

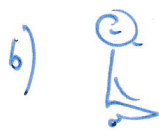



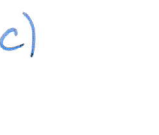
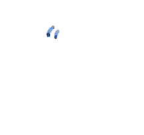
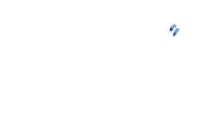





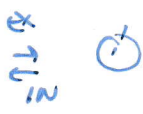
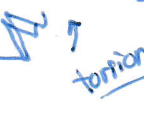
Thème : les torsions

1) a)   } • plusieurs fois

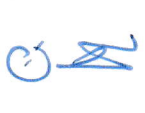

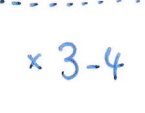

b)    

c)      torsion

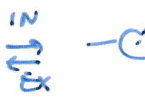
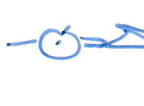
• rép. chaque côté
• dernière rép. : +1R

2)      torsion





a) rép. chaque côté qqfois

3) a)   genoux  x 3-4  torsion



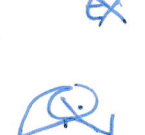
• d'abord +1R chaque côté
• puis +3R " "

b)   • étirement côté droit ; gauche
• alterner plusieurs fois


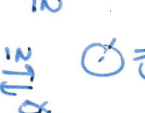
observation

4)    bras gauche genou droit torsion 

• d'abord +2R

5)    • fluidité
• plusieurs fois

• puis +3-4R chaque côté

6)   • légèreté, fluidité ; qqfois

 Relaxation ...  gratitude