

HANDZEICHEN

01. PULL Zeichen



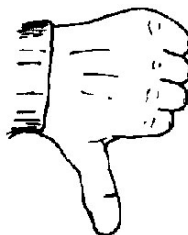
02. Scheingriff



03. Arme überprüfen



04. Becken vor



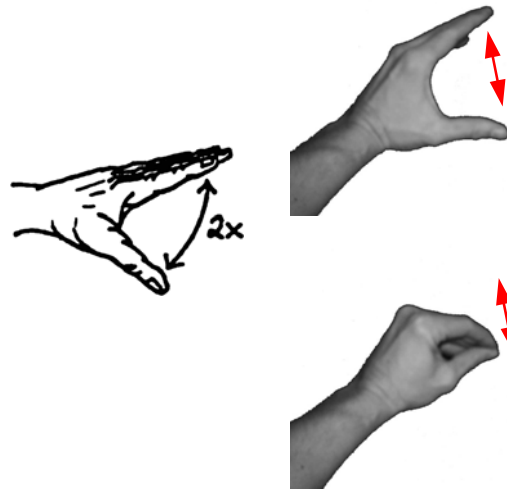
05. Beine kürzer



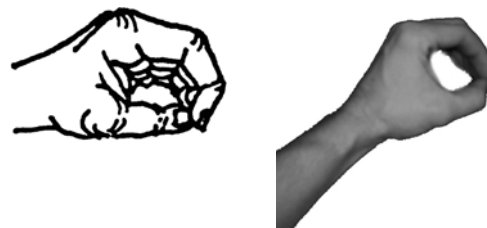
06. Beine länger



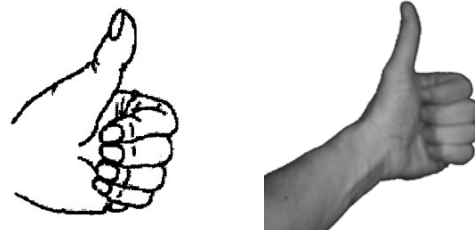
07. Füße zusammen



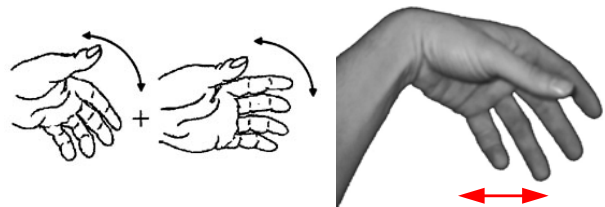
08. Rundblick. Beobachtungskreis



09. Alles in Ordnung OK



10. Relax. entspannen



11. Hohlkreuz

