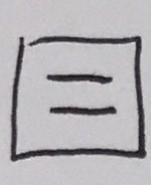
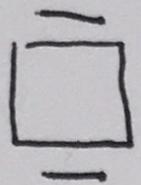


# Parcours à la craie

  pieds joints - pieds écartés

= || = || saut 45°

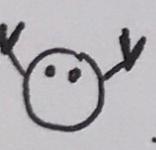
- | - | - | - | → sauter loin



1 tour sur soi-même

• • • • pointes de pieds

 | | | | sauts de lapin

 pieds  
maius crebe

 sauter haut

 Sw 1 pied