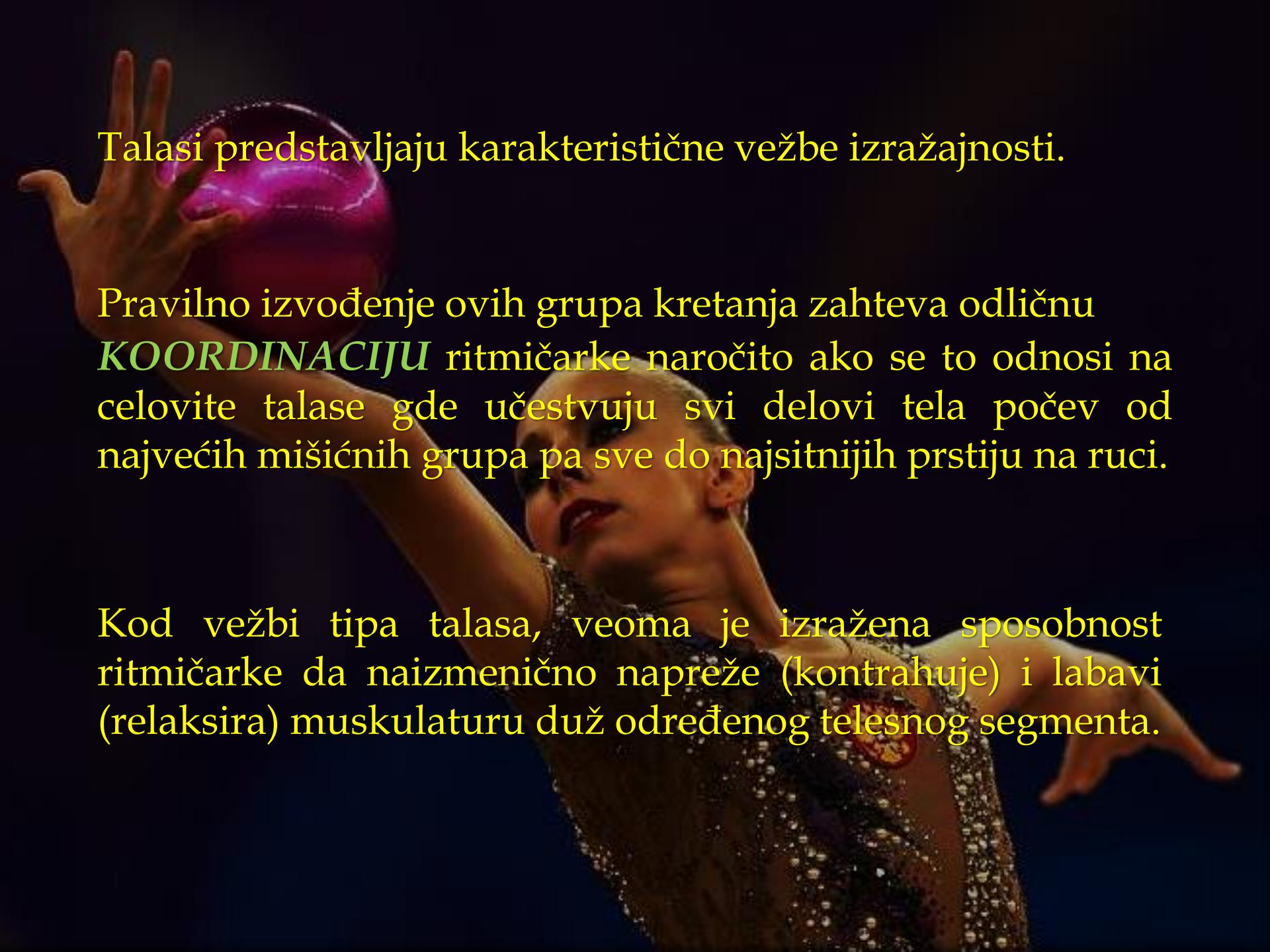




*Talasi spadaju u najlepšu i najženstveniju grupu kretanja u ritmičkoj gimnastici koja ovaj sport čine posebnim. Talasi (valovita kretanja) odaju gracioznost, prefinjenost i ženstvenost ritmičarki.*

# TALASI



Talasi predstavljaju karakteristične vežbe izražajnosti.

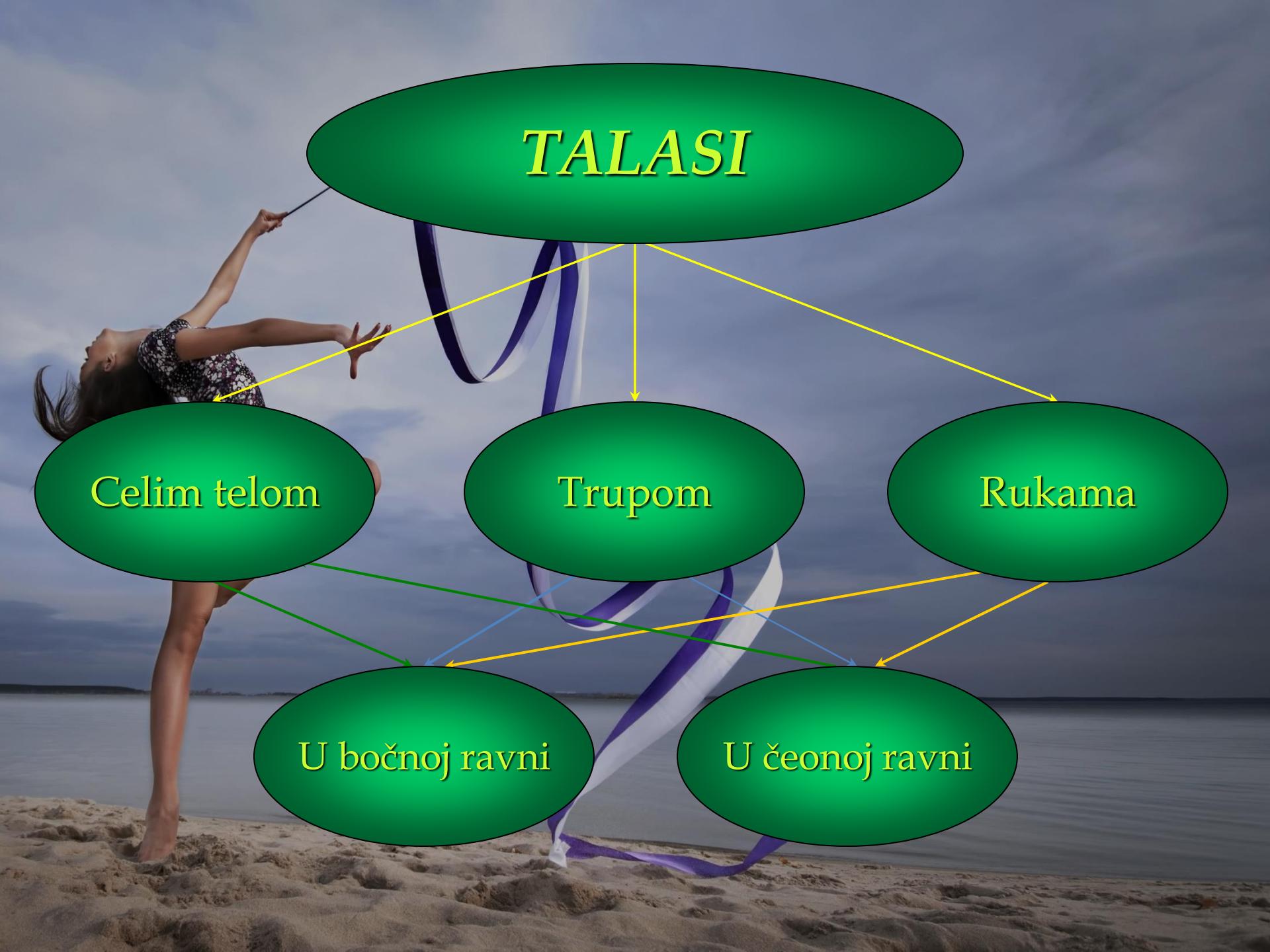
Pravilno izvođenje ovih grupa kretanja zahteva odličnu **KOORDINACIJU** ritmičarke naročito ako se to odnosi na celovite talase gde učestvuju svi delovi tela počev od najvećih mišićnih grupa pa sve do najsitnijih prstiju na ruci.

Kod vežbi tipa talasa, veoma je izražena sposobnost ritmičarke da naizmenično napreže (kontrahuje) i labavi (relaksira) muskulaturu duž određenog telesnog segmenta.

# Zahtevi dobro izvedenih talasa (valovitih kretanja):



- ✓ *Tečan i graciozan prenos impulsa kroz ekstremitete;*
- ✓ *Koordinisan pokret kontrakcije i relaksacije muskulature;*
- ✓ *Dobra amplituda u svakom pokretu;*
- ✓ *Mekoća i slivenost pokreta.*



# TALASI

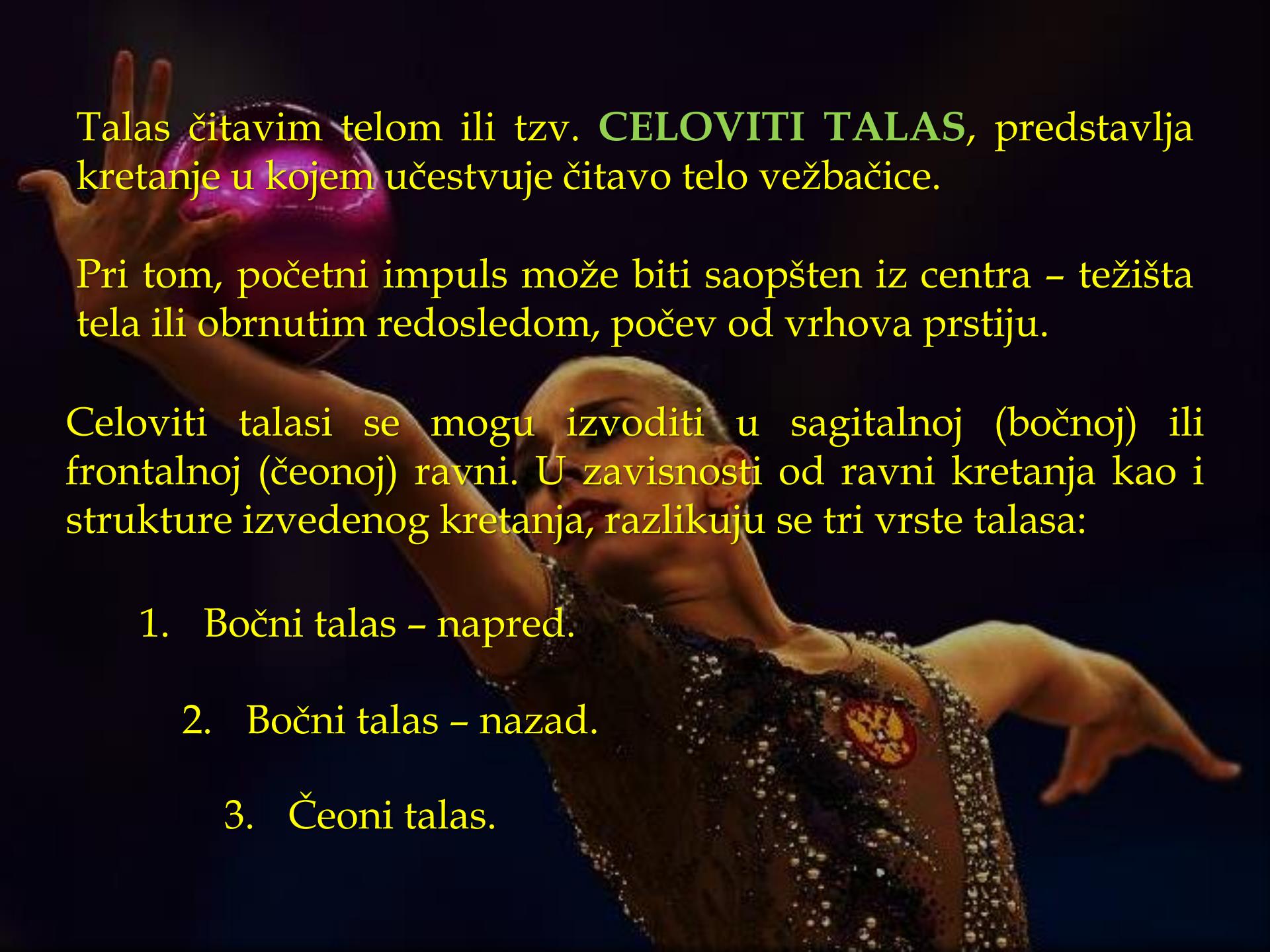
Celim telom

Trupom

Rukama

U bočnoj ravni

U čeonoj ravni



Talas čitavim telom ili tzv. **CELOVITI TALAS**, predstavlja kretanje u kojem učestvuje čitavo telo vežbačice.

Pri tom, početni impuls može biti saopšten iz centra – težišta tela ili obrnutim redosledom, počev od vrhova prstiju.

Celoviti talasi se mogu izvoditi u sagitalnoj (bočnoj) ili frontalnoj (čeonoj) ravni. U zavisnosti od ravni kretanja kao i strukture izvedenog kretanja, razlikuju se tri vrste talasa:

1. Bočni talas – napred.
2. Bočni talas – nazad.
3. Čeoni talas.

A woman with short blonde hair, wearing a dark, sequined leotard, is performing a rhythmic gymnastics routine. She is holding a large, shiny purple ball in her right hand, which is raised above her head. Her left arm is extended downwards and to the side. The background is dark, making the reflective surfaces of her outfit and the ball stand out.

**BOČNI TALAS NAPRED**

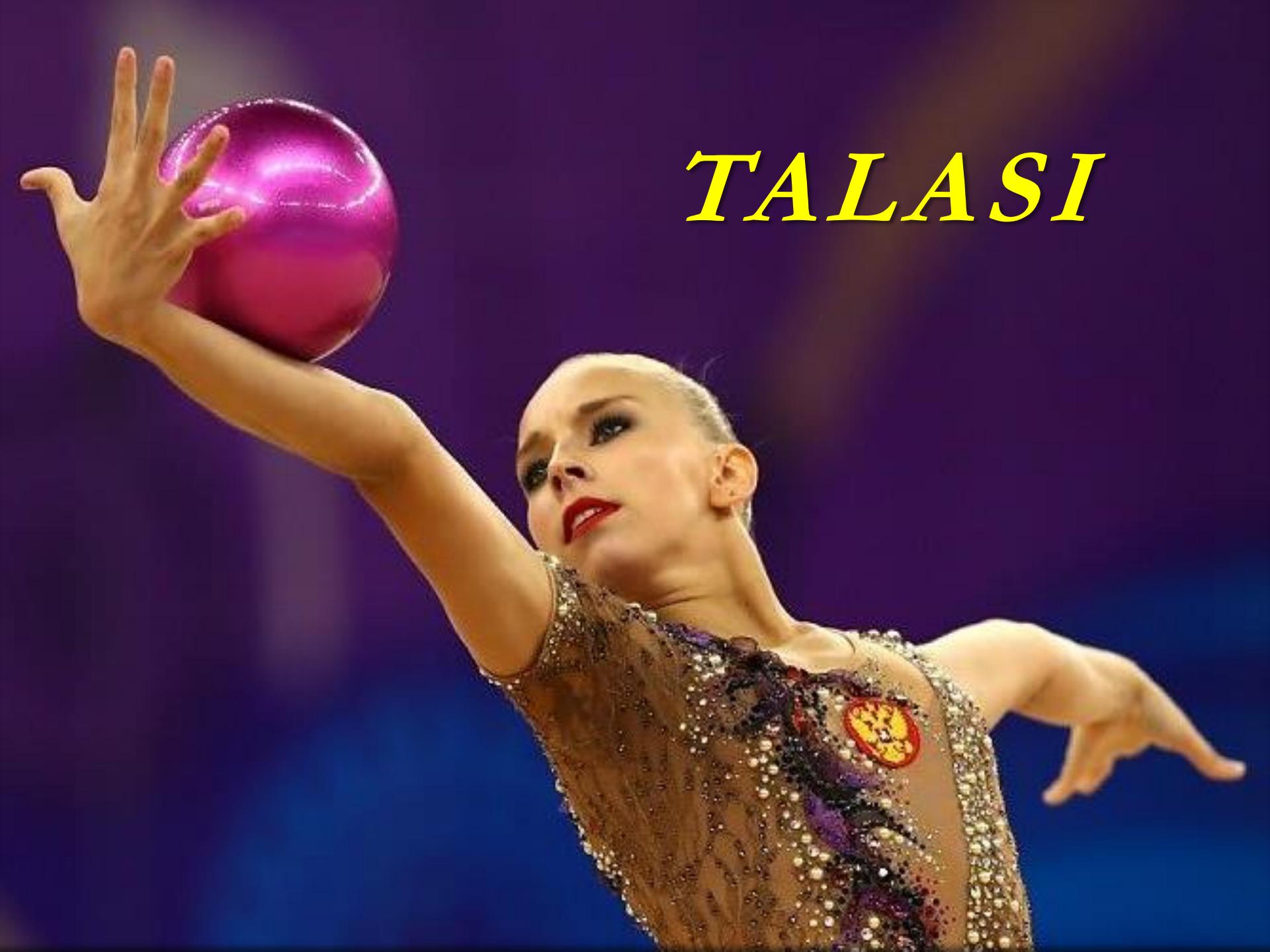
**BOČNI TALAS NAZAD**

**ČEONI TALAS**

A woman with short blonde hair, wearing a black sequined leotard with a small gold emblem on the left shoulder, is performing a rhythmic gymnastics routine. She is in a dynamic pose, holding a large, glowing purple and pink ball with both hands above her head. Her right arm is extended downwards and to the side. The background is dark, making the glowing ball stand out.

**TALAS TRUPOM**

**TALAS RUKAMA**

A female rhythmic gymnast is captured in mid-motion against a dark purple and blue gradient background. She has short blonde hair and is wearing a gold leotard with a sequined pattern and a small emblem on her left shoulder. Her right arm is raised high, holding a shiny pink ball. Her left arm is extended downwards and to the side. She is looking upwards and to the left.

*TALASI*