

Cătălin Dumitru Dorcioman  
Eva-Edith Dorcioman

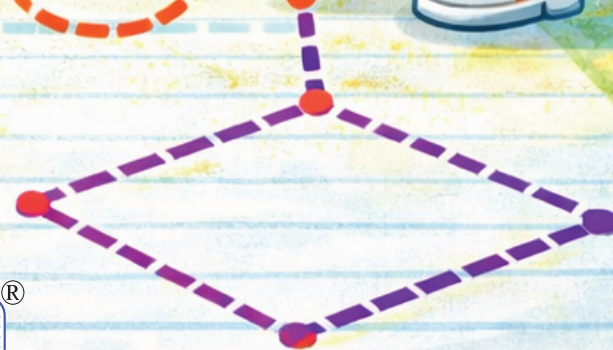
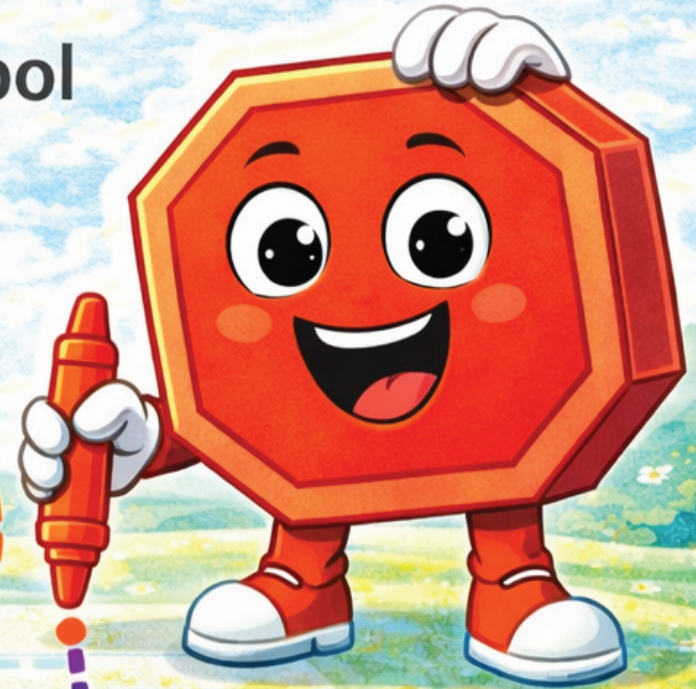
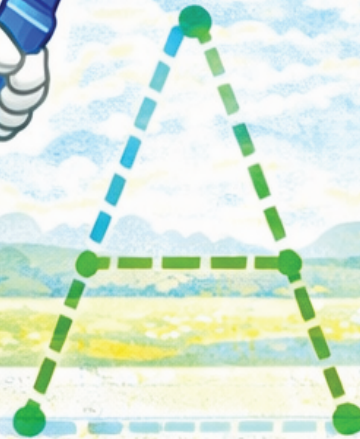
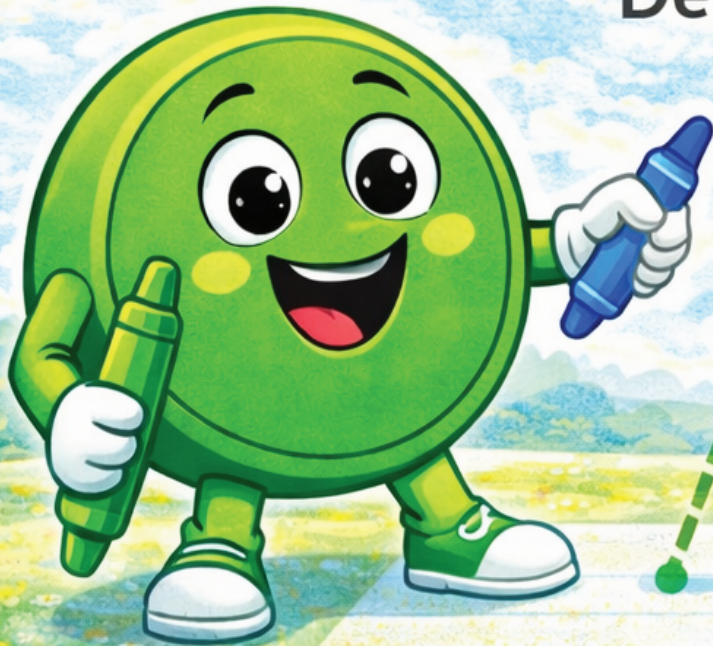


# Start • Stop



## Litere și cifre

De la mișcare la simbol



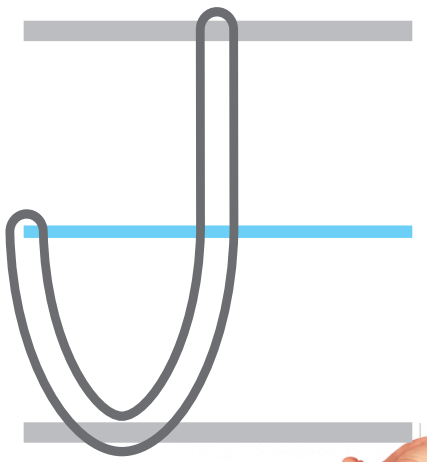
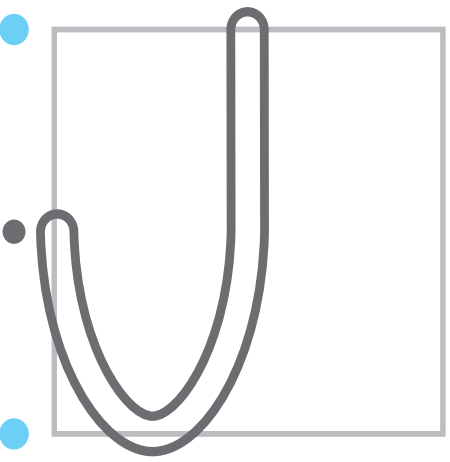
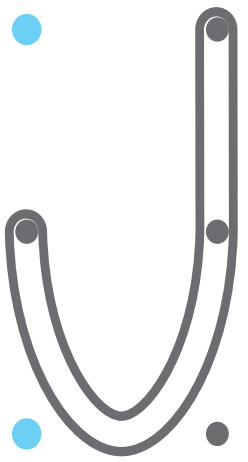
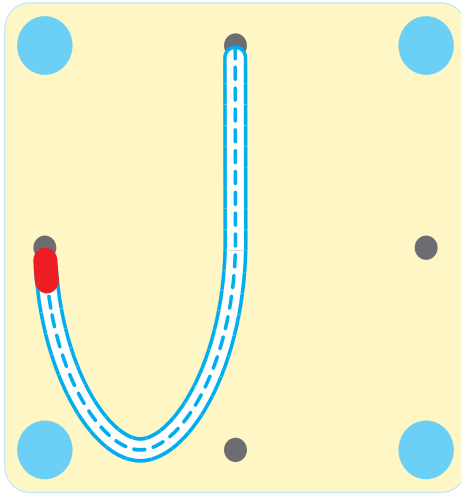
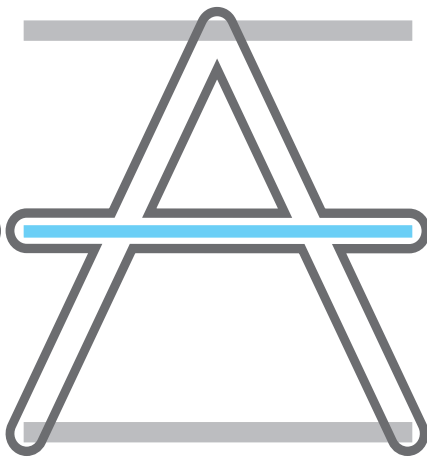
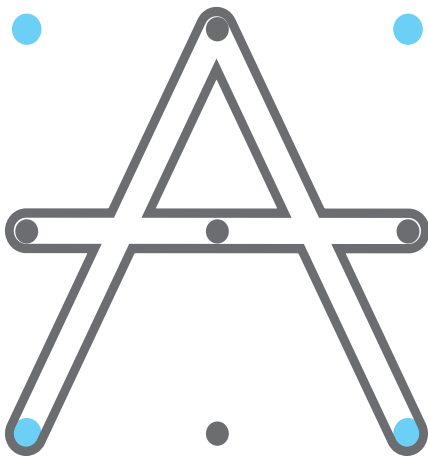
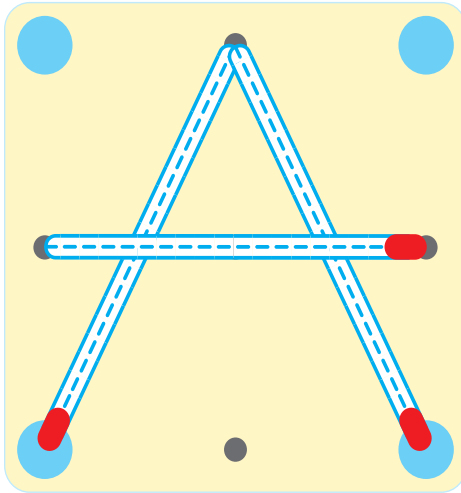
Editura



*Antrenează creierul*

Brașov, 2026

↓ 1



4 ↗

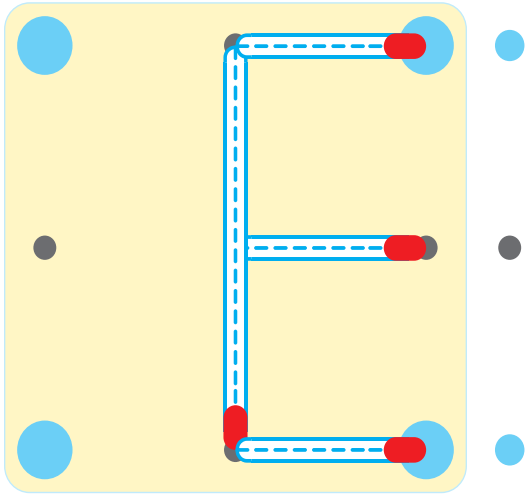
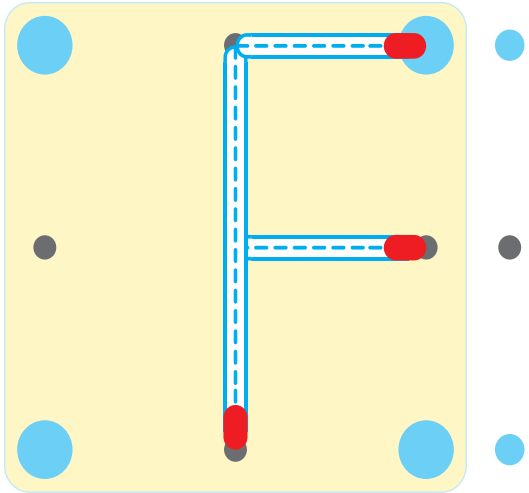
↖ 2



3 ↕

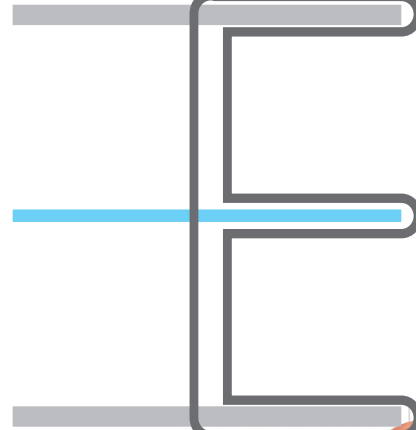
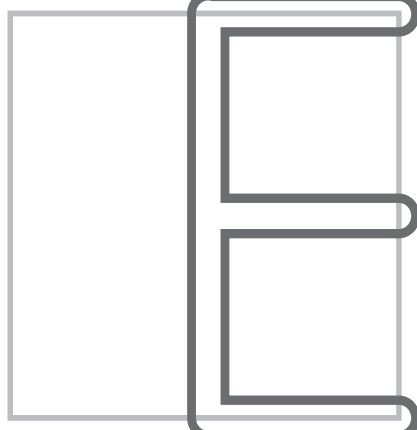
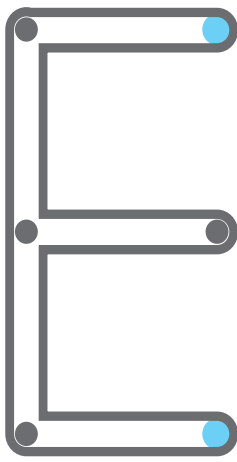
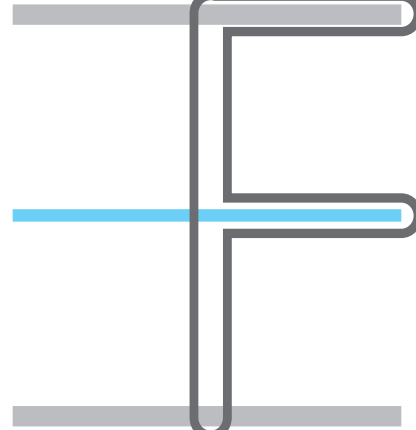
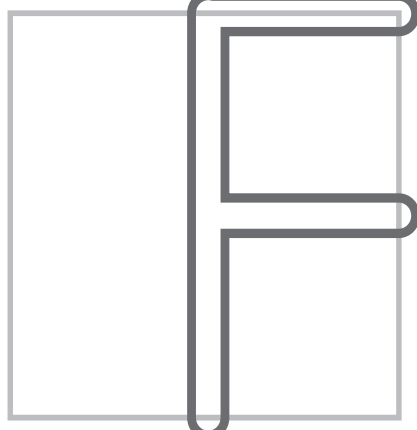
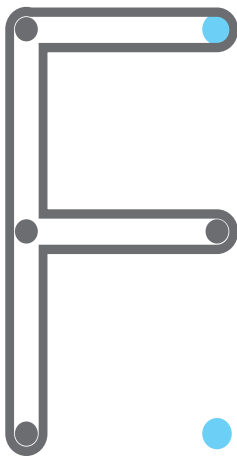


1



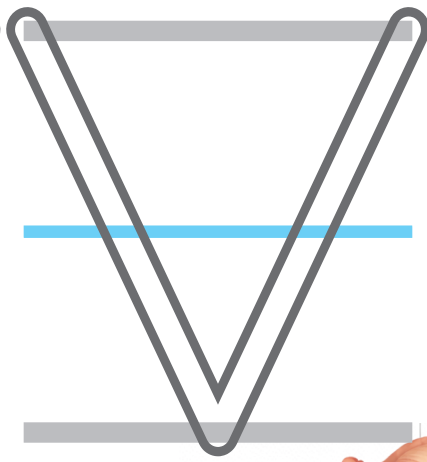
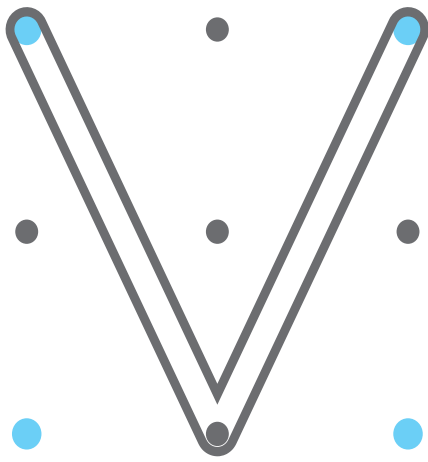
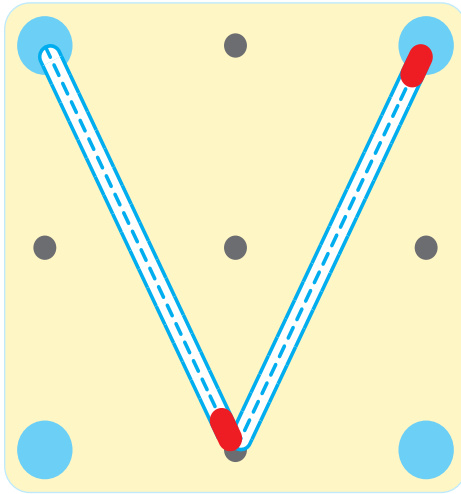
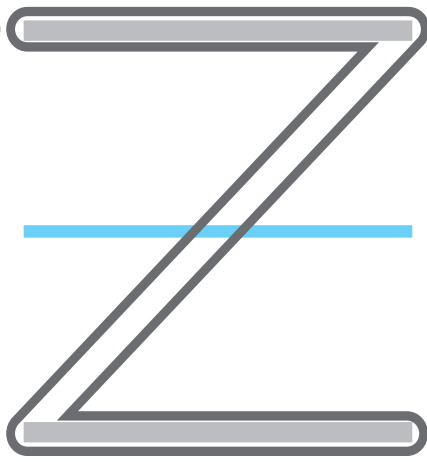
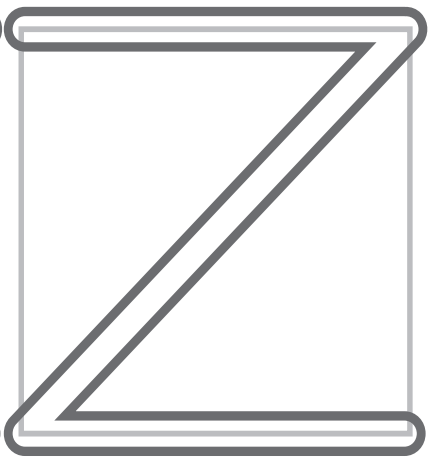
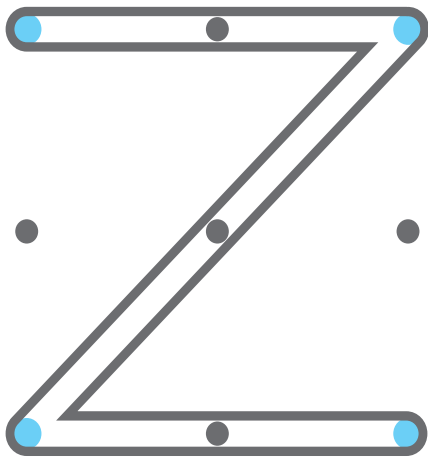
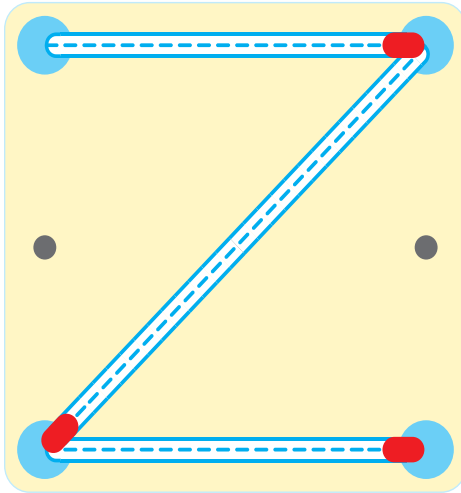
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2



3

↓ 1



4 →

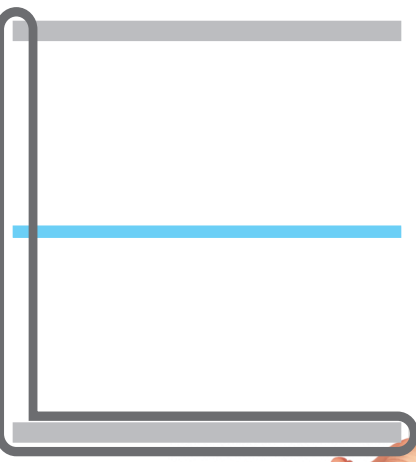
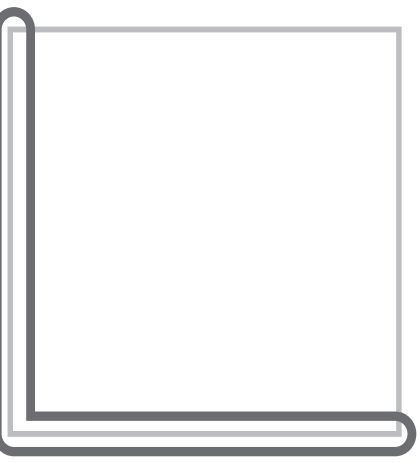
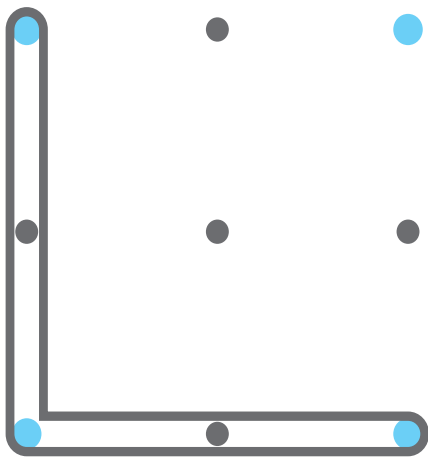
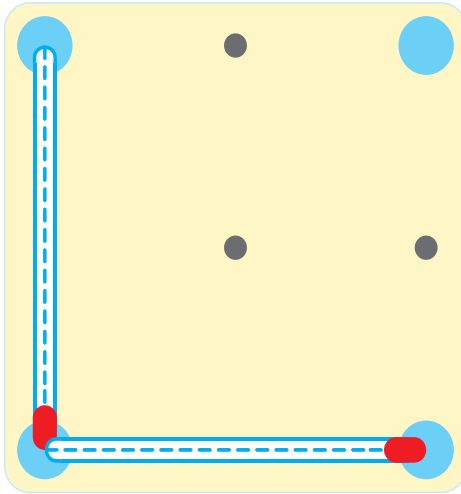
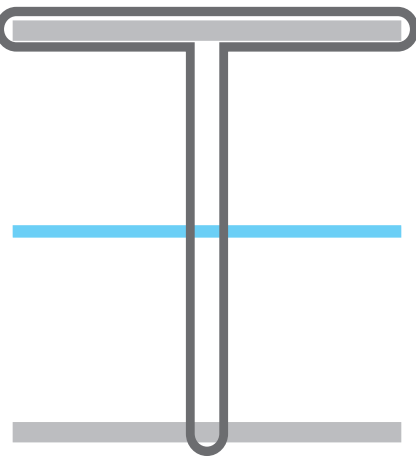
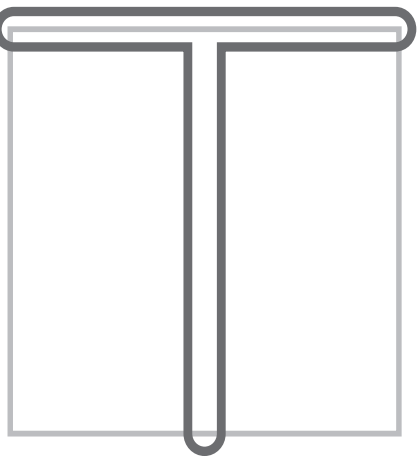
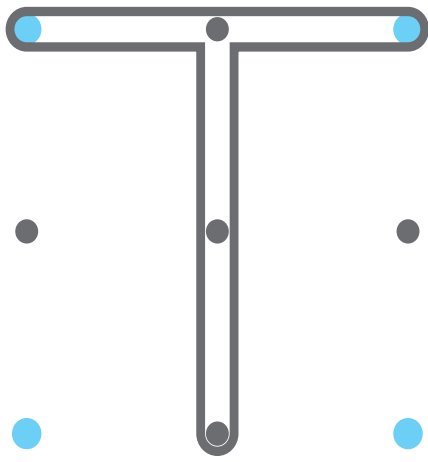
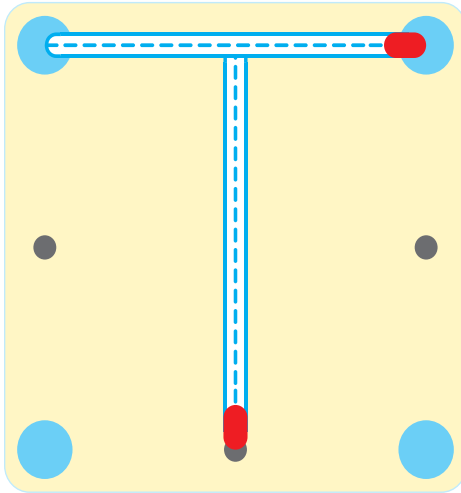
↖ 2



↕ 3

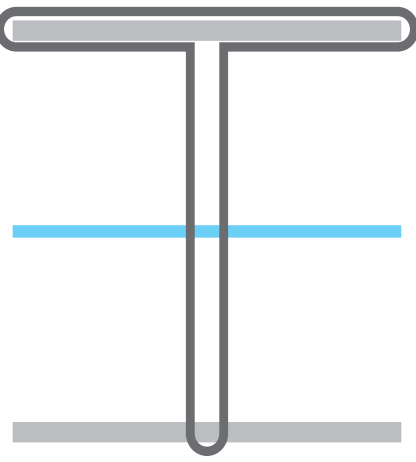
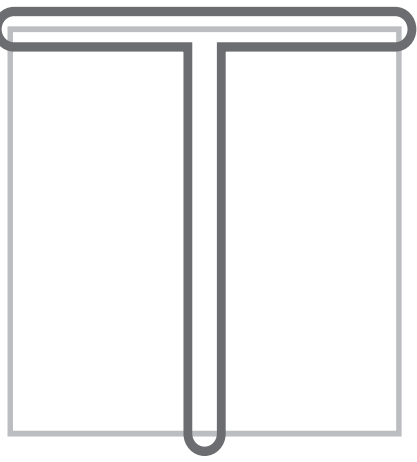
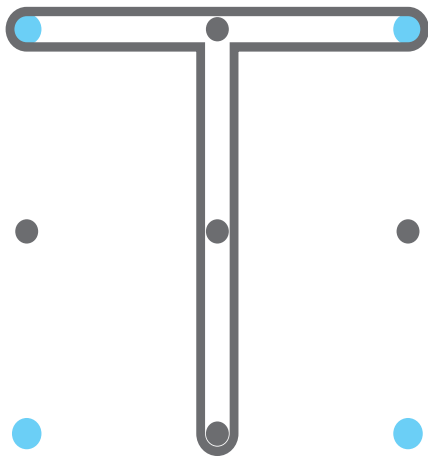


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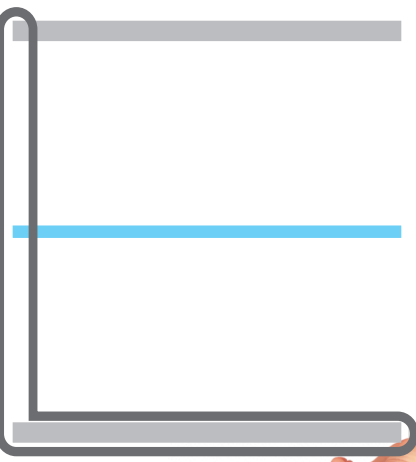
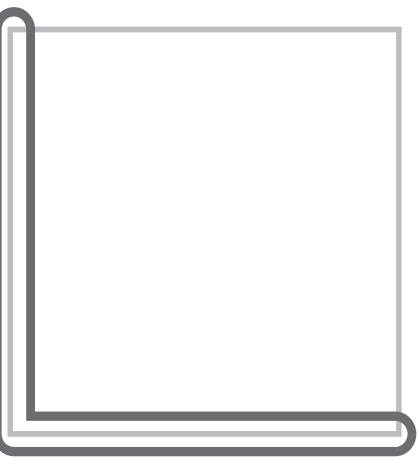
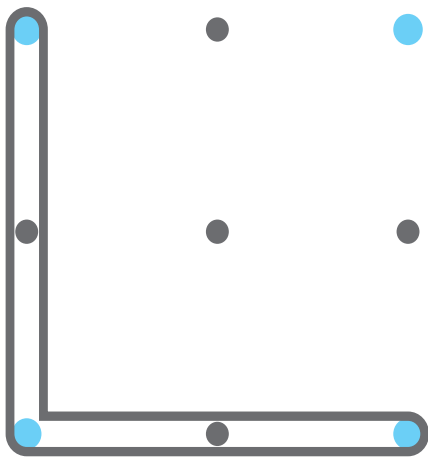


4

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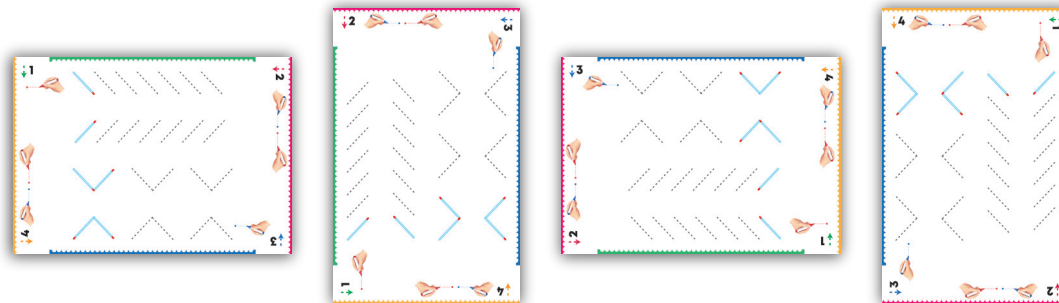


# Metoda 360° – Start · Stop · De la mișcare la simbol

Copilul nu învață să scrie repetând forme, învață să scrie înțelegând mișcarea.

Metoda 360° are:

- un început clar (săgeata)
- un final clar (punctul roșu)
- o mișcare care se adaptează atunci când foaia se rotește



Aceeași formă nu se face niciodată la fel.  
Pentru că poziția se schimbă.  
Pentru că mâna se schimbă.  
Pentru că creierul decide din nou.

Metoda face diferența dintre: copiere mecanică și învățare reală.

Rotația foii transformă:

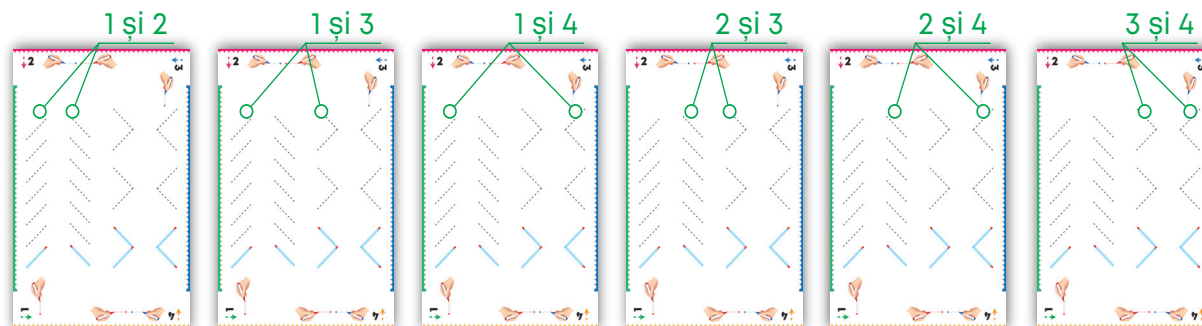
- sus-jos în stânga-dreapta
- automatismul în flexibilitate
- exercițiul în experiență

Nu contează dacă forma „iese frumos”.  
Contează să fie parcursă din start până la stop.

Exercițiile se fac gradual:

- Ritmul 1 – o singură mână (siguranță)
- Ritmul 2 – cealaltă mână (echilibru)
- Ritmul 3 – ambele mâini (integrare)

Pentru diversificare puteți lucra după schemă.



Nu săriți peste etape.

Reluați ordinea 1-2-3 ori de câte ori este nevoie.

O singură carte.


**40 trasee unice** Start-Stop,  
până la **560 moduri de exersare**  
(prin rotație și combinații de trasee)



ISBN

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Antrenează creierul



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