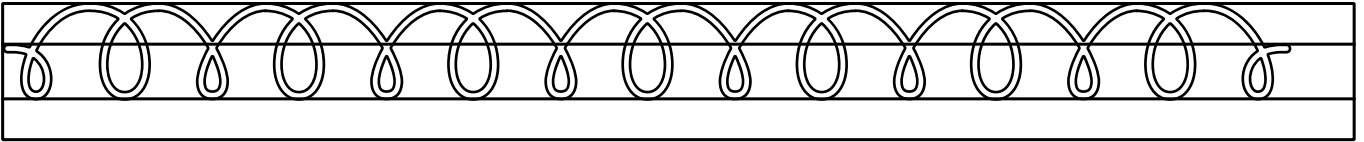
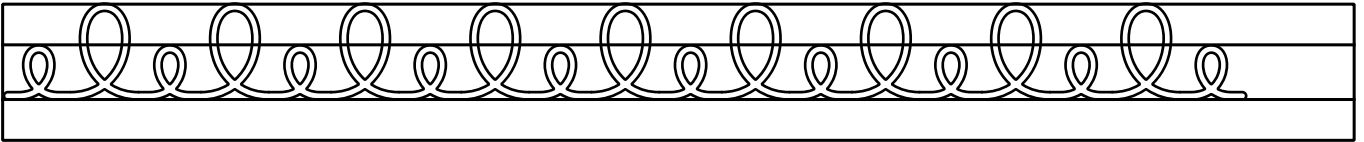
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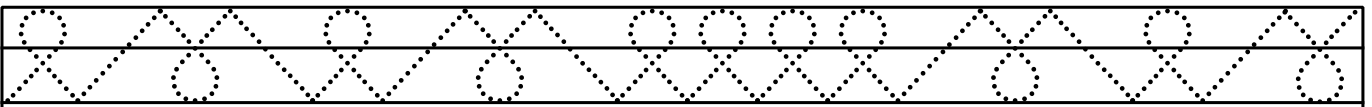
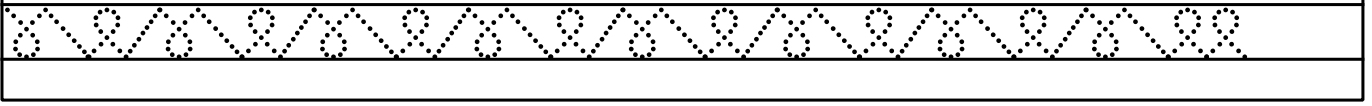
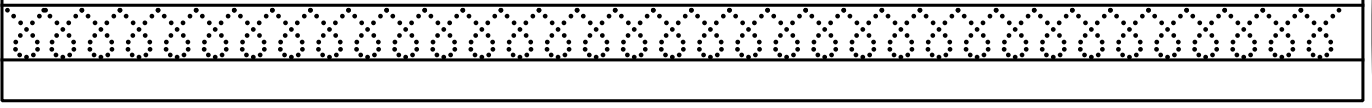
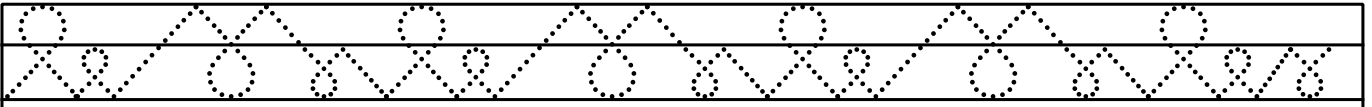
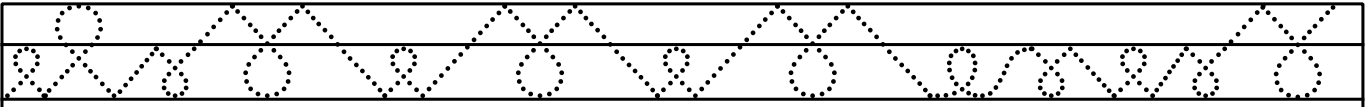
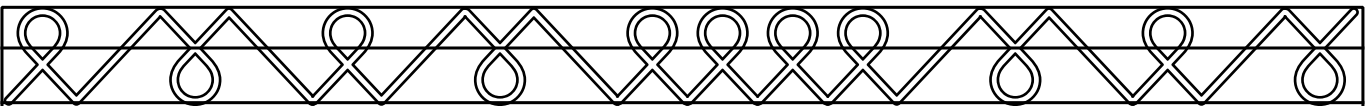
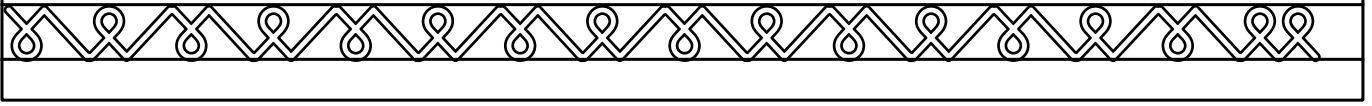
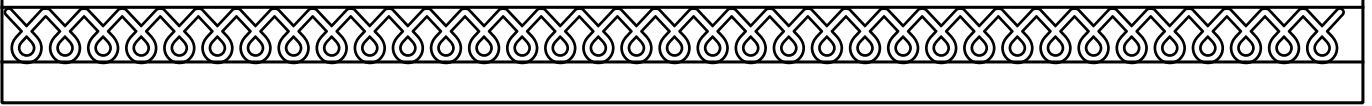
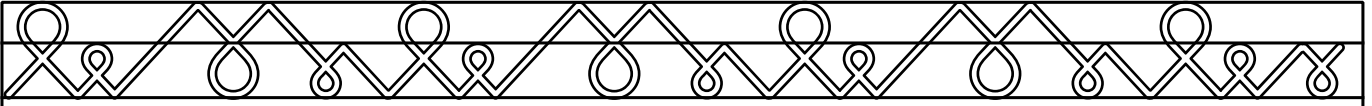
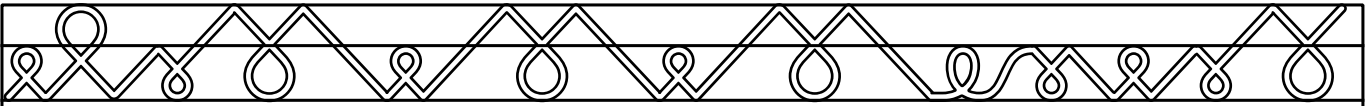
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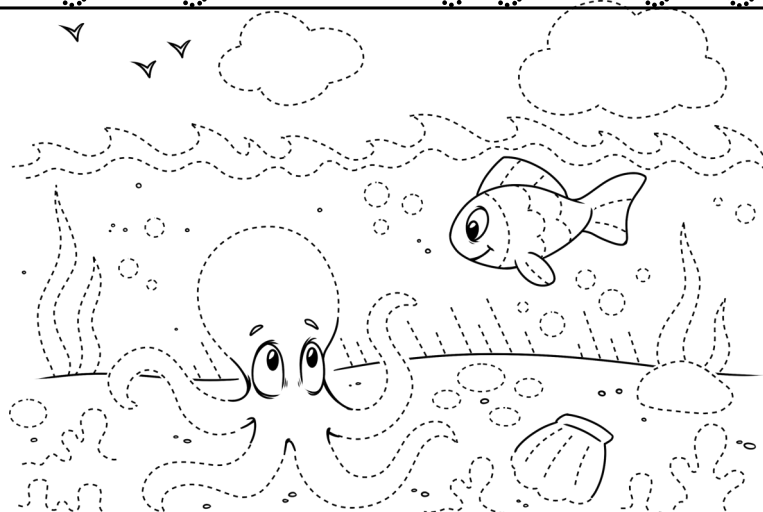
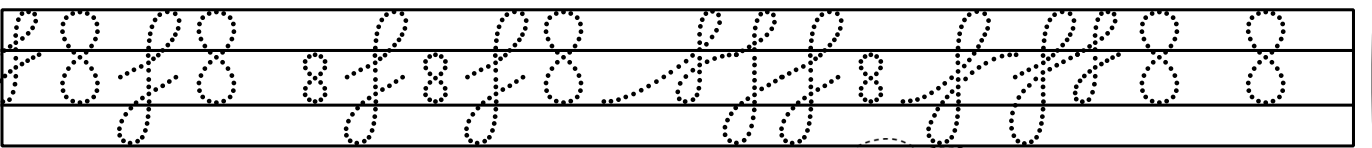
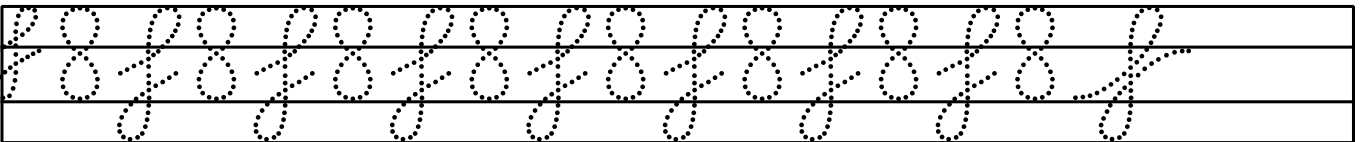
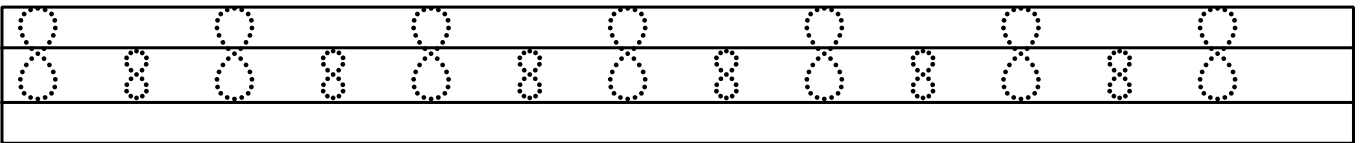
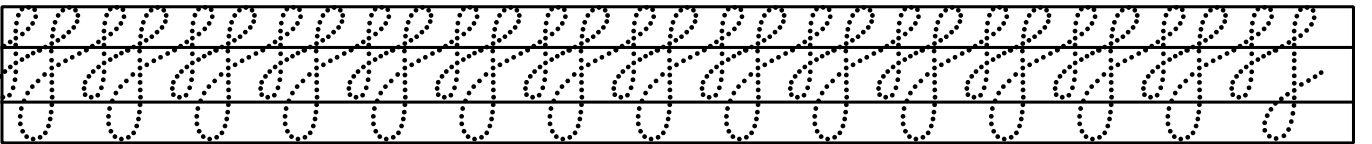
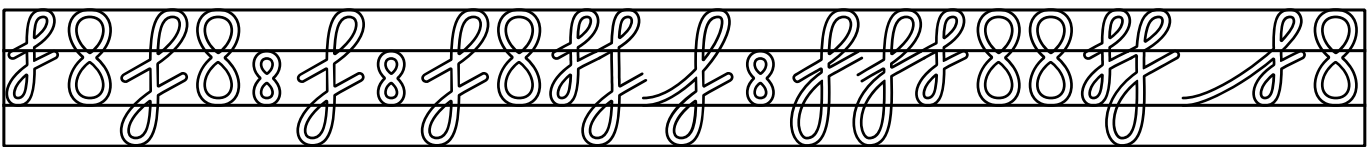
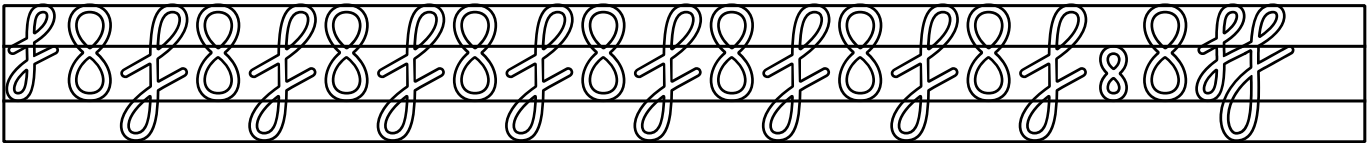
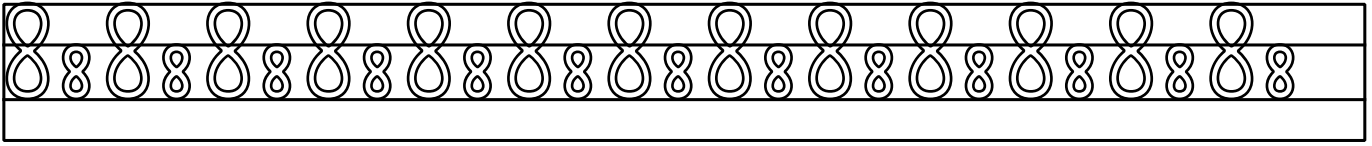
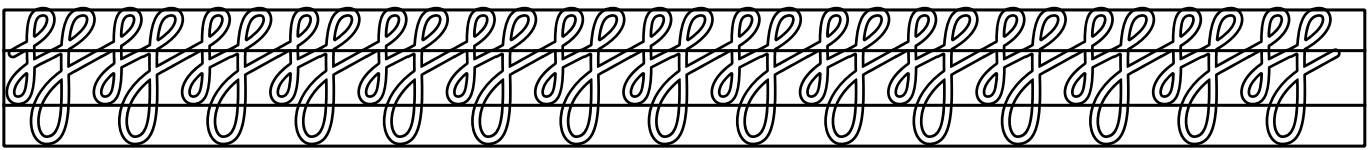
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