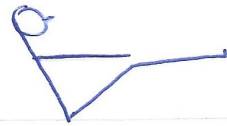
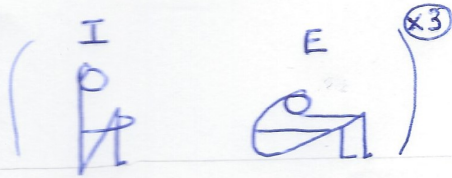


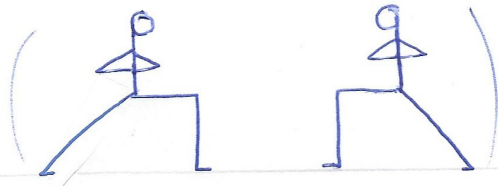
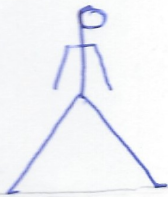
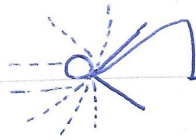
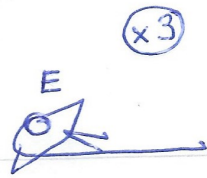
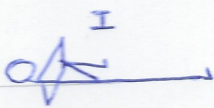
Séance 13 (suite séance 12)



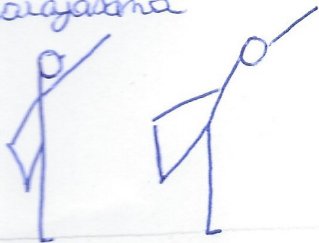
3 fois l'enchaînement



demi-pont : avec déplacement des bras progressif.



Natarajama



le héros

