

2Д4Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 73 | 13 | 27 | 16 | 32 | 13 | 32 | 76 | 57 | 12 |
| 14 | 22 | -14 | 11 | 24 | 43 | 34 | -23 | -14 | 33 |
| -44 | -11 | 23 | 41 | -43 | -24 | -43 | -32 | 23 | 11 |
| 16 | 32 | -12 | -24 | 24 | 36 | 22 | 34 | -32 | -24 |
| 59 | 56 | 24 | 44 | 37 | 68 | 45 | 55 | 34 | 32 |

1

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 64 | 25 | 23 | 42 | 21 | 78 | 21 | 56 | 27 | 95 |
| 11 | -12 | 22 | 14 | 64 | -14 | 15 | -32 | -13 | -32 |
| -23 | 23 | 23 | -32 | -43 | -43 | -24 | -12 | 11 | -41 |
| -31 | 22 | -34 | 11 | 13 | 38 | 13 | 37 | 33 | 17 |
| 21 | 58 | 34 | 35 | 55 | 59 | 25 | 49 | 58 | 39 |

2

2Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 13 | 32 | 76 | 57 | 12 | 64 | 25 | 23 | 42 | 21 |
| 43 | 34 | -23 | -14 | 33 | 11 | -12 | 22 | 14 | 64 |
| -24 | -43 | -32 | 23 | 11 | -23 | 23 | 23 | -32 | -43 |
| 36 | 22 | 34 | -32 | -24 | -11 | 22 | -34 | 11 | 13 |
| -24 | 13 | -43 | 41 | 43 | 24 | -14 | 41 | -22 | -24 |
| 44 | 58 | 12 | 75 | 75 | 65 | 44 | 75 | 13 | 31 |

3

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 35 | 24 | 48 | 32 | 47 | 22 | 45 | 43 | 36 | 43 |
| 21 | 35 | -24 | 24 | 21 | 55 | 12 | 25 | 22 | 33 |
| -42 | -11 | 41 | -12 | -34 | -34 | -24 | -36 | -14 | -64 |
| 64 | -27 | -32 | 31 | 21 | 25 | 53 | 24 | 21 | 46 |
| -36 | 64 | 53 | -52 | -34 | -37 | -72 | -43 | -53 | -37 |
| 42 | 85 | 86 | 23 | 21 | 31 | 14 | 13 | 12 | 21 |

4

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 78 | 21 | 56 | 27 | 95 | 73 | 13 | 27 | 16 | 32 |
| -14 | 15 | -32 | -13 | -32 | 14 | 22 | -14 | 11 | 24 |
| -43 | -24 | -12 | 41 | -41 | -44 | -11 | 23 | 41 | -43 |
| 38 | 13 | 36 | -33 | 15 | 16 | 32 | -12 | -24 | 24 |
| -27 | 33 | 11 | 64 | 22 | -27 | -45 | 35 | 31 | 22 |
| 32 | 58 | 59 | 86 | 59 | 32 | 11 | 59 | 75 | 59 |

5

2Д10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 21 | 36 | 13 | 25 | 87 | 66 | 35 | 24 | 48 | 32 |
| 45 | -12 | 43 | -11 | -13 | -13 | 21 | 35 | -24 | 24 |
| 11 | 41 | -12 | 42 | -32 | -32 | -42 | -11 | 41 | -12 |
| -40 | -24 | 11 | -24 | 17 | 34 | 21 | -34 | -30 | 11 |
| -14 | 11 | 32 | 36 | -24 | -21 | 21 | 43 | 22 | -34 |
| 62 | 33 | -46 | -41 | -11 | 23 | -14 | -26 | -16 | 48 |
| 14 | -22 | 24 | -14 | 61 | -14 | 36 | 14 | 27 | -22 |
| -25 | -22 | -11 | 46 | -43 | -11 | -54 | 14 | -14 | -33 |
| -41 | 17 | -33 | -28 | 25 | 24 | 42 | -37 | -14 | 61 |
| 36 | -24 | 48 | 34 | -34 | -33 | -34 | 64 | 38 | -44 |
| 69 | 34 | 69 | 65 | 33 | 23 | 32 | 86 | 78 | 31 |

6

Старшие товарищи +9

Фундаментальное упражнение:

| | | | | | | |
|-------|-------|-------|-------|---------|---------|---------|
| 1 + 9 | 3 + 9 | 6 + 9 | 8 + 9 | 11 + 19 | 11 + 49 | 36 + 29 |
| 2 + 9 | 4 + 9 | 7 + 9 | 9 + 9 | 19 + 19 | 22 + 39 | 47 + 19 |

1Д5Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 2 | 8 | 4 | 3 | 9 | 7 | 3 | 6 | 2 | 5 |
| 9 | 9 | 1 | 2 | 9 | -4 | 4 | 9 | 3 | -1 |
| 4 | 9 | -2 | -1 | -4 | 3 | 9 | -2 | -1 | 9 |
| -2 | 9 | 9 | 9 | 9 | 9 | -3 | 4 | 9 | 9 |
| 9 | -1 | 9 | 9 | 9 | -2 | 4 | 9 | 4 | 4 |
| 22 | 34 | 21 | 22 | 32 | 13 | 17 | 26 | 17 | 26 |

1

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 8 | 6 | 5 | 7 | 6 | 3 | 5 | 8 | 6 | 6 |
| -6 | -4 | -2 | -3 | -2 | 3 | -2 | 9 | 9 | -3 |
| 4 | 9 | 4 | 9 | 9 | 9 | 9 | 2 | -1 | 4 |
| 9 | 4 | 9 | 4 | 3 | -1 | 4 | 9 | 9 | 9 |
| -3 | -2 | -3 | 9 | -4 | 9 | 9 | -4 | 4 | -2 |
| 15 | 15 | 16 | 17 | 16 | 14 | 16 | 28 | 23 | 16 |
| 12 | 13 | 13 | 26 | 12 | 23 | 25 | 24 | 27 | 14 |

4Р

5Р

4Р

5Р

2

1Д 5-8Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 8 | 3 | 4 | 2 | 4 | 9 | 9 | 3 | 4 | 8 |
| -4 | 2 | 9 | 9 | 3 | -6 | 9 | 9 | 2 | 9 |
| 9 | -3 | 3 | 6 | 9 | 9 | -6 | 4 | 9 | -4 |
| 3 | 9 | 9 | 9 | -3 | 3 | 9 | 9 | -1 | 9 |
| 9 | 4 | -3 | -2 | 9 | -1 | 4 | -3 | 9 | 3 |
| -1 | -3 | 9 | 9 | 9 | 9 | -2 | 9 | 9 | 4 |
| 9 | 9 | 9 | 9 | 2 | 9 | 9 | 2 | 4 | 9 |
| 9 | 9 | 5 | 4 | 9 | 9 | 1 | 9 | 9 | 9 |
| 25 | 15 | 22 | 24 | 22 | 14 | 25 | 22 | 23 | 25 |
| 24 | 12 | 31 | 33 | 31 | 23 | 23 | 31 | 32 | 29 |
| 33 | 21 | 40 | 42 | 33 | 32 | 32 | 33 | 36 | 38 |
| 42 | 30 | 45 | 46 | 42 | 41 | 33 | 42 | 45 | 47 |

5Р

6Р

7Р

8Р

5Р

6Р

7Р

8Р

3

1Д 8-10Р

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|----|----|----|----|----|----|----|----|----|
| 3 | 6 | 7 | 4 | 9 | 8 | 2 | 4 | 1 | 7 |
| 4 | 9 | -3 | 2 | -7 | -5 | 4 | 9 | 9 | -3 |
| 9 | -1 | 9 | 9 | 9 | 9 | -1 | 6 | 9 | 9 |
| -2 | -2 | 4 | -1 | 6 | 4 | -1 | -3 | 9 | 4 |
| 9 | 9 | 9 | -3 | -4 | -2 | 9 | -3 | -4 | -2 |
| 4 | 7 | -2 | 9 | 9 | 9 | 3 | 9 | 2 | -3 |
| -3 | 9 | 3 | 7 | 2 | 3 | -6 | 7 | 9 | 9 |
| -3 | -2 | -6 | -4 | 2 | 9 | 9 | -6 | -1 | 7 |
| 9 | -2 | 9 | 9 | 9 | -1 | 9 | 4 | -2 | -4 |
| 9 | 9 | 9 | 6 | -1 | 9 | 9 | 9 | 4 | 9 |
| 21 | 35 | 21 | 23 | 26 | 35 | 19 | 23 | 34 | 28 |
| 30 | 33 | 30 | 32 | 35 | 34 | 28 | 27 | 32 | 24 |
| 39 | 42 | 39 | 38 | 34 | 43 | 37 | 36 | 36 | 33 |

8Р

9Р

10Р

8Р

9Р

10Р

4