

Groupe 1 : _____

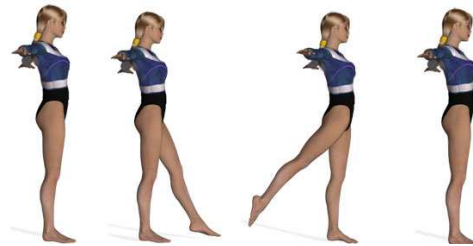
Vignettes à découper :

Éléments de liaison imposés + choix de 4 à 7 actions

Demi-tour avec saut



Pas avant



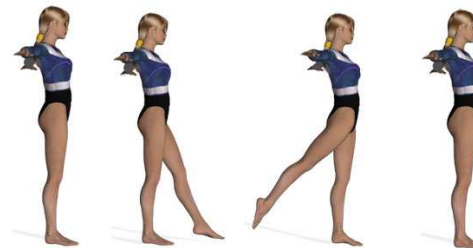
Mouvement planche avant



Demi-tour sur un pied



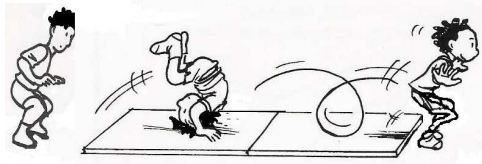
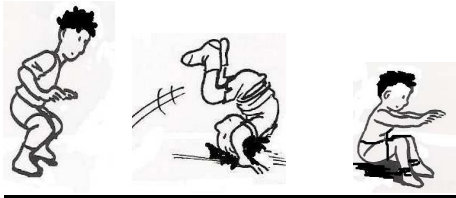
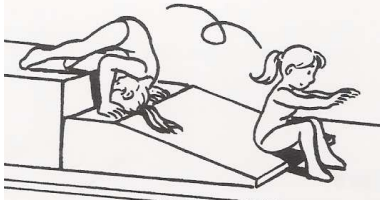
Arabesque



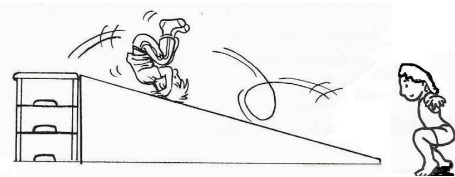
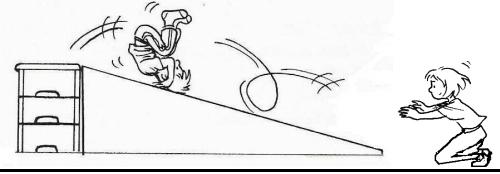
Attitude poutre



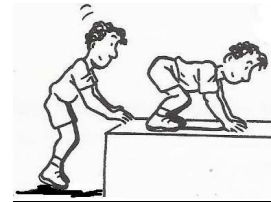
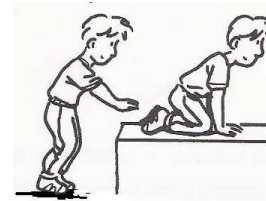
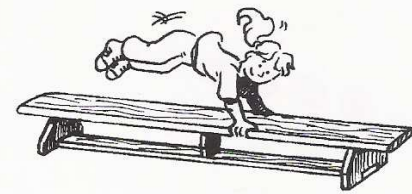
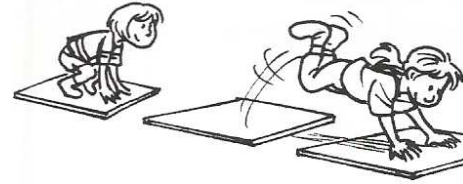
Rouler vers l'avant



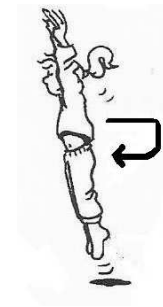
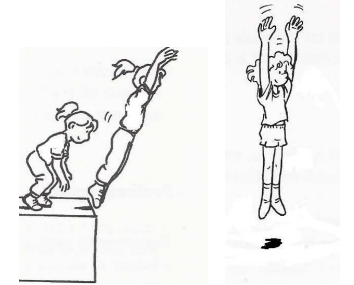
Rouler vers l'arrière



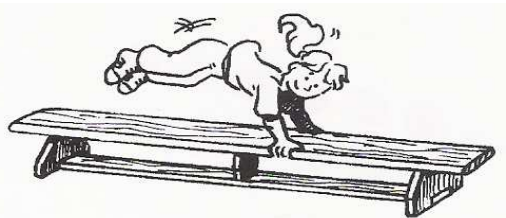
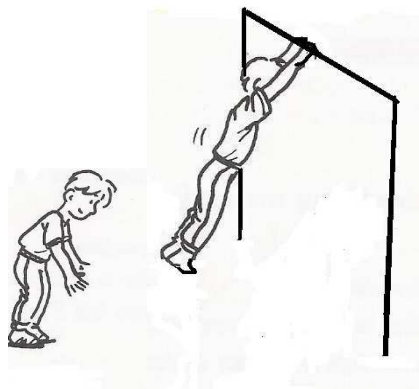
Franchir



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

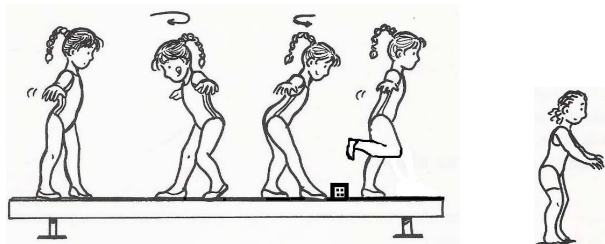
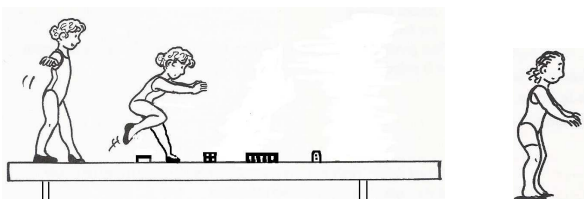
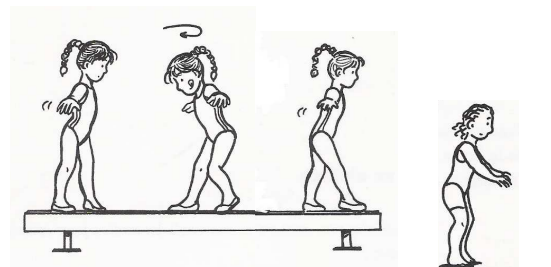
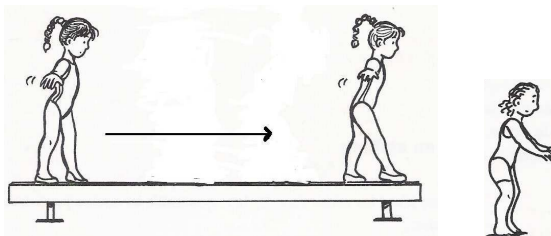


Se balancer ou se renverser



S'équilibrer sur la poutre

avec une sortie par un saut et une réception équilibrée



S'équilibrer

