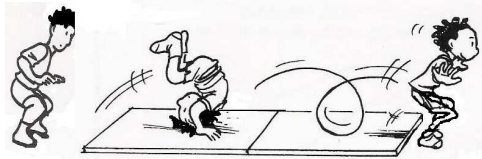
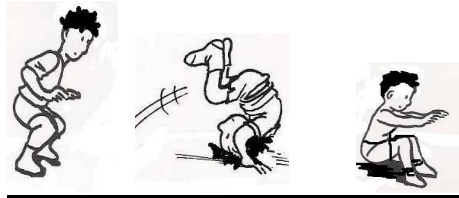
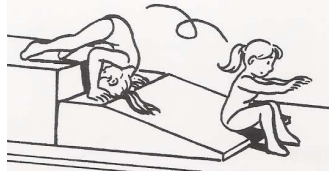


Groupe 4 : _____

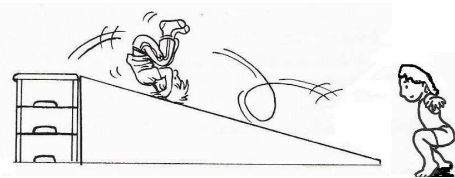
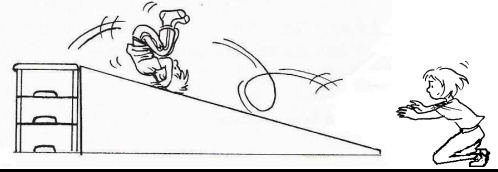
Création libre

Vignettes à découper :

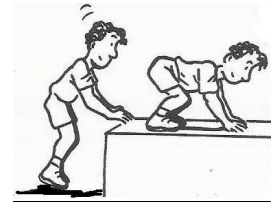
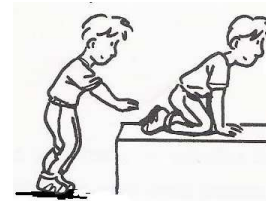
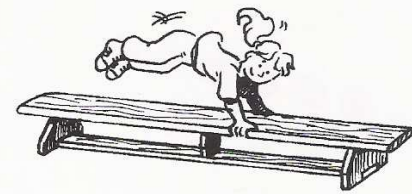
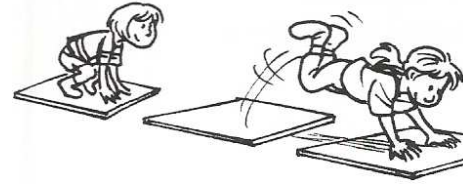
Rouler vers l'avant



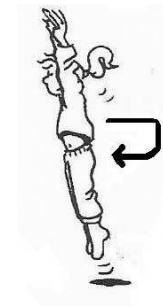
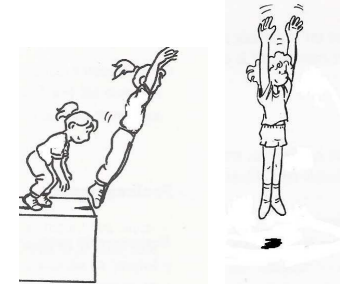
Rouler vers l'arrière



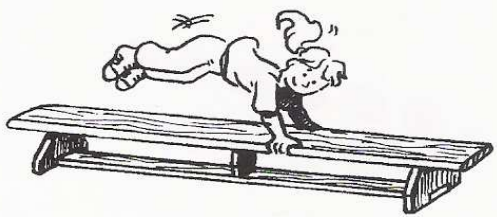
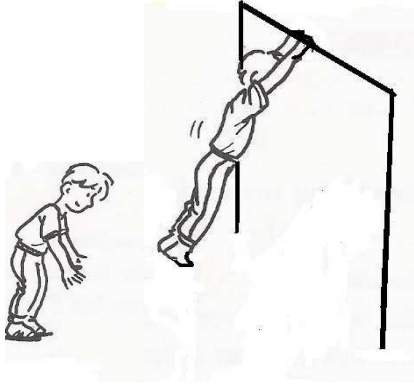
Franchir



Sauter vers le haut
départ surélevé, appel pieds joints et réception équilibrée pieds joints sur tapis

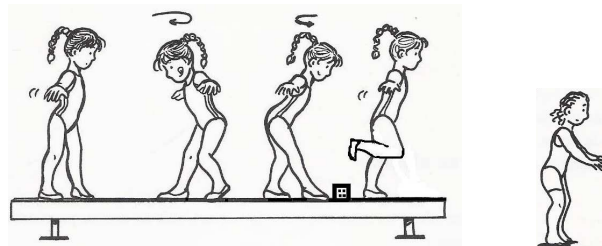
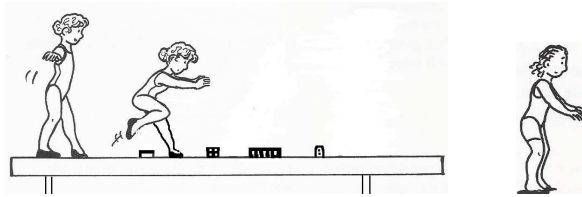
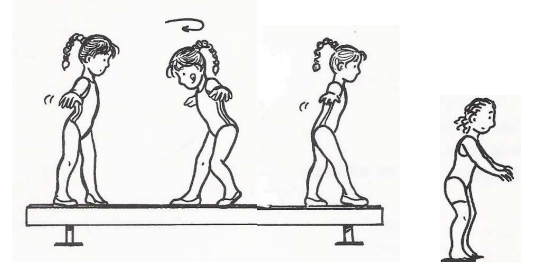
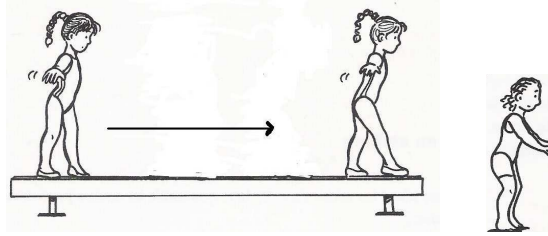


Se balancer ou se renverser

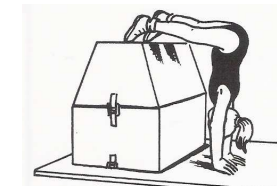
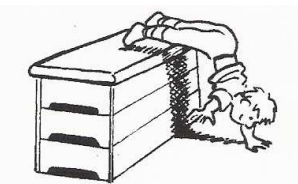
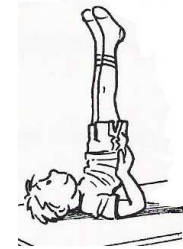
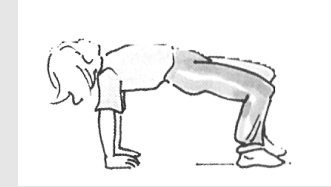


S'équilibrer sur la poutre

avec une sortie par un saut et une réception équilibrée



S'équilibrer

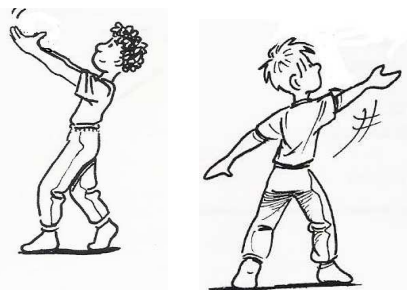


Exemples de quelques éléments de liaison

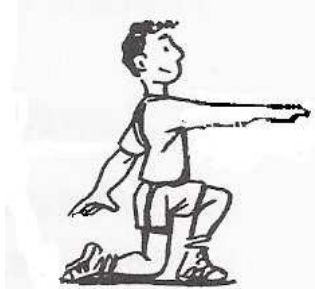
Mouvement jambes en fente avant



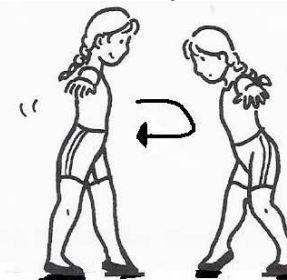
Mouvements de bras debout



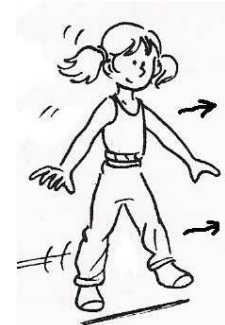
Mouvement de bras un genou au sol



Demis tours et tours simples (sans saut)



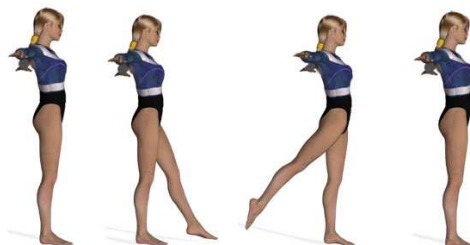
Pas chassés



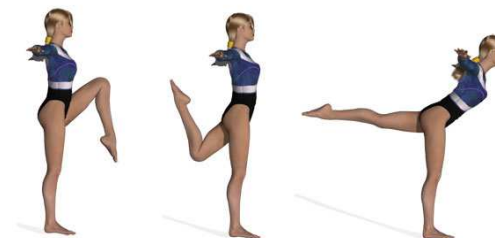
Demi-tour avec saut



Pas avant



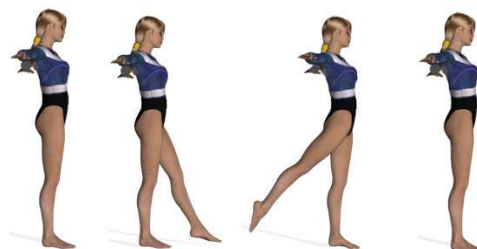
Mouvement planche avant



Demi-tour sur un pied



Arabesque



Attitude poutre



