

INSTRUÇÕES APOSTILA

- Para realizar os exercícios propostos nesta apostila, siga as seguintes instruções:

→ Ao lado do número de cada exercício, **você encontra uma bolinha com uma cor**, ela indica o **nível do exercício que varia de 1 a 4**, como mostra a legenda abaixo:

 **Nível 1:** Indicado para jogadores que estão aproximadamente na faixa até 1200 de Rating

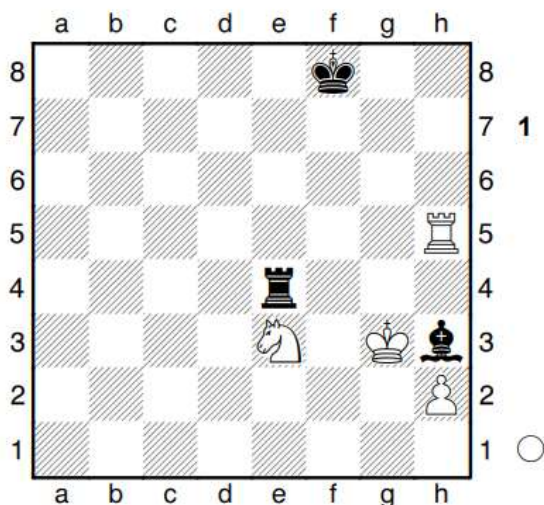
 **Nível 2:** Indicado para jogadores que estão aproximadamente entre 1200 a 1700 de Rating

 **Nível 3:** Indicado para jogadores que estão aproximadamente entre 1700 a 2000 de Rating

 **Nível 4:** Indicado para jogadores que estão acima dos 2000 de Rating

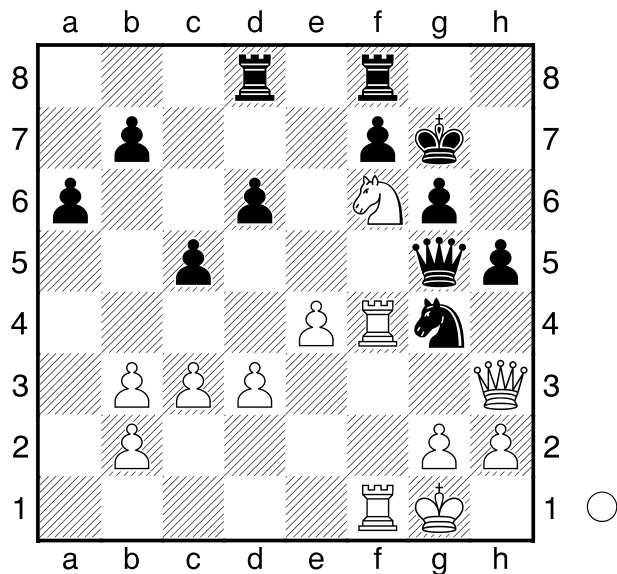
→ Para saber se Jogam Brancas ou Pretas, **observe a cor da bolinha** (branca ou preta) **em cada diagrama**.

Exercício 1 VII Aberto do Brasil SESC Caiobá (1)



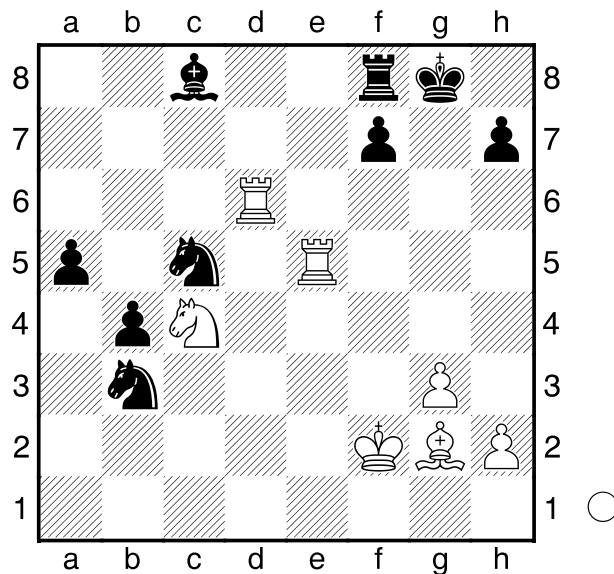
Exercício 1 ●

Campeonato Mundial Sub-20 (1)



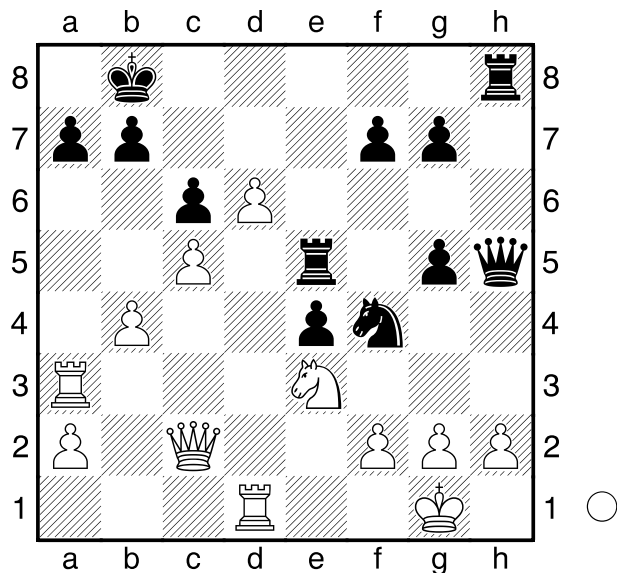
Exercício 3 ●

Campeonato Mundial Sub-20



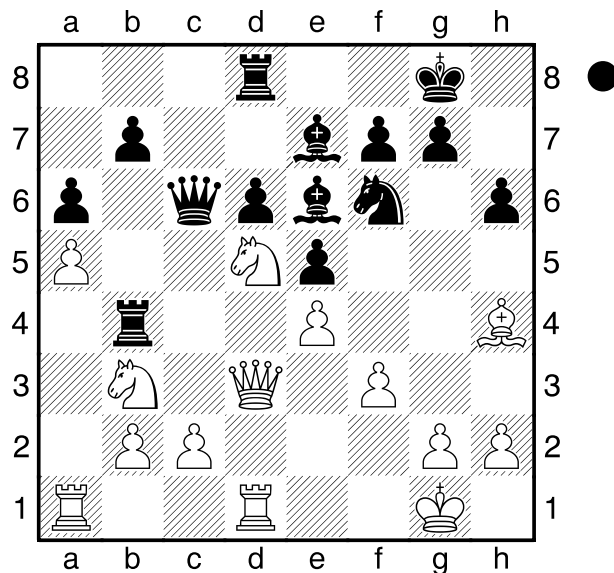
Exercício 2 ●

Campeonato Mundial Sub-20



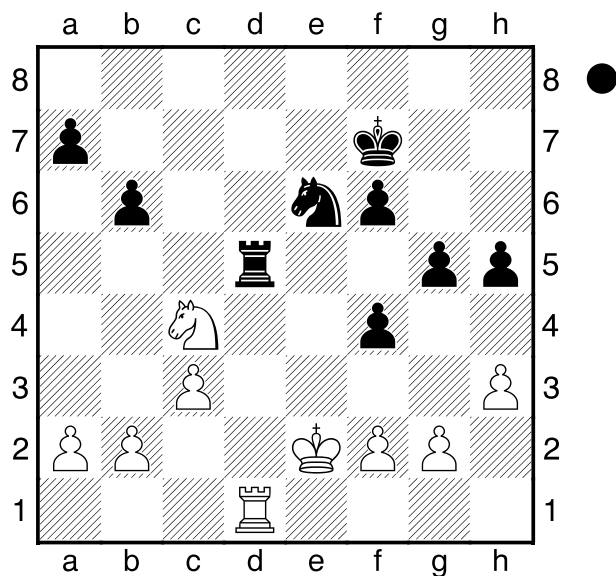
Exercício 4 ●

Campeonato Mundial Sub-20 (1)



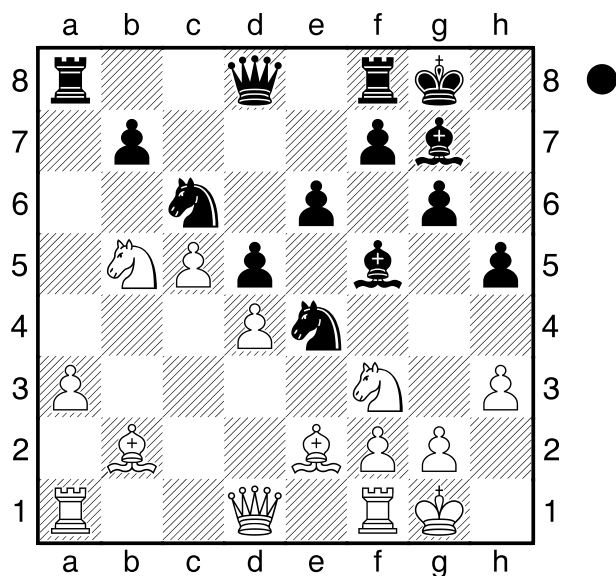
Exercício 5 ●

Campeonato Mundial Sub-20



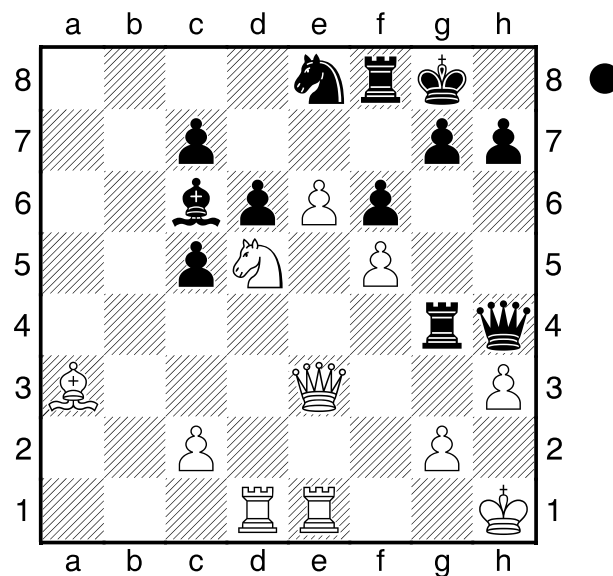
Exercício 6 ●

Campeonato Mundial Sub-20



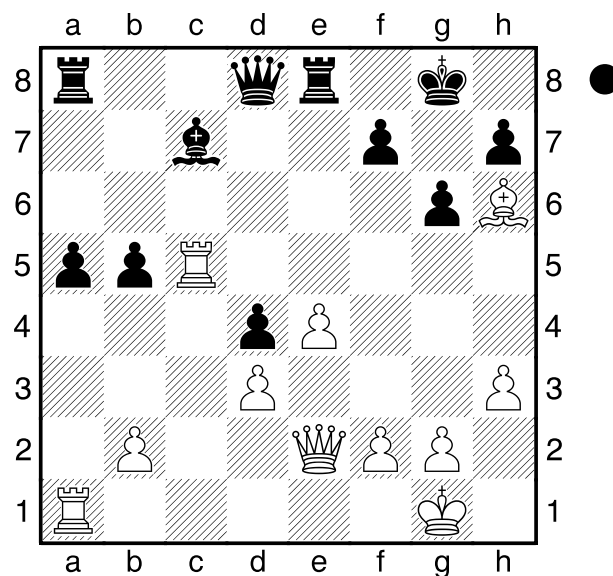
Exercício 7 ●

Campeonato Mundial Sub-20

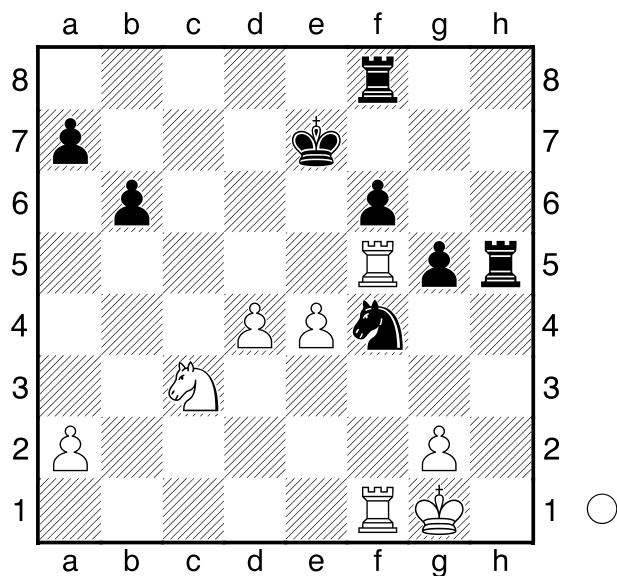


Exercício 8 ●

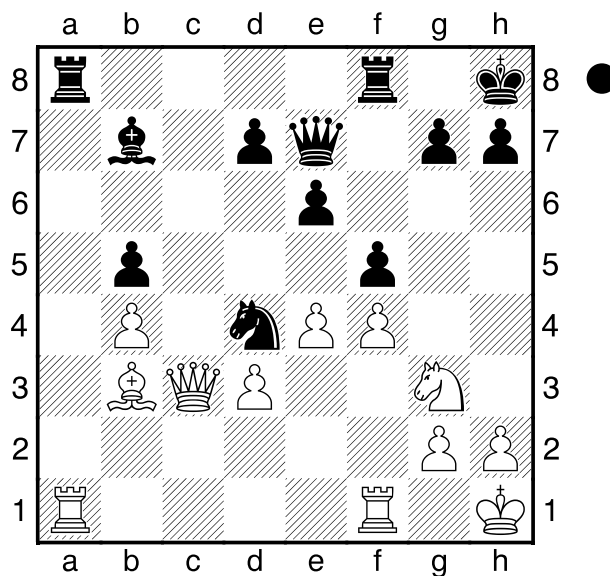
Campeonato Mundial Sub-20



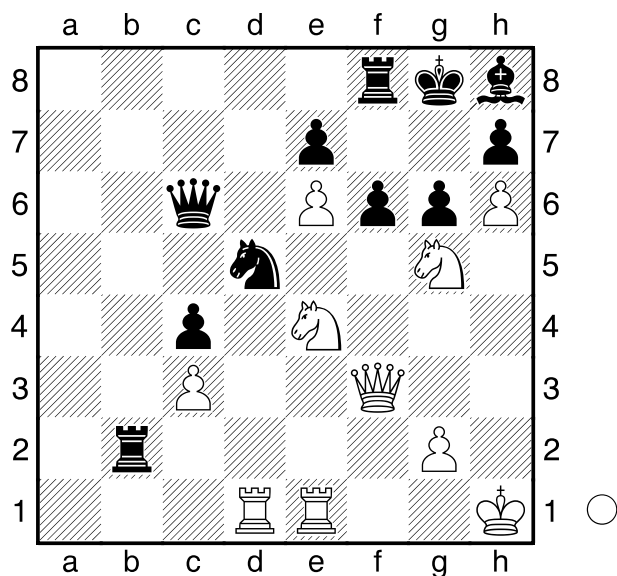
Exercício 9 ●
Campeonato Mundial Sub-20



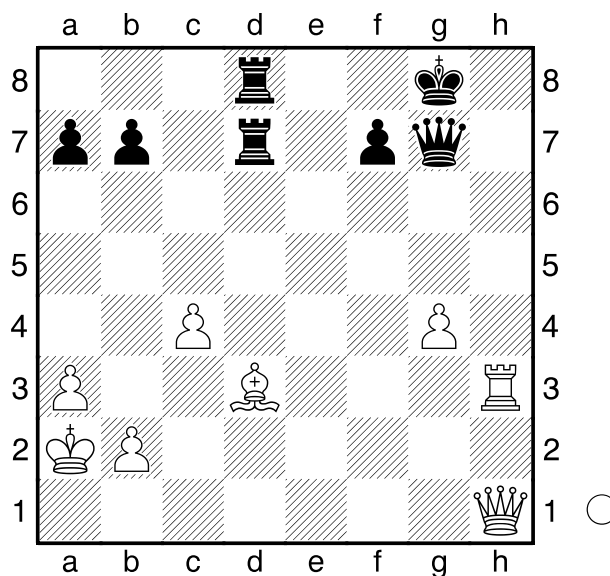
Exercício 11 ●
Campeonato Mundial Sub 20



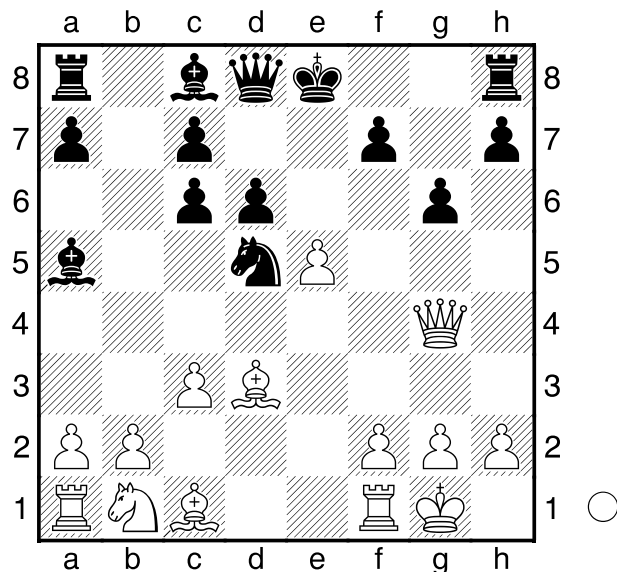
Exercício 10 ●
Campeonato Mundial Sub-20



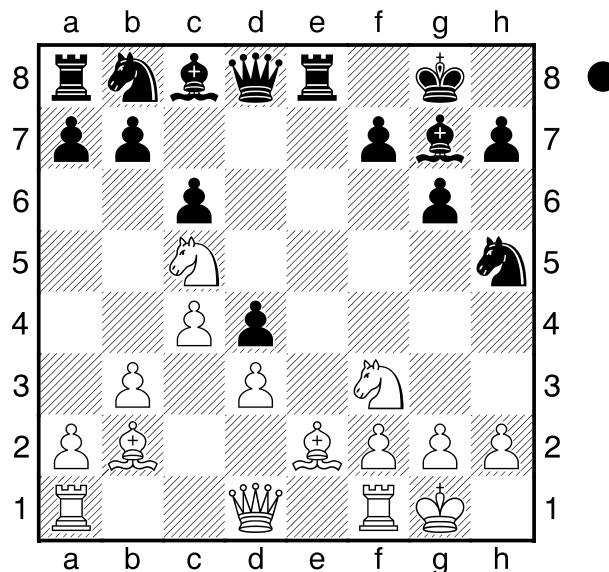
Exercício 12 ●
Campeonato Mundial Sub-20



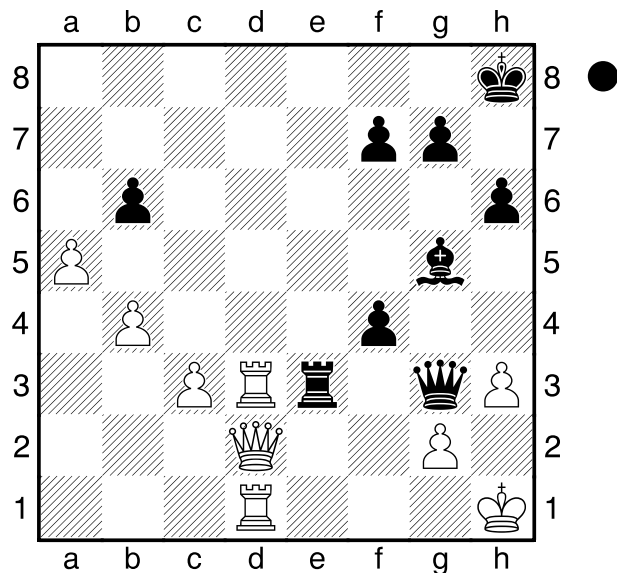
Exercício 13 ●
Campeonato Mundial Sub-20



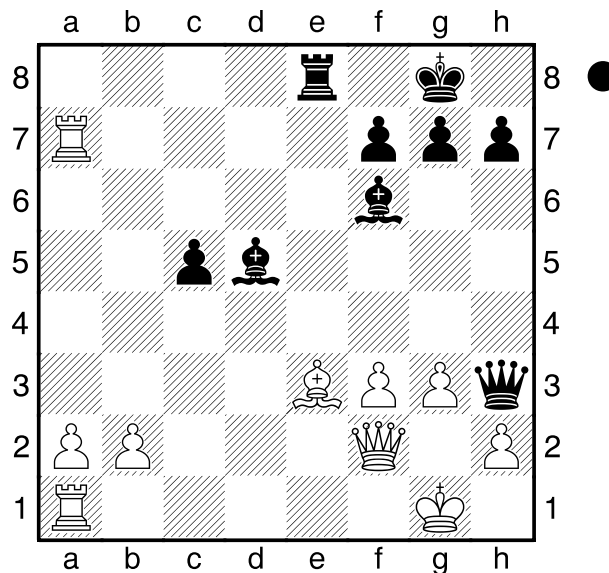
Exercício 15 ●
Campeonato Mundial Sub-20



Exercício 14 ●
Campeonato Mundial Sub-20

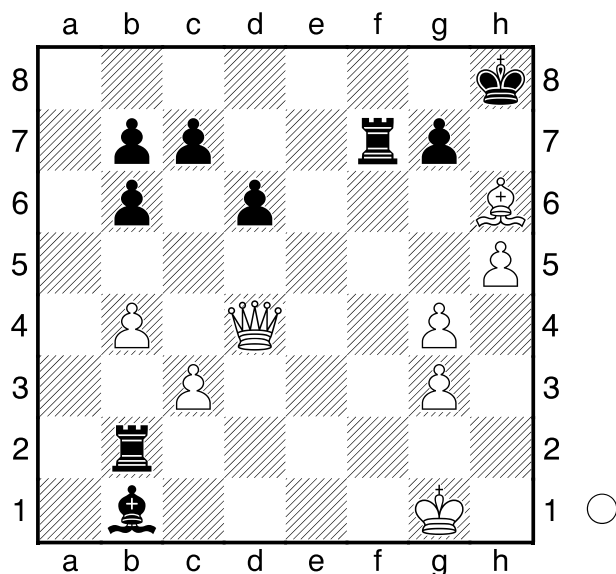


Exercício 16 ●
Campeonato Mundial Sub-20



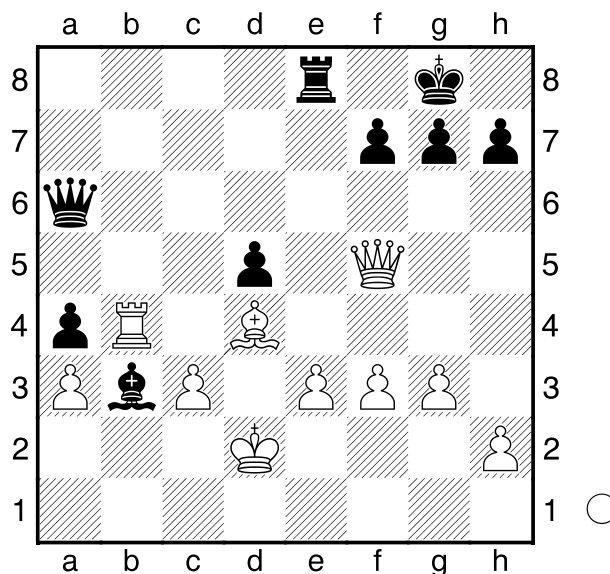
Exercício 17 ●

Campeonato Mundial Sub-20



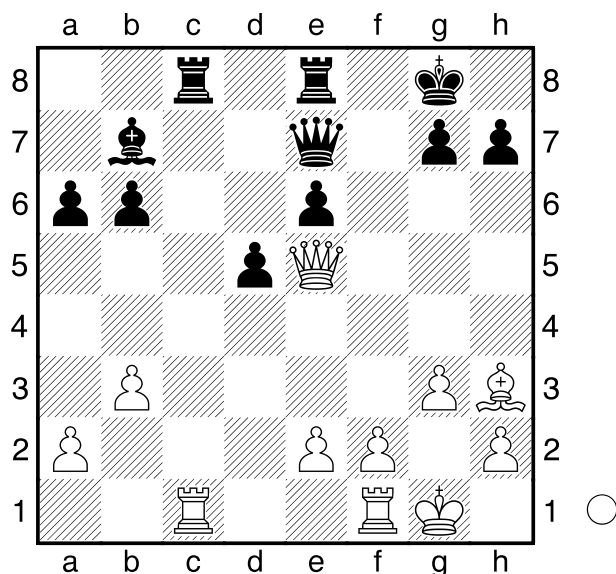
Exercício 19 ●

Campeonato Mundial Sub-20



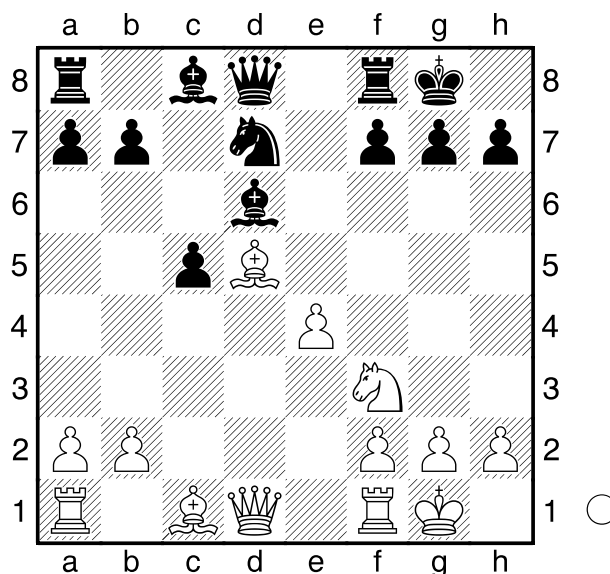
Exercício 18 ●

Campeonato Mundial Sub-20



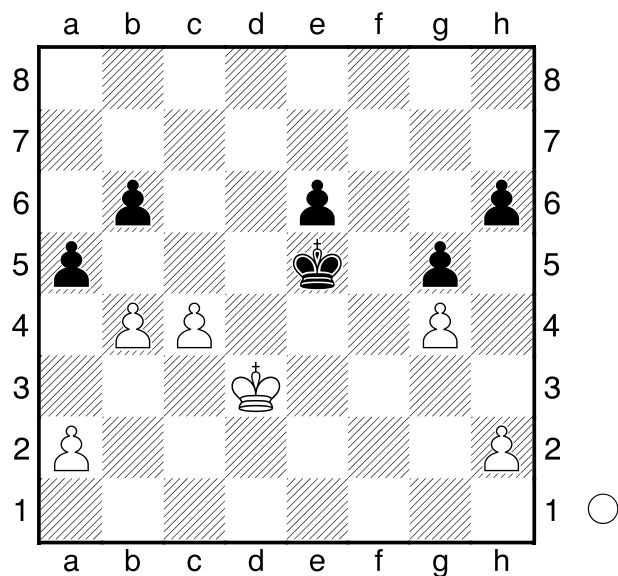
Exercício 20 ●

Campeonato Mundial Sub-20

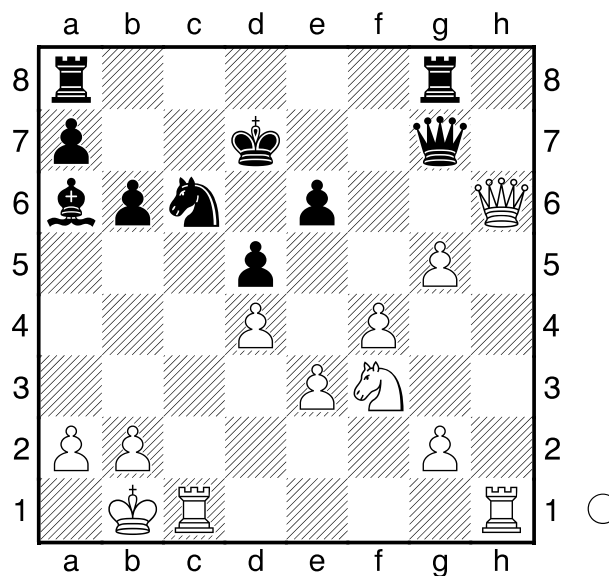


Exercício 21 ●

Campeonato Mundial Sub-20

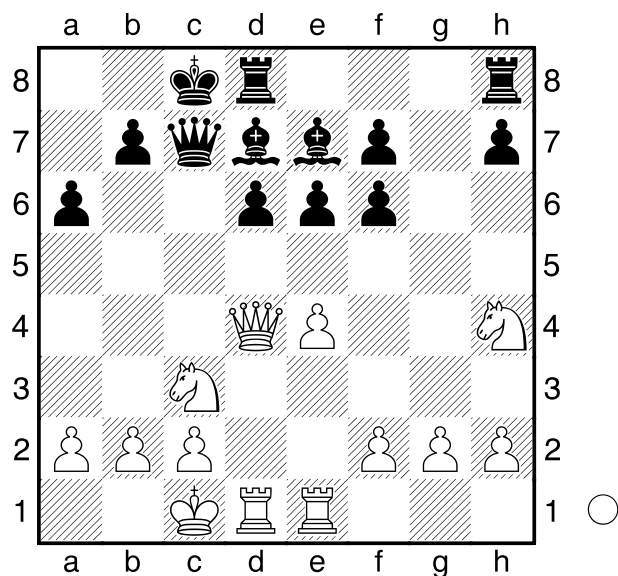


Exercício 23 ● Campeonato Mundial Sub-20



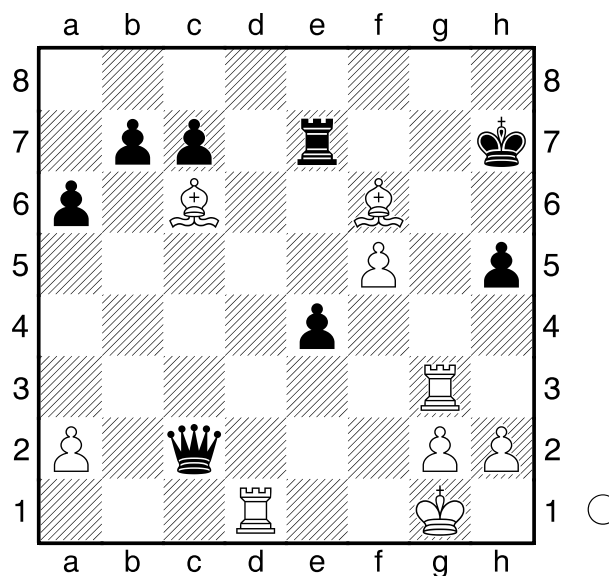
Exercício 22 ●

Campeonato Mundial Sub-20

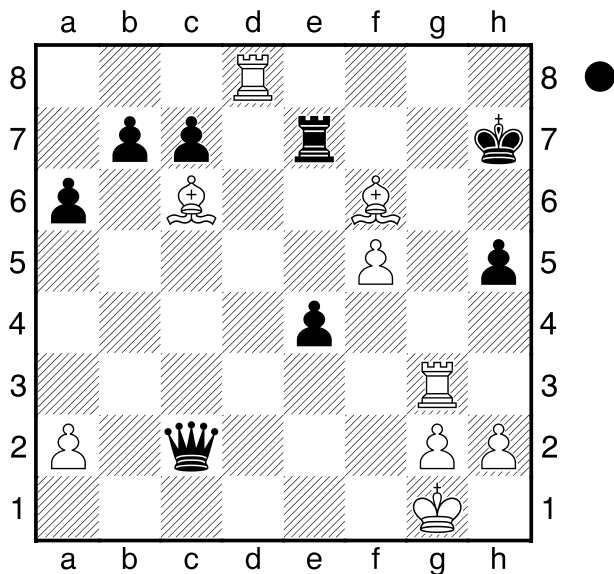


Exercício 24 ●

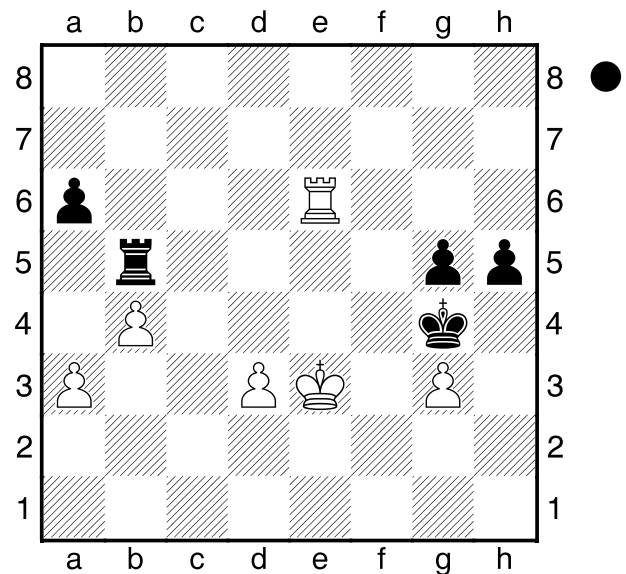
Campeonato Mundial Sub-20



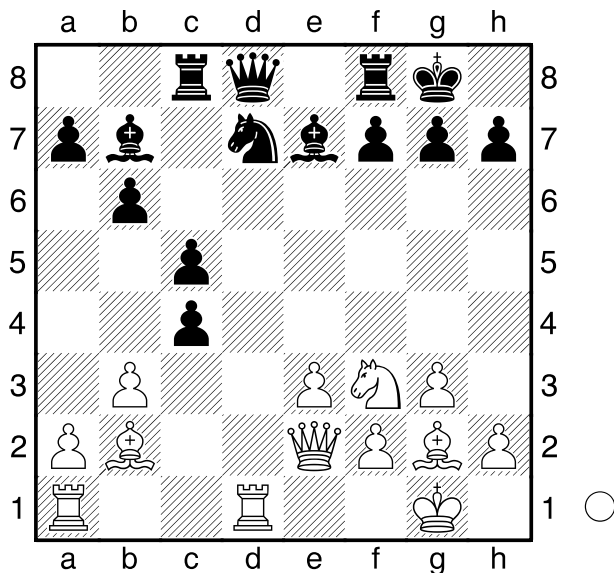
Exercício 25 ●
Campeonato Mundial Sub-20



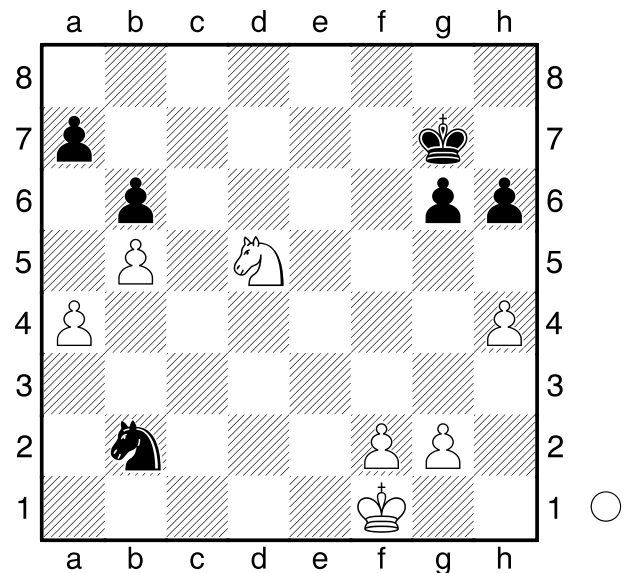
Exercício 27 ●
Campeonato Mundial Sub-20



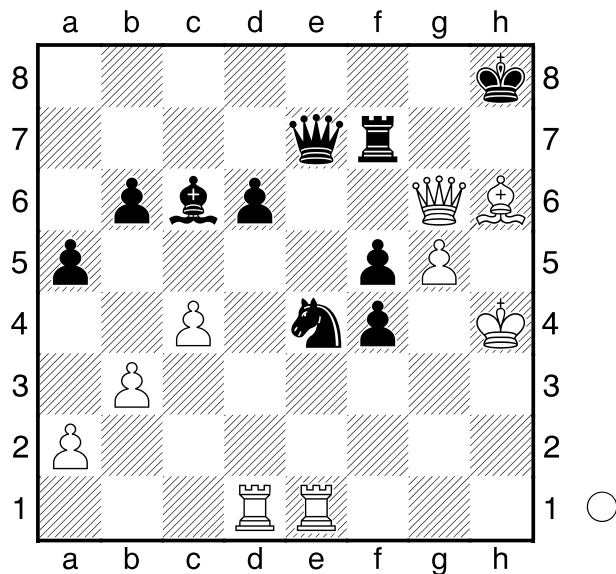
Exercício 26 ●
Campeonato Mundial Sub-20



Exercício 28 ●
Campeonato Mundial Sub-20



Exercício 29 ●
Campeonato Mundial Sub-20



Exercício 30 ●
Campeonato Mundial Sub-20

