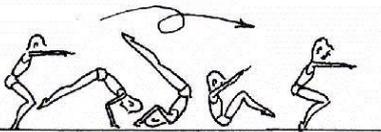


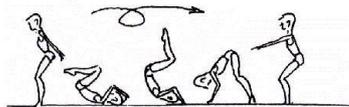
Difficultés A,B,C

L'élève du tronc commun doit pouvoir organiser, présenter et réaliser un enchaînement composé de 2A+3B+2C

Difficulté A :



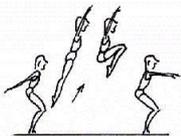
1- Roulade avant jambes groupées



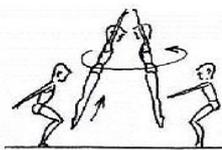
2- Roulade arrière jambes groupées



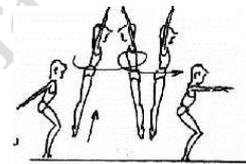
3- Planche écrasée



4- Saut jambes groupées

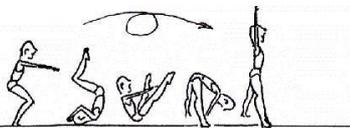


5- Saut avec demi-tour



6- Saut avec tour complet

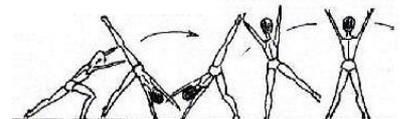
Difficulté B :



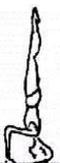
1- Roulade avant jambes écartées



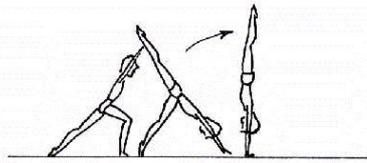
2- Roulade arrière jambes écartées



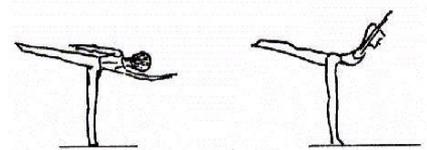
3- Roue



4- Appui fléchi renversé
A.F.R

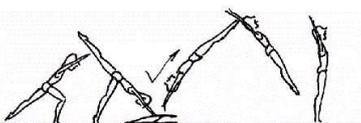


5- Appui tendu renversé
A.T.R

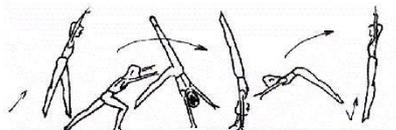


6- Planche latérale ou faciale

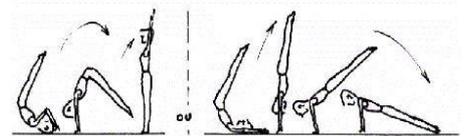
Difficulté C :



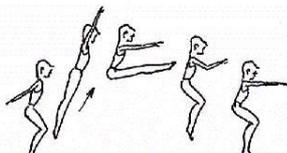
1- Saut de main



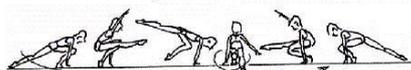
2- Rondade



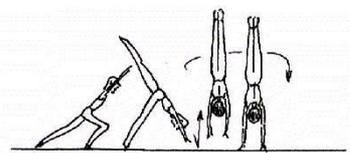
3- Roulade arrière jambes tendues



4- saut jambes écartées



5- cercle d'une jambe



6- A.T.R avec quart de tour

www.epsmaroc.ma