

LES

TECHNIQUES

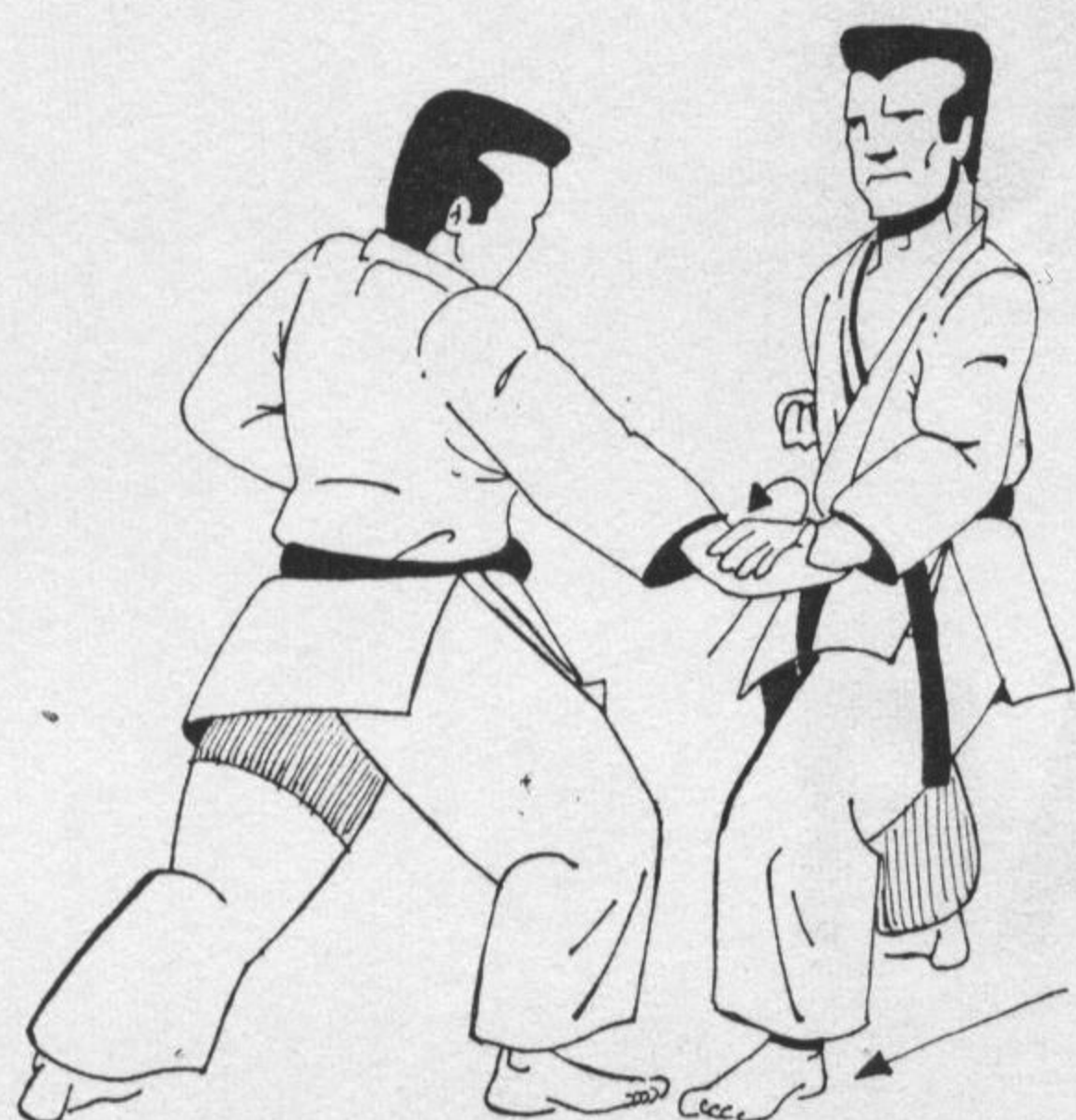
DE BASE PAR

PROJECTIONS



Projection 1

- 1/ Fauchage de jambe arrière



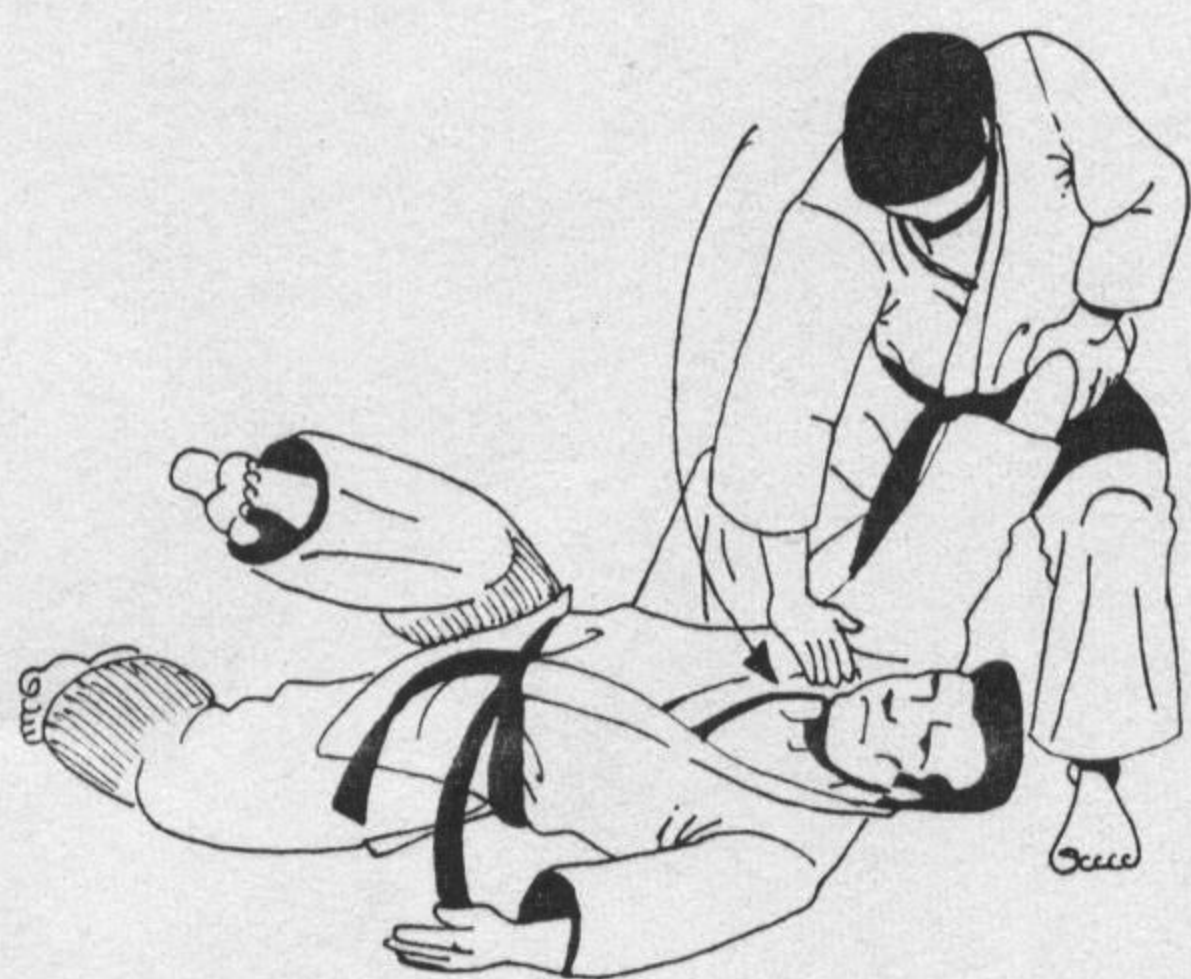
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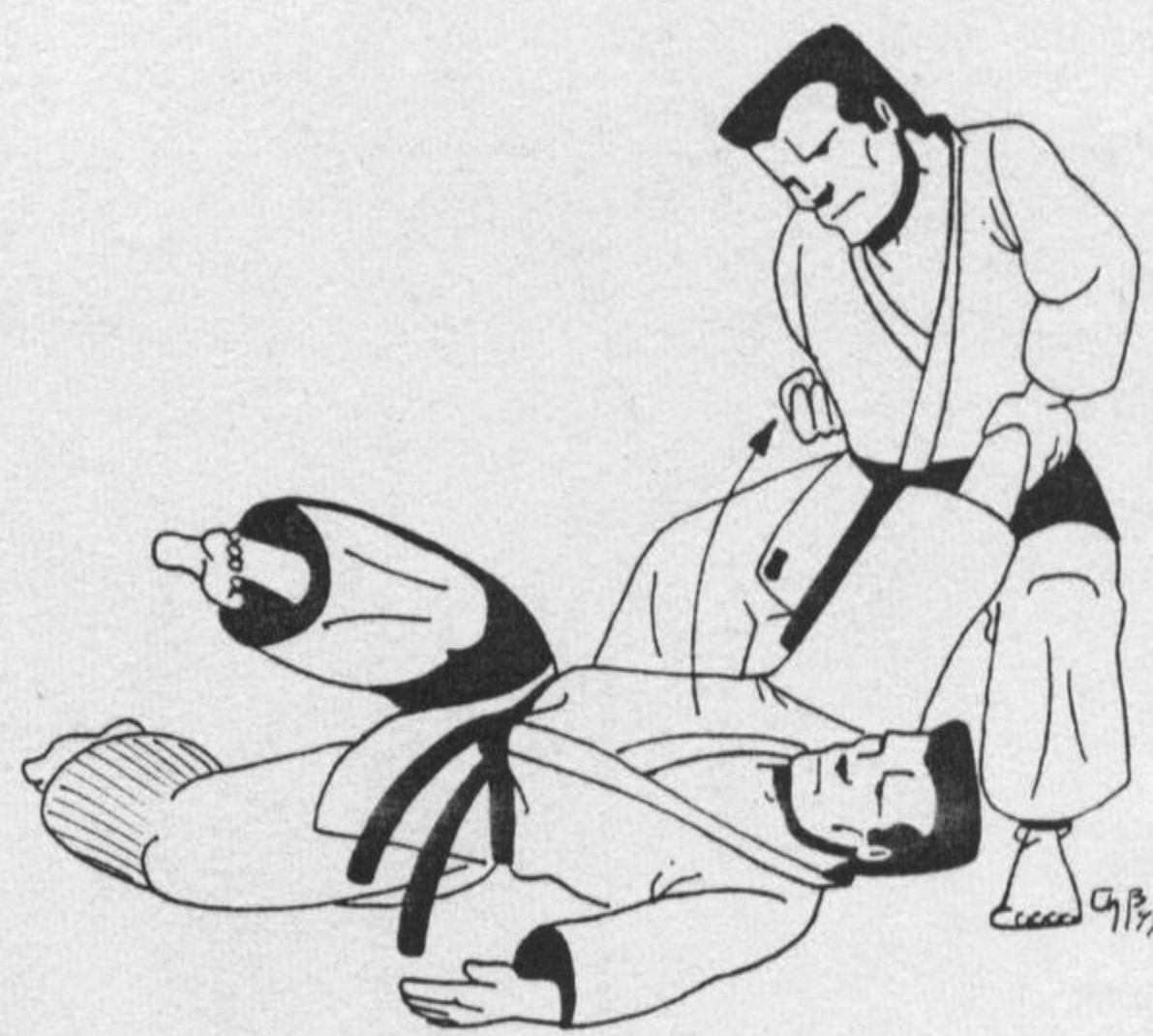
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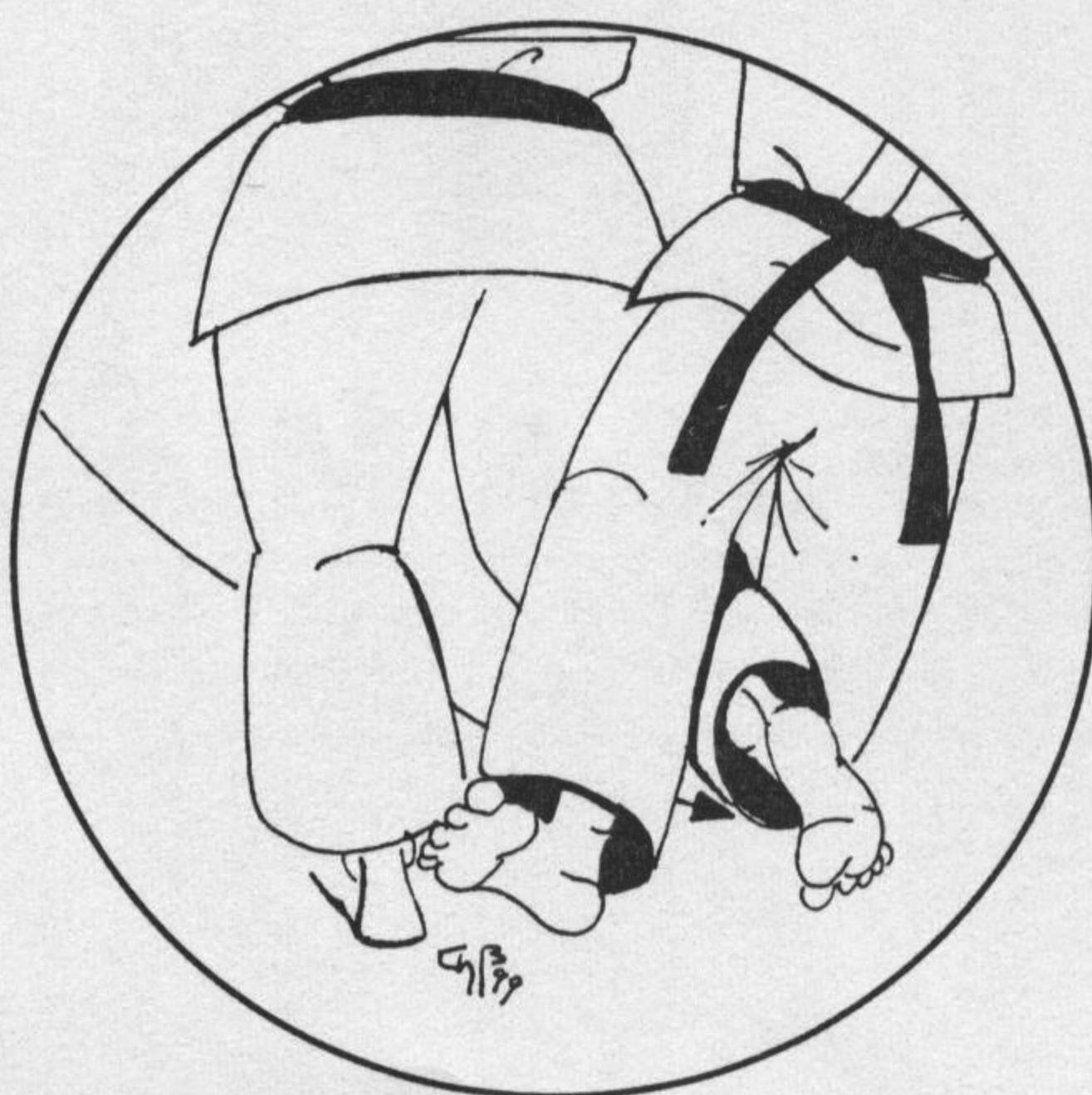
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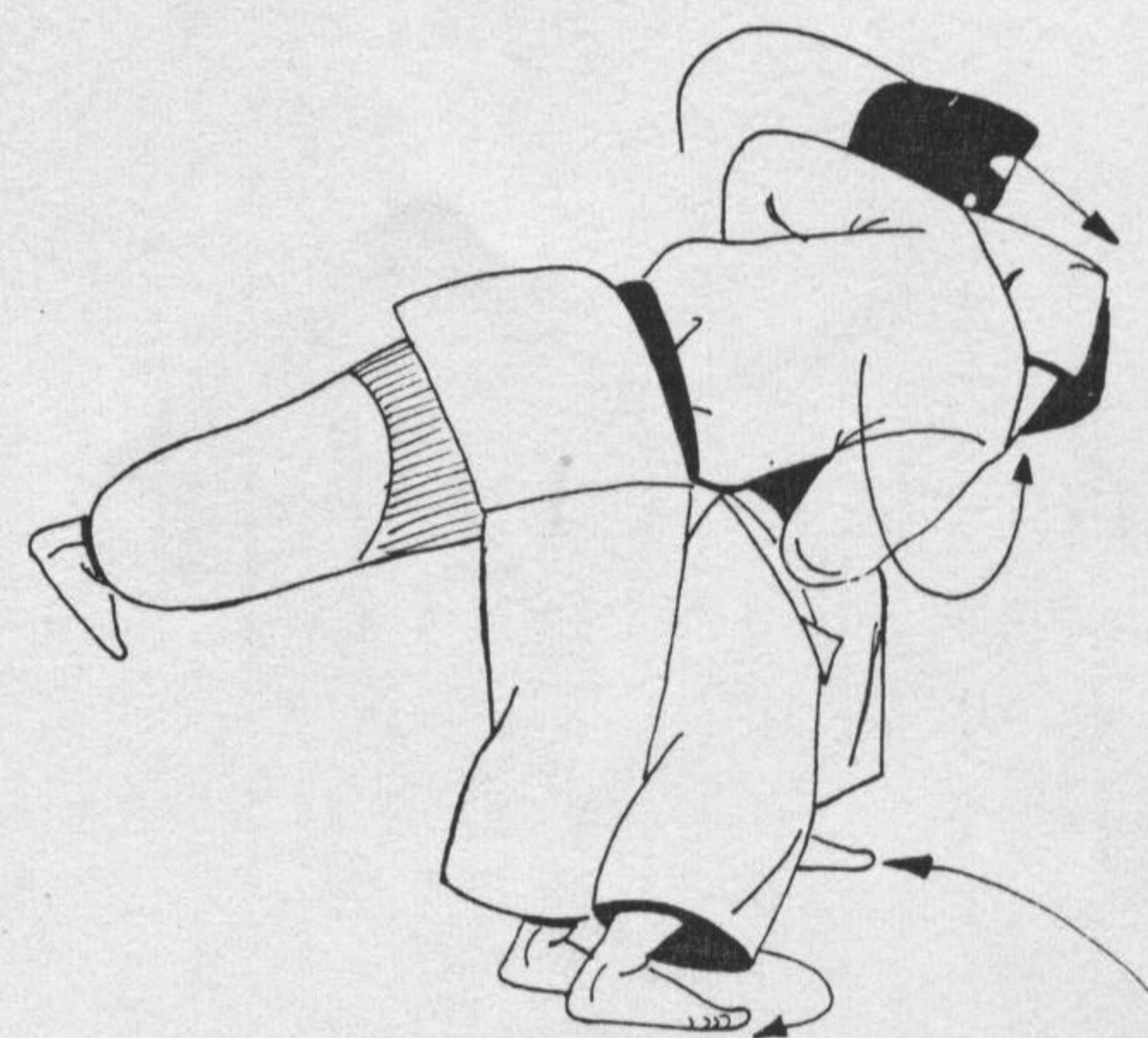


Projection 2

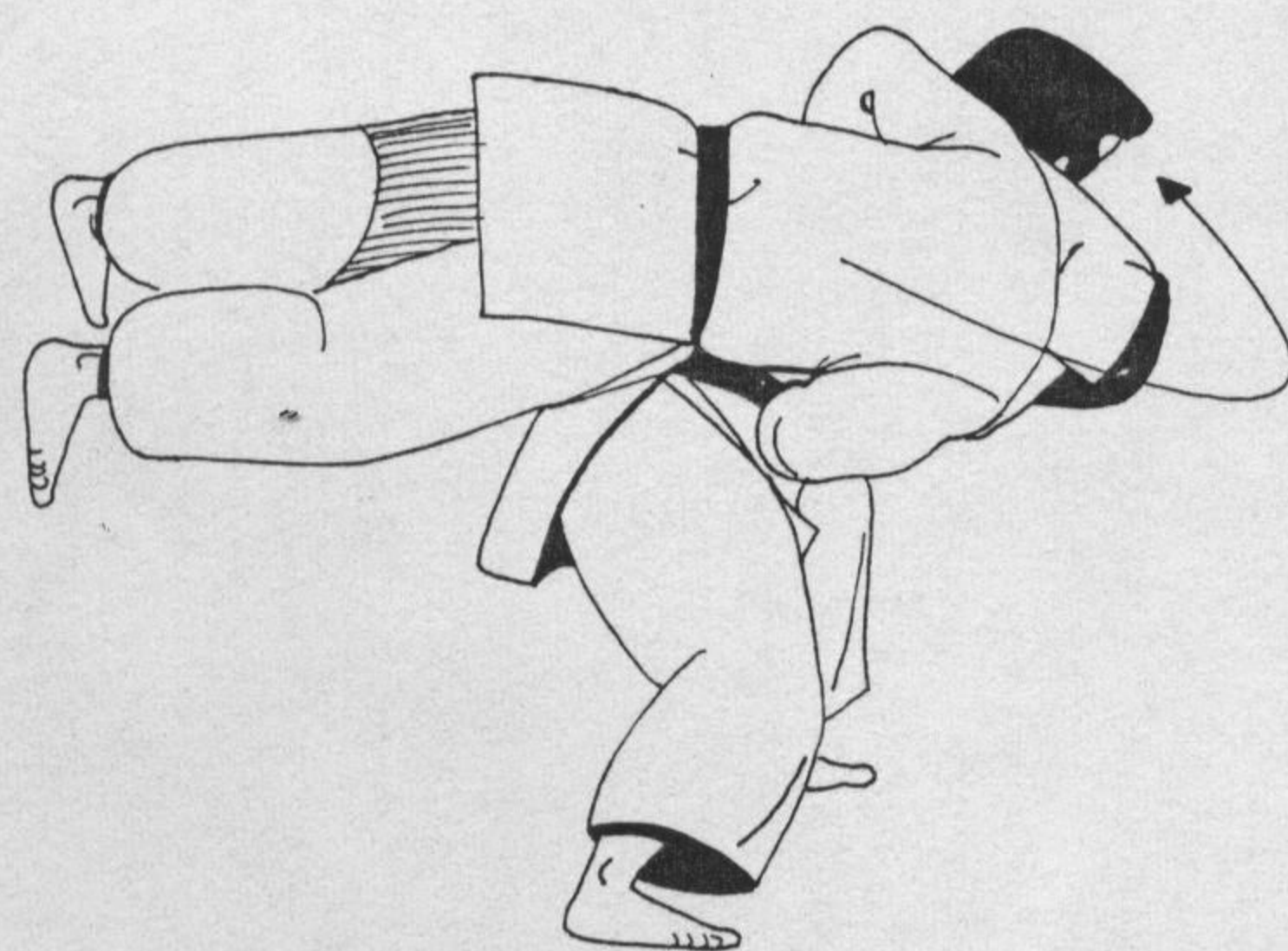
- 2/ Fauchage avec jambe en barrage



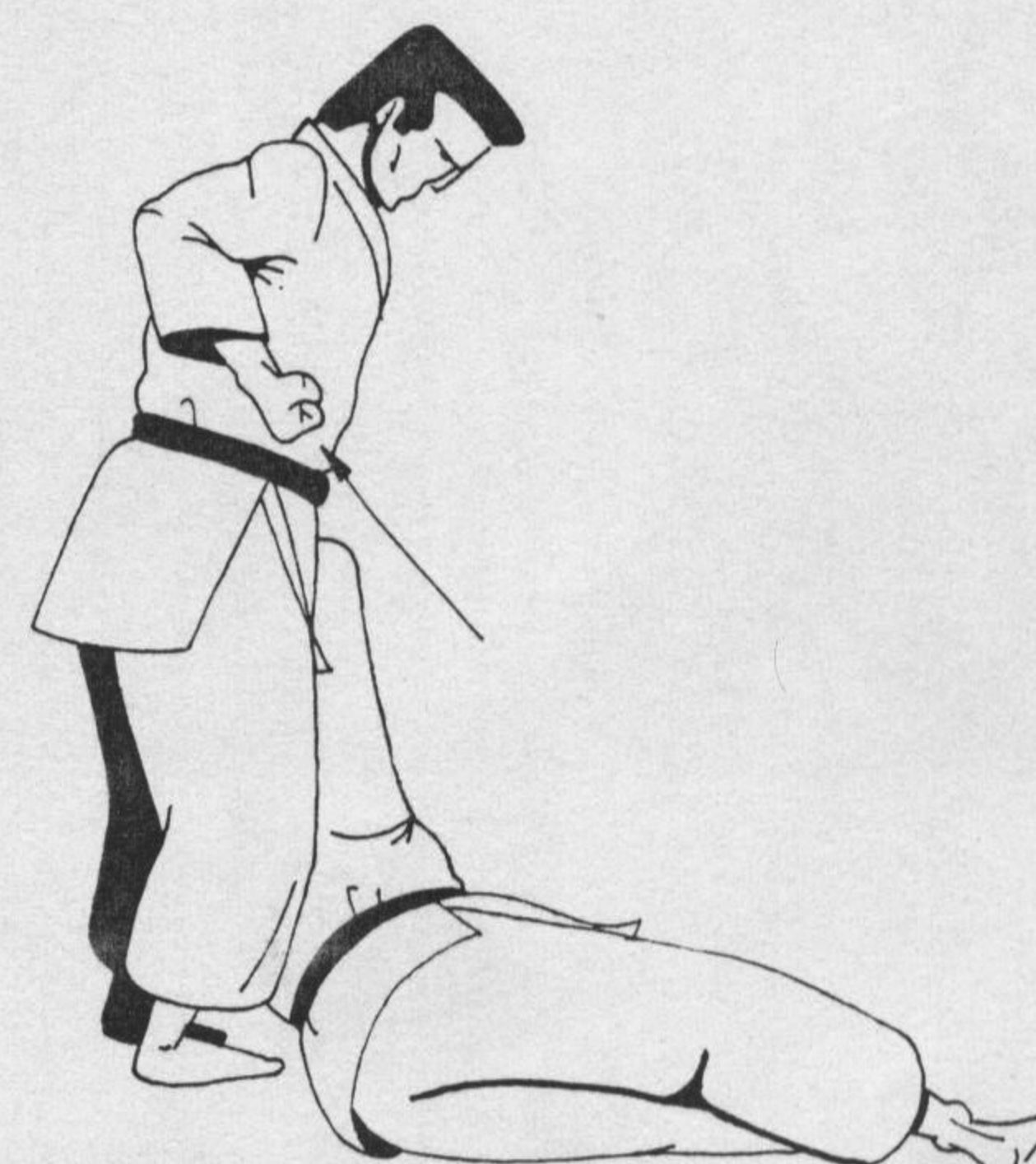
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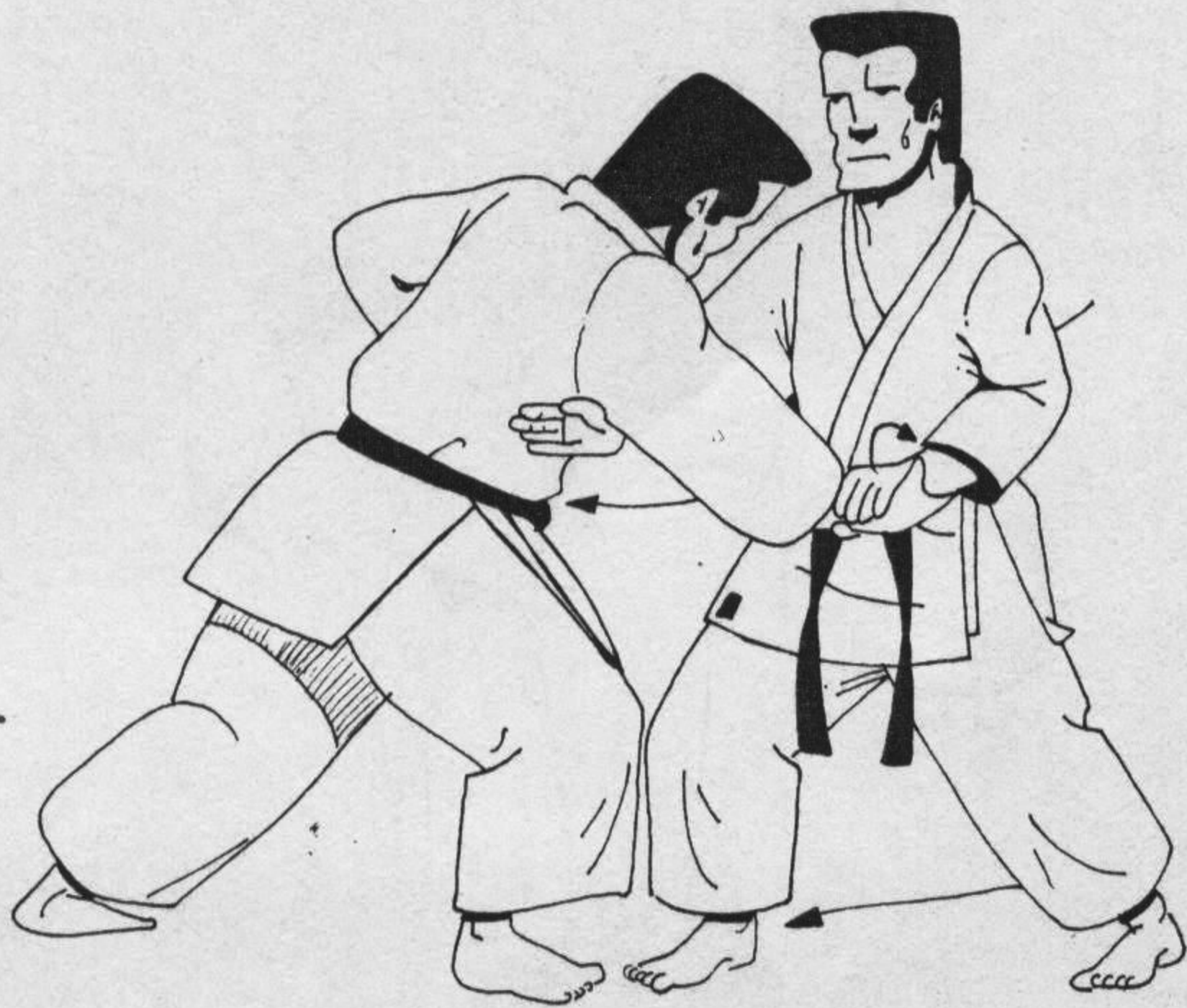
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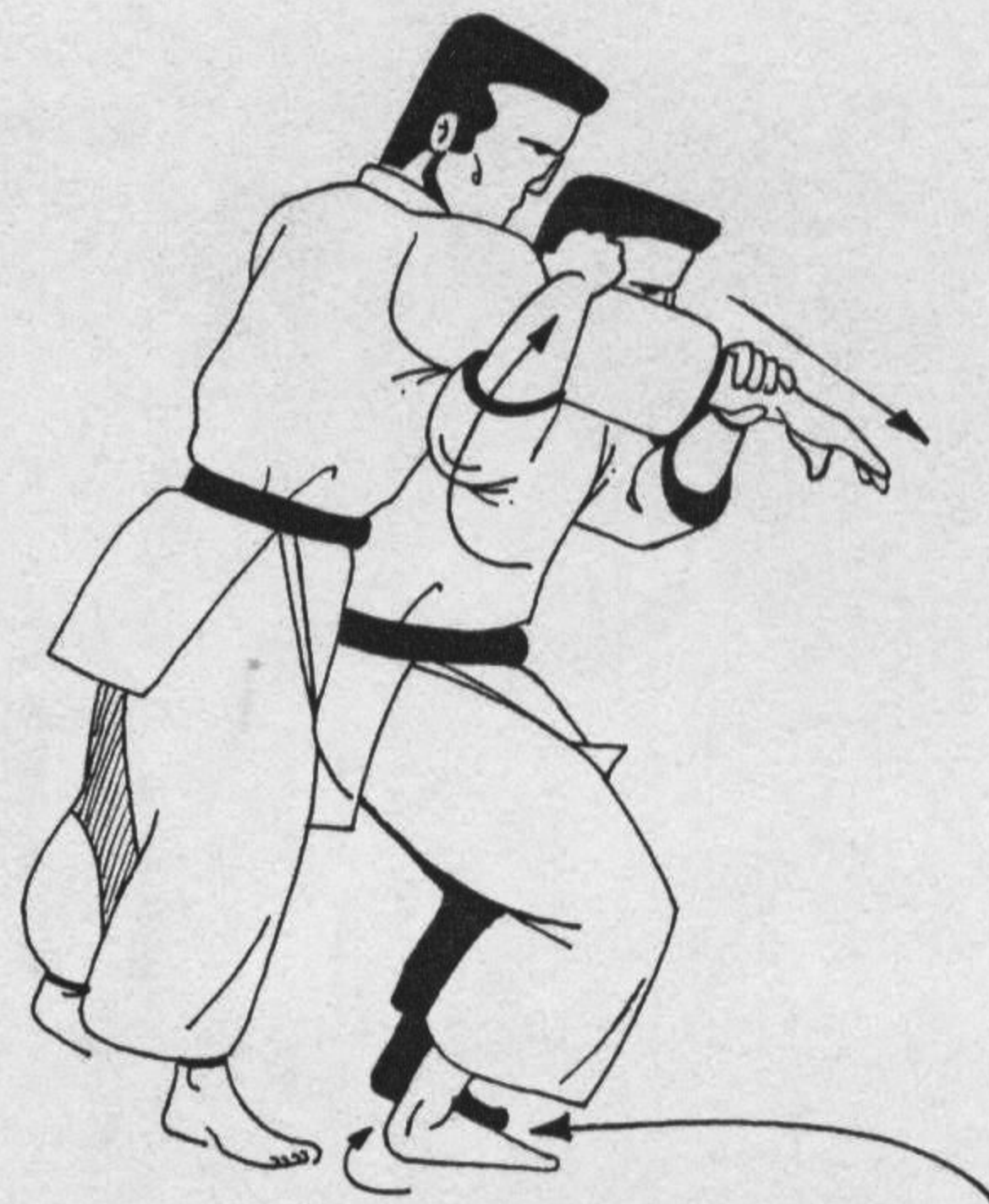
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Projection 3

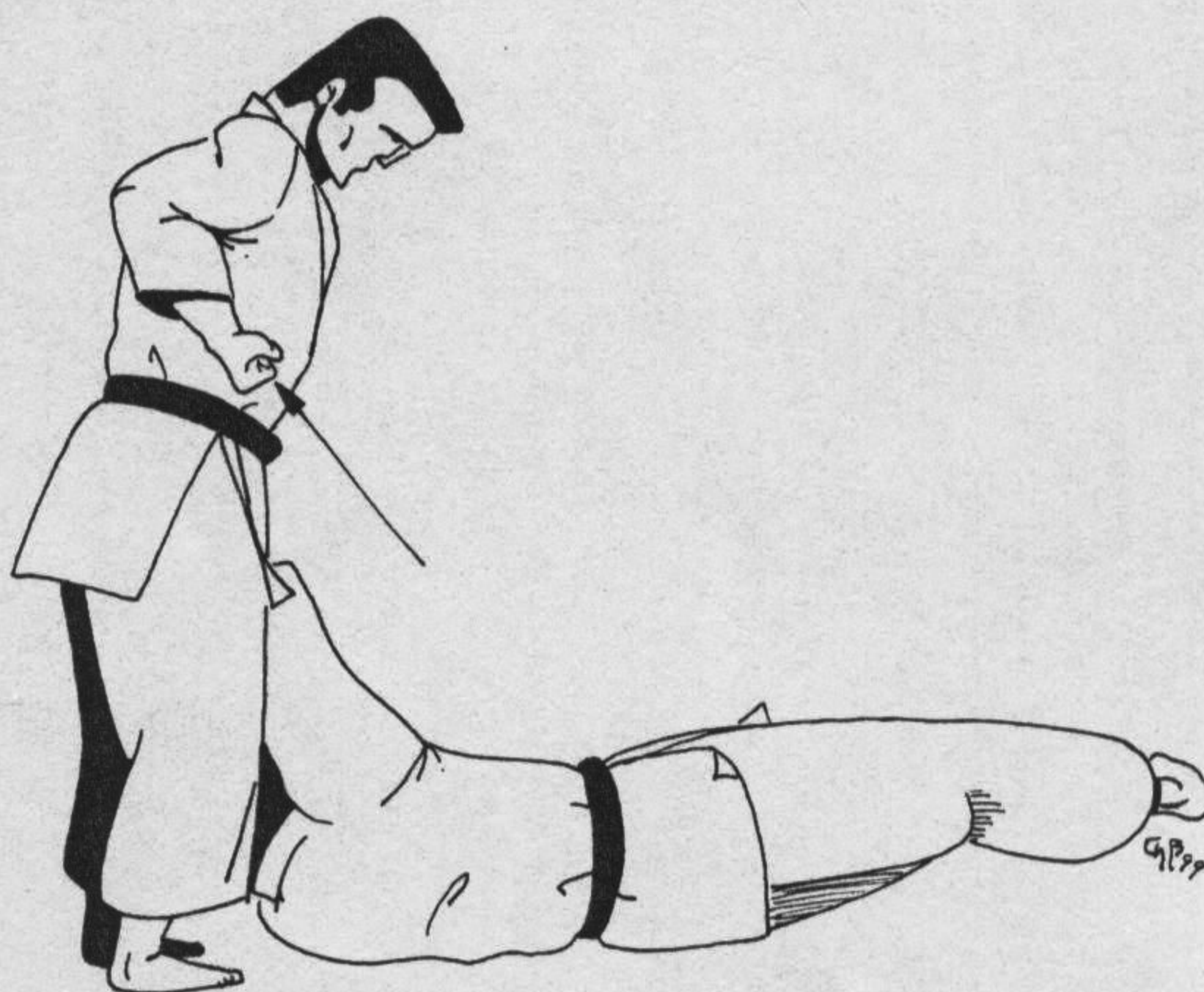
• 3/ Projection par l'épaule



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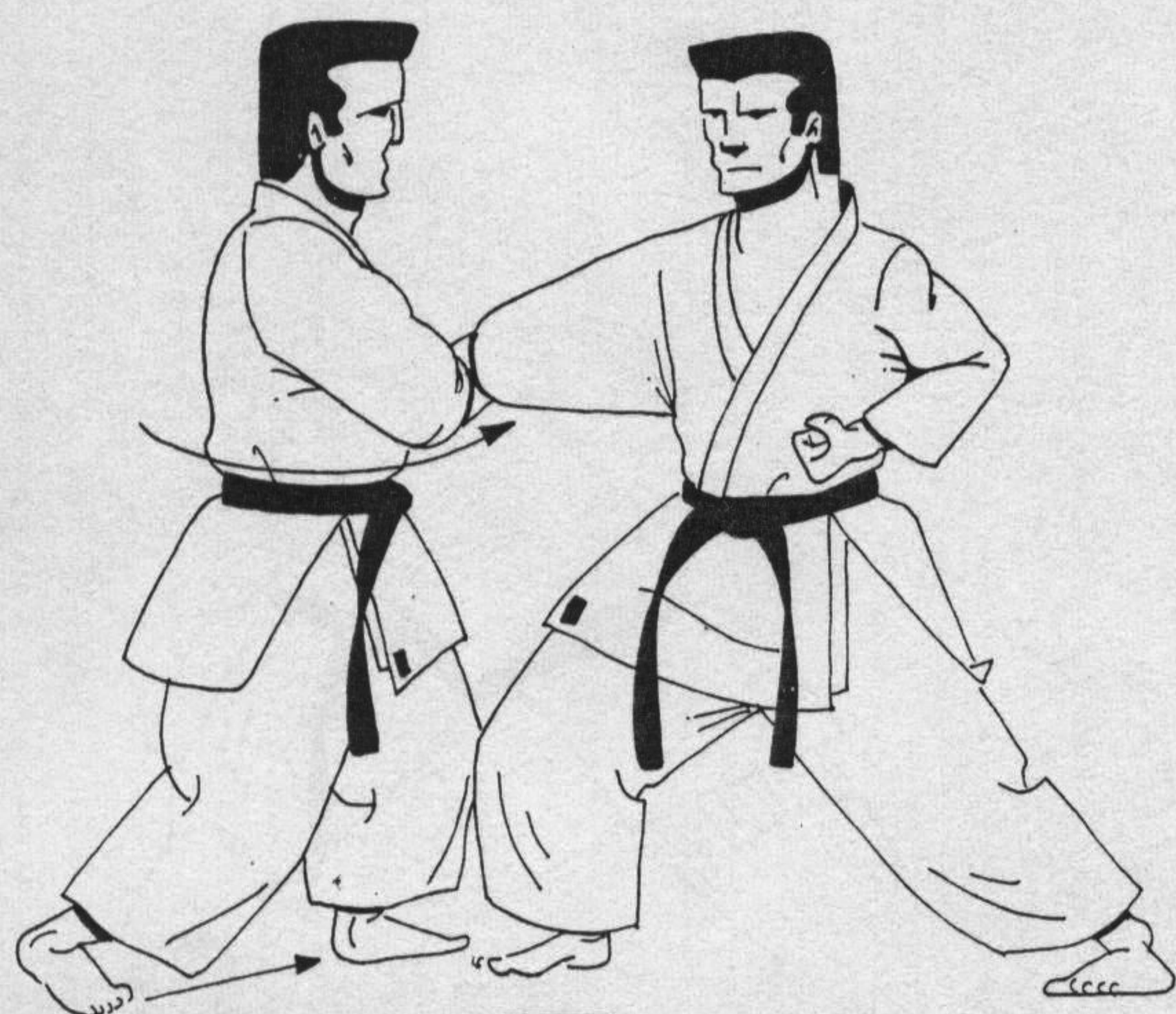
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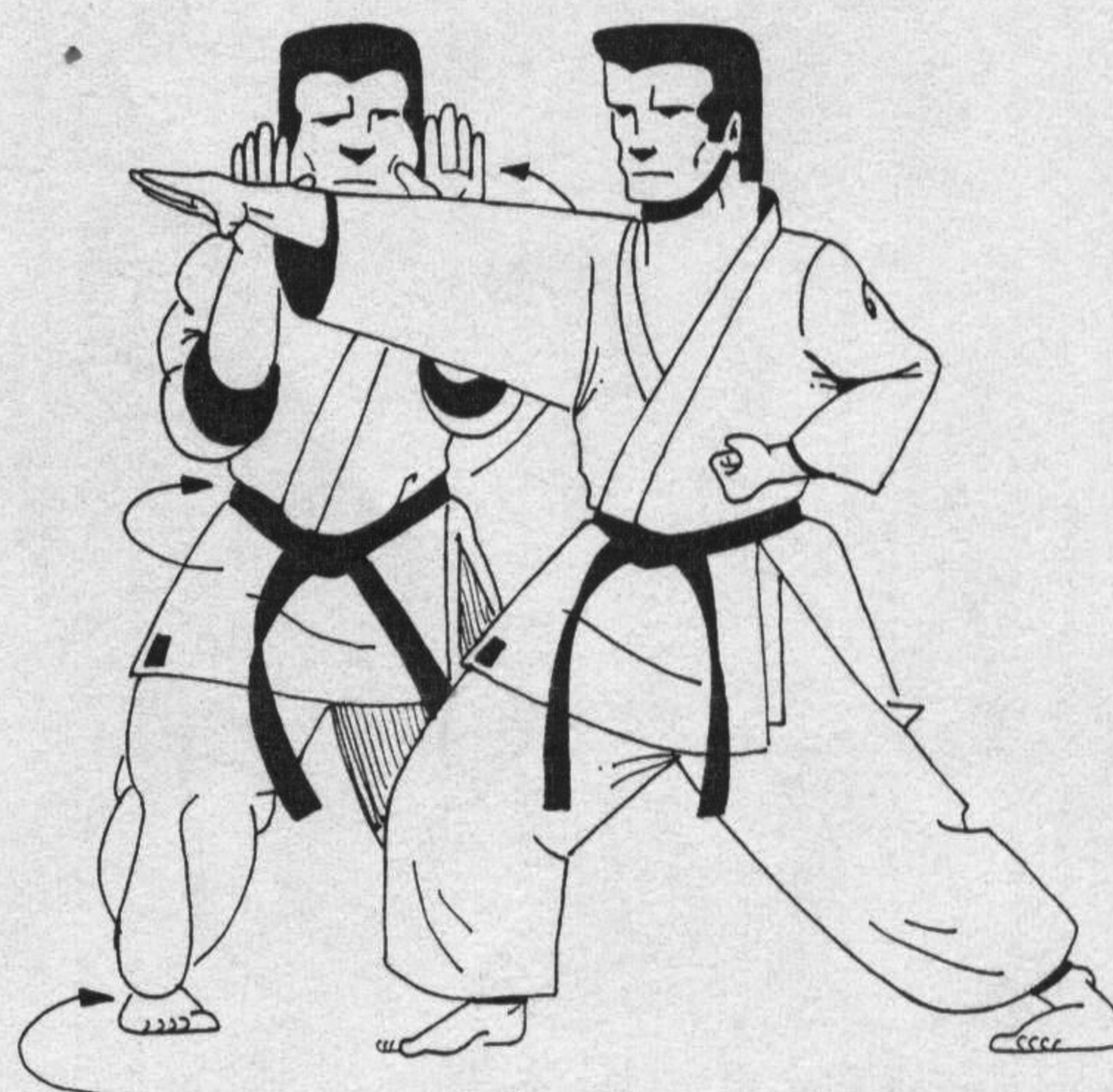
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Projection 4

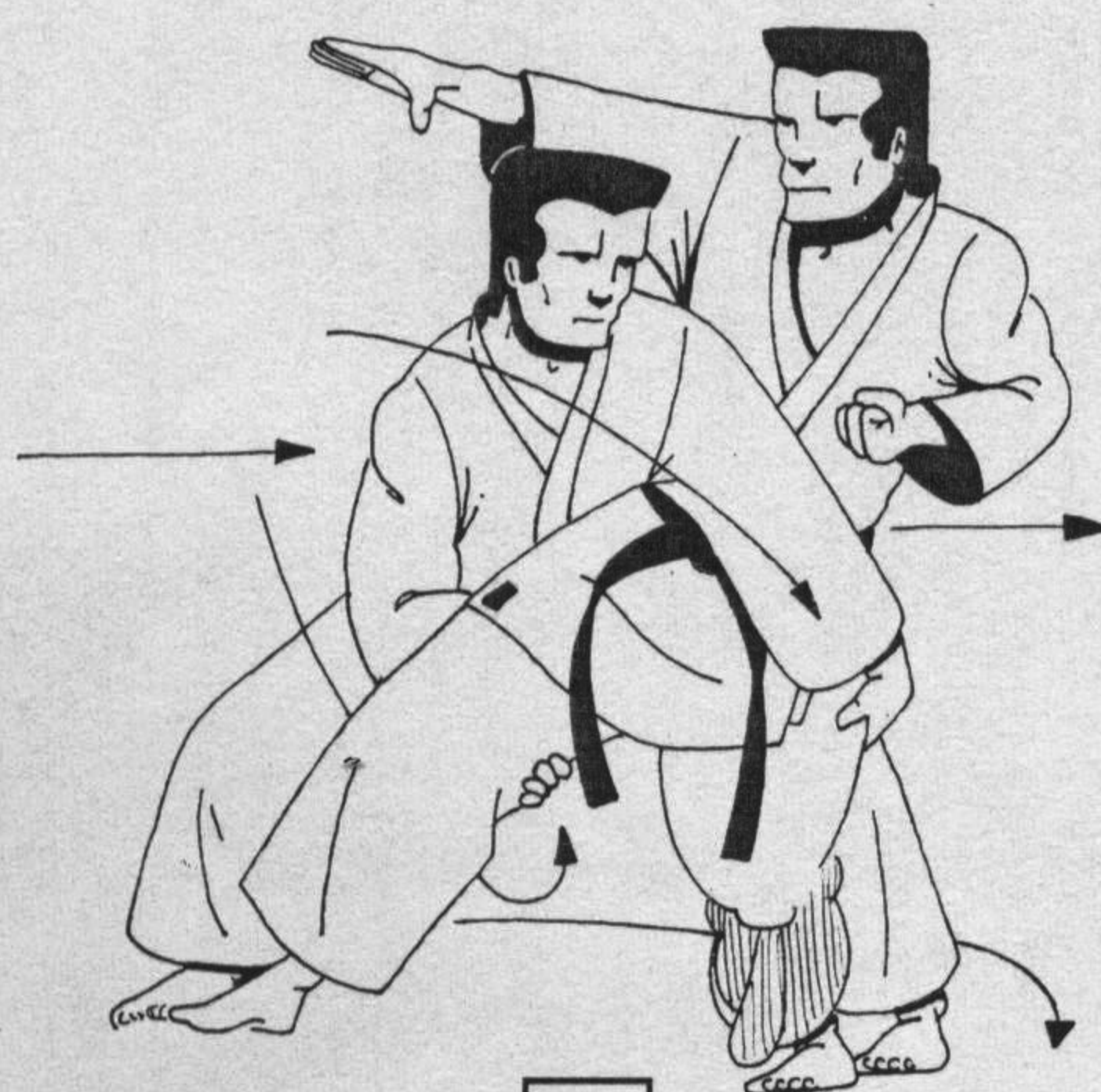
- 4/ Ramassage de jambes



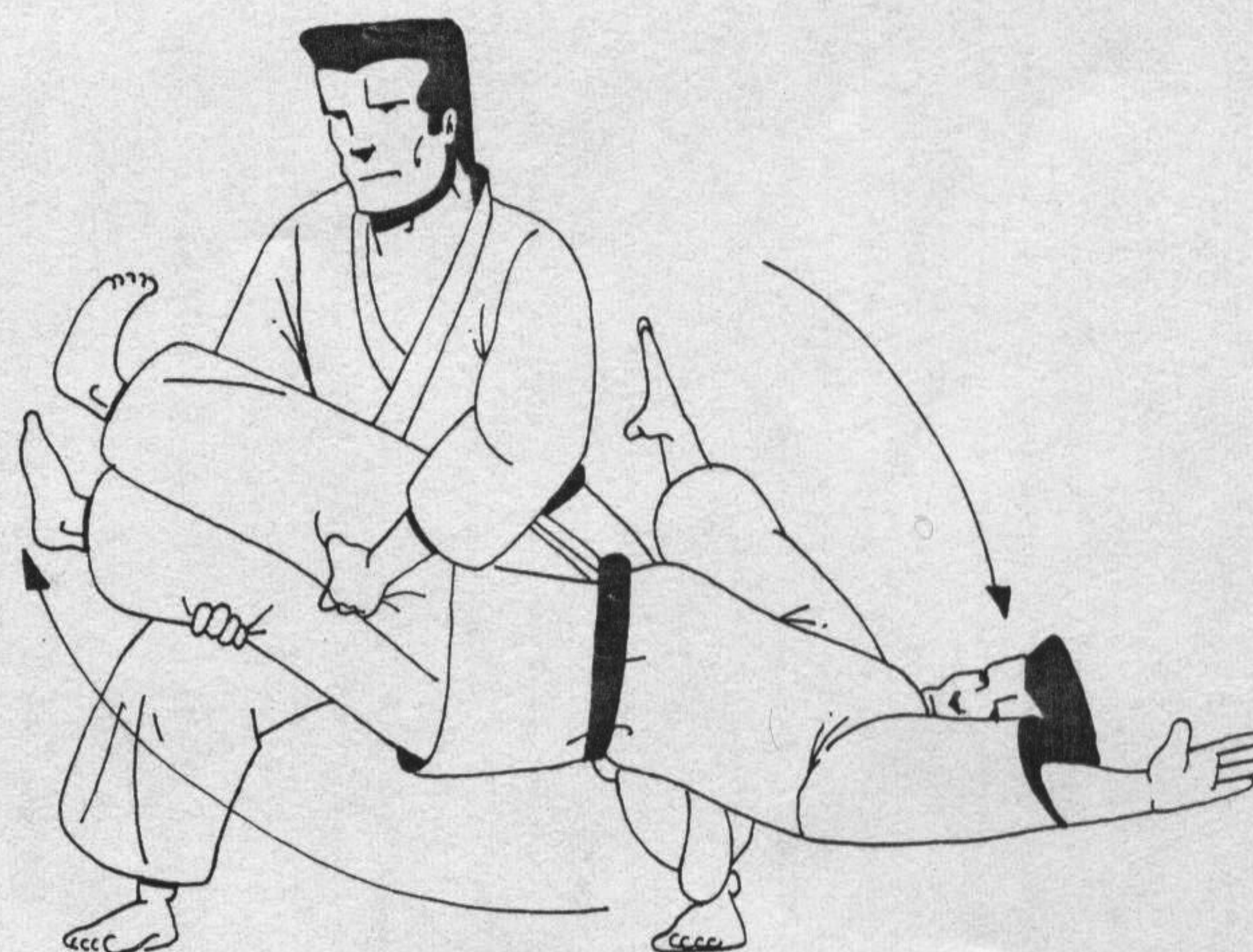
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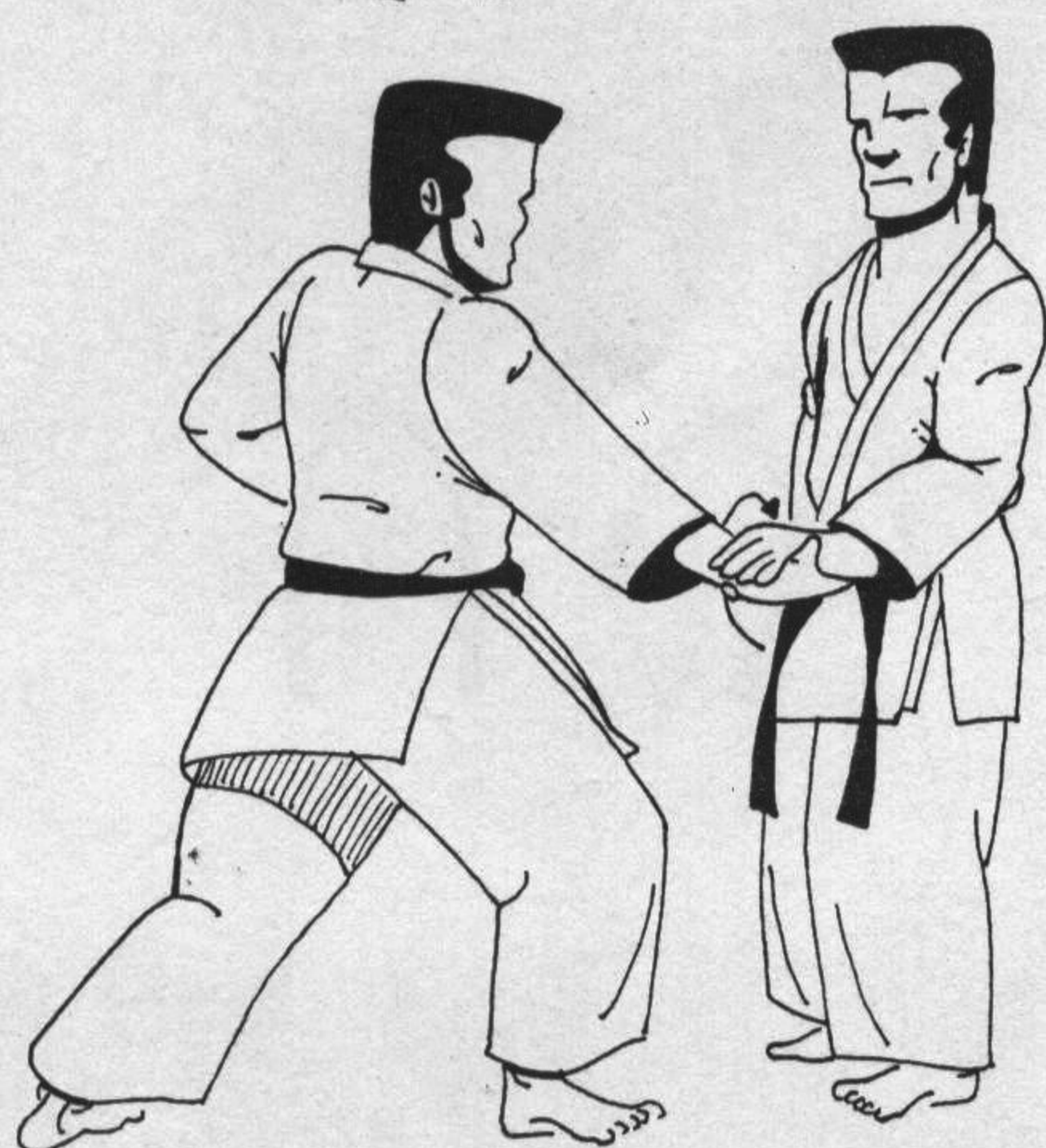
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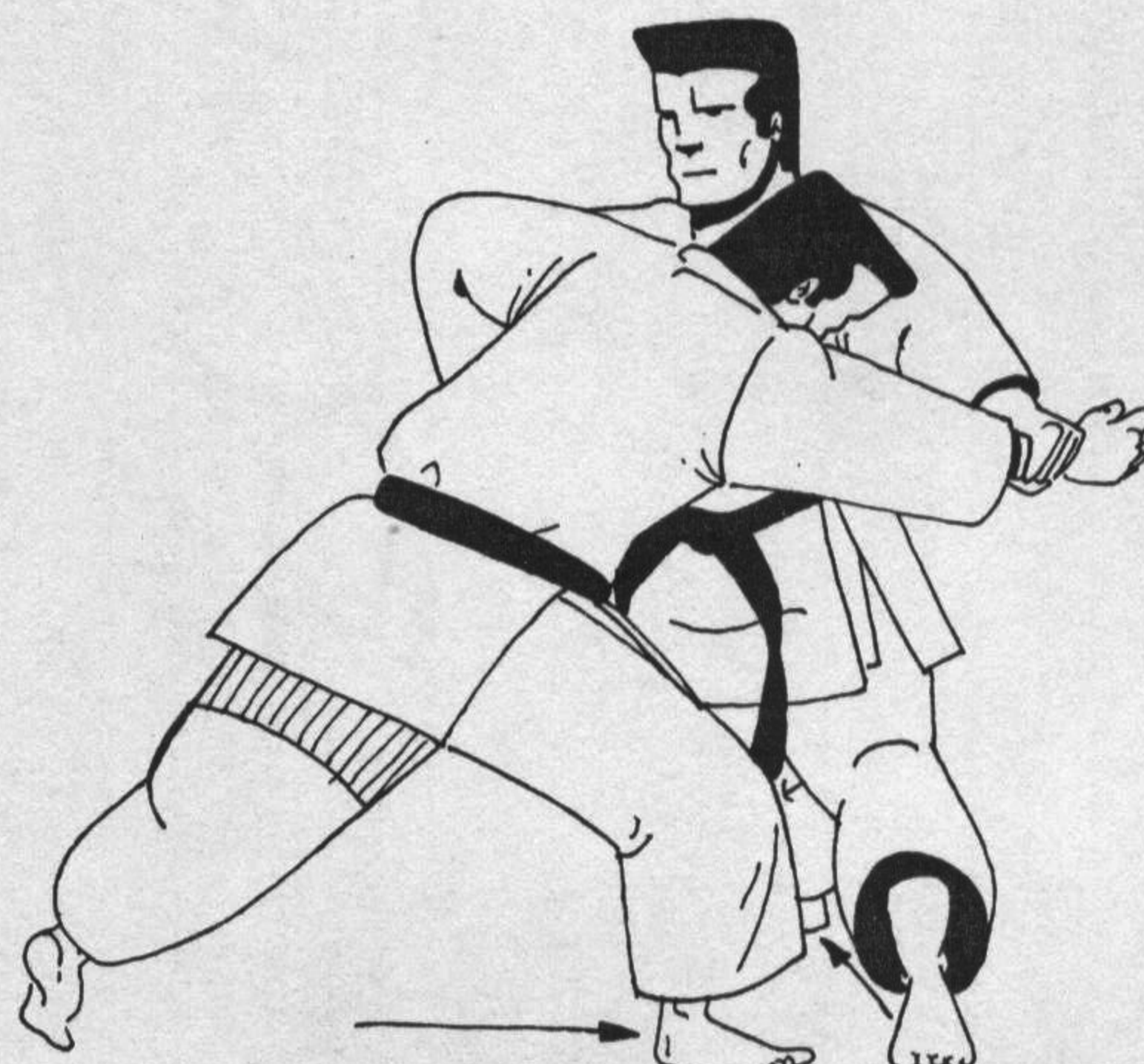
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Projection 5

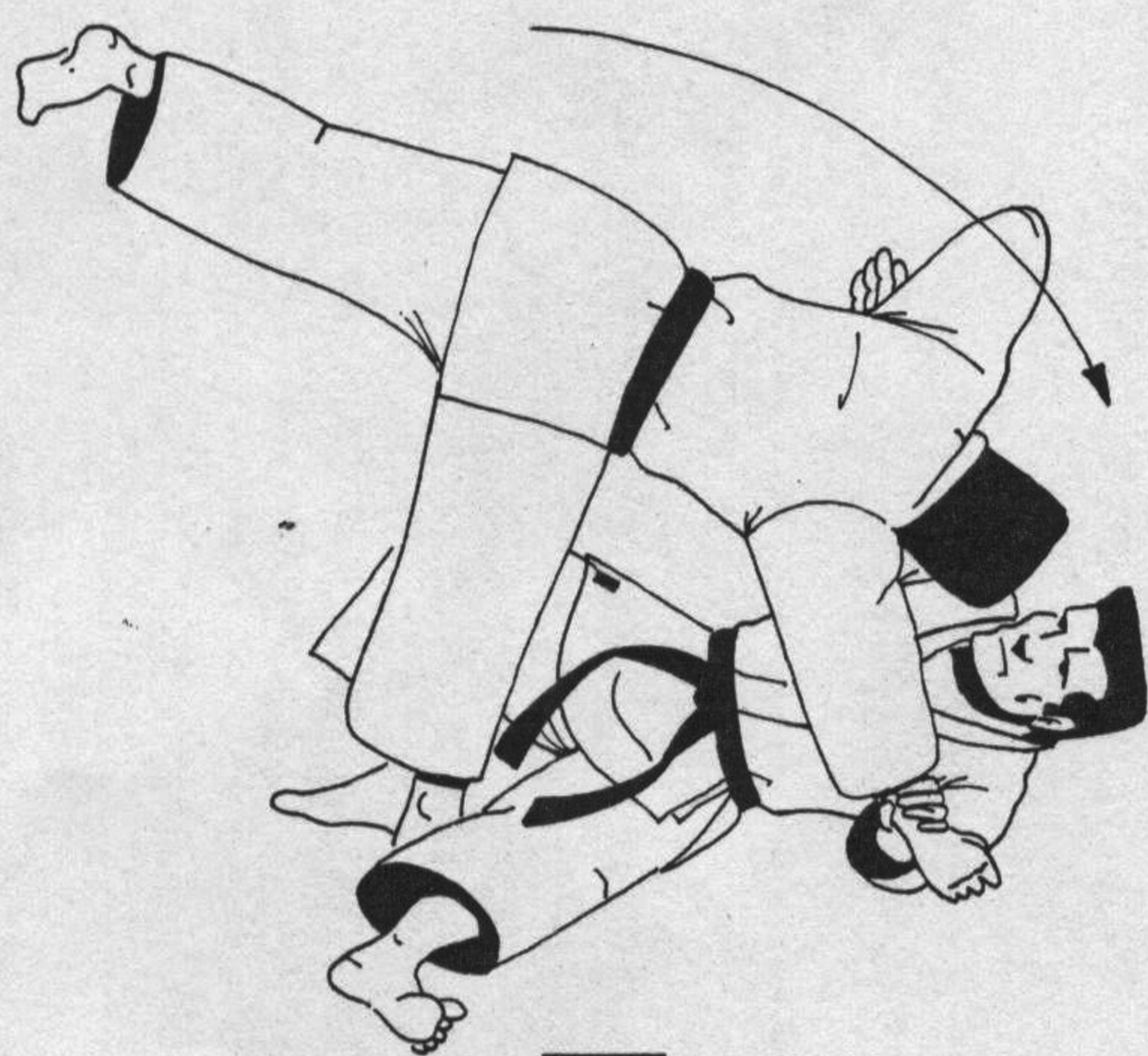
• 5/ Sacrifice du corps



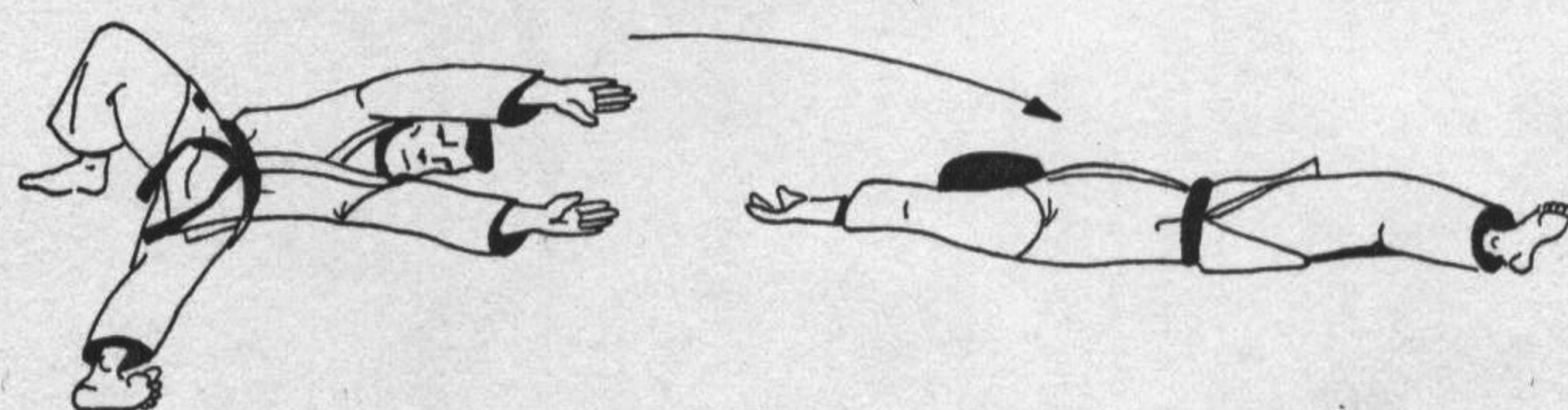
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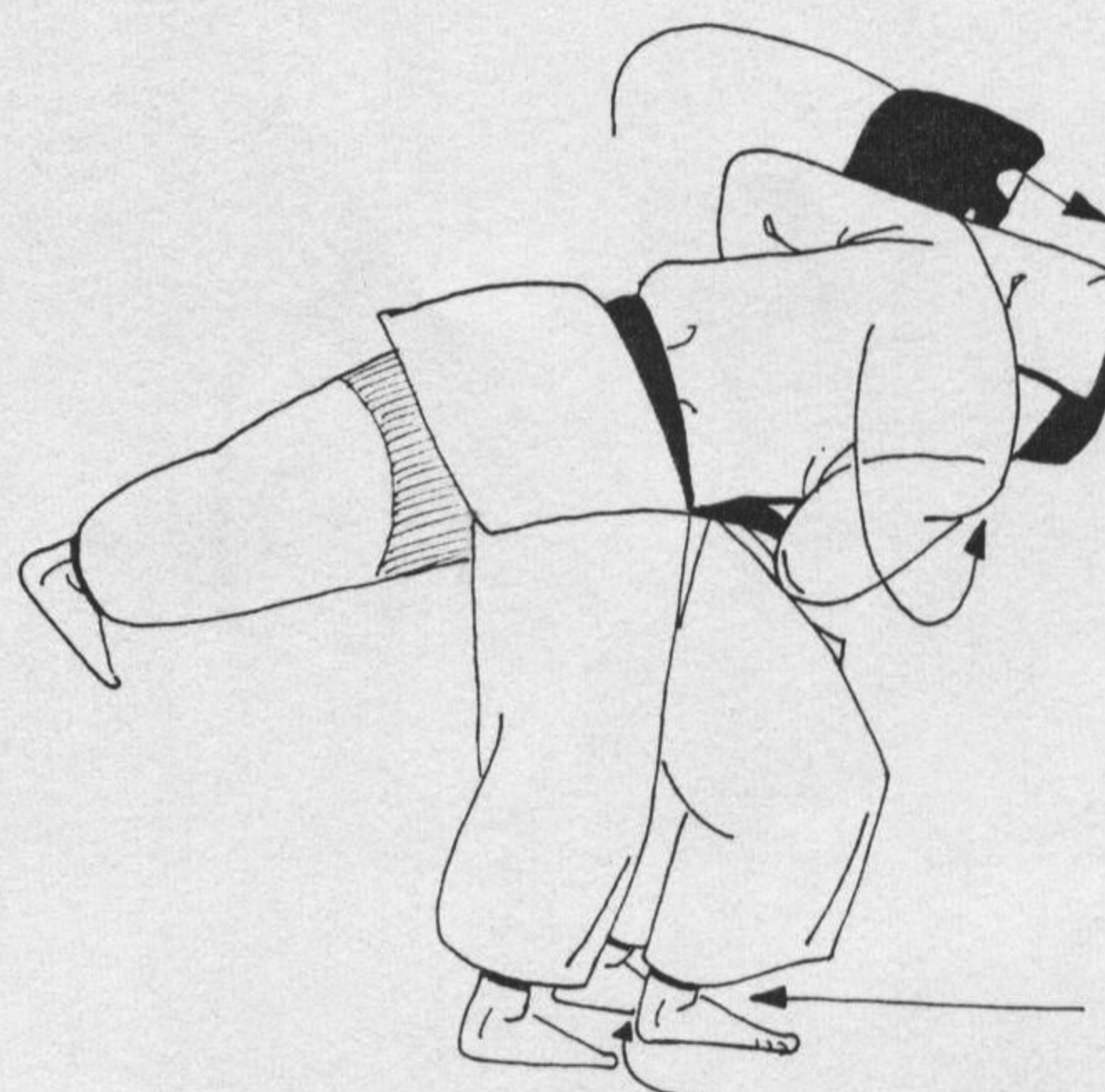
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Projection 6

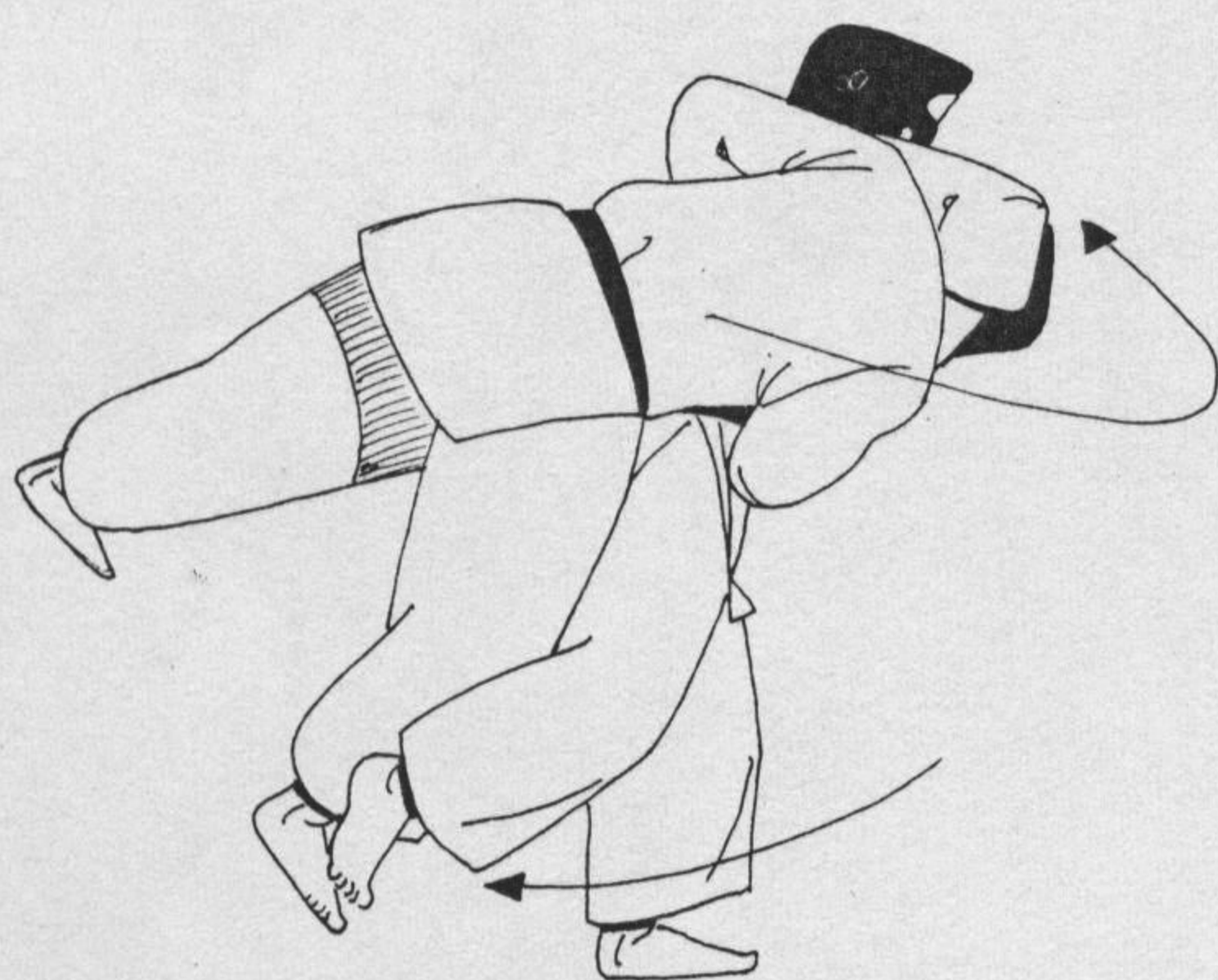
- 6/ Fauchage de jambe avant



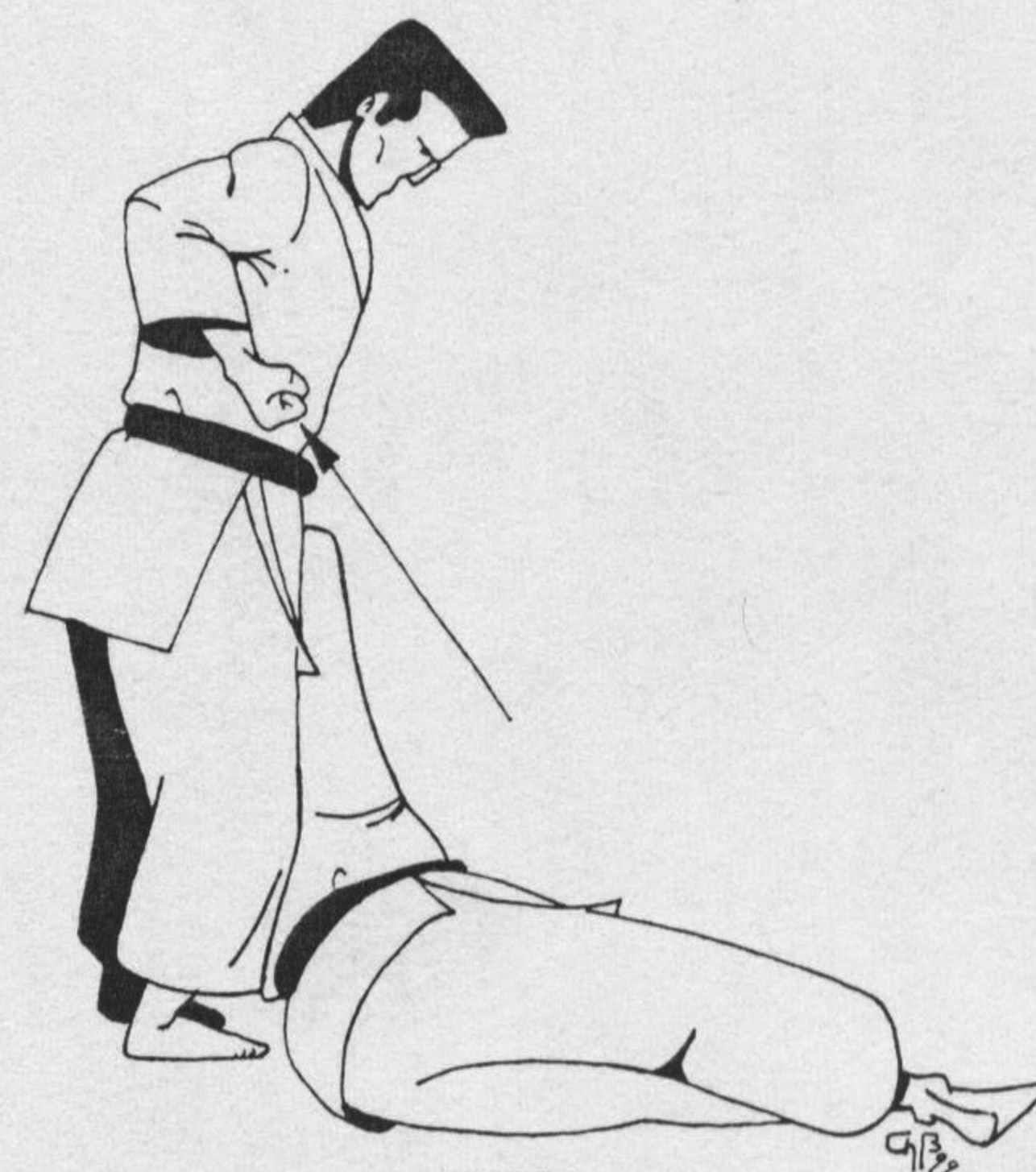
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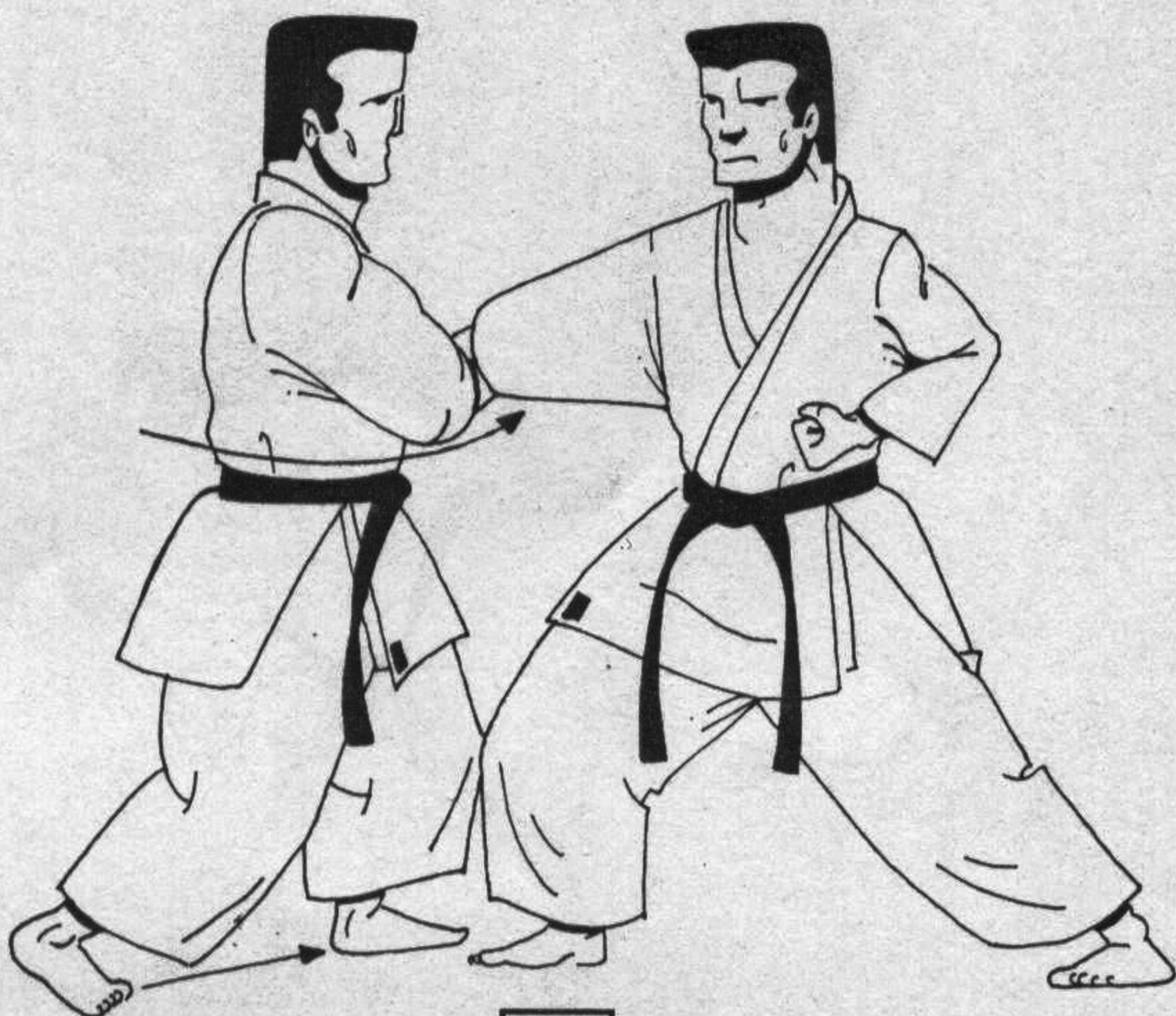
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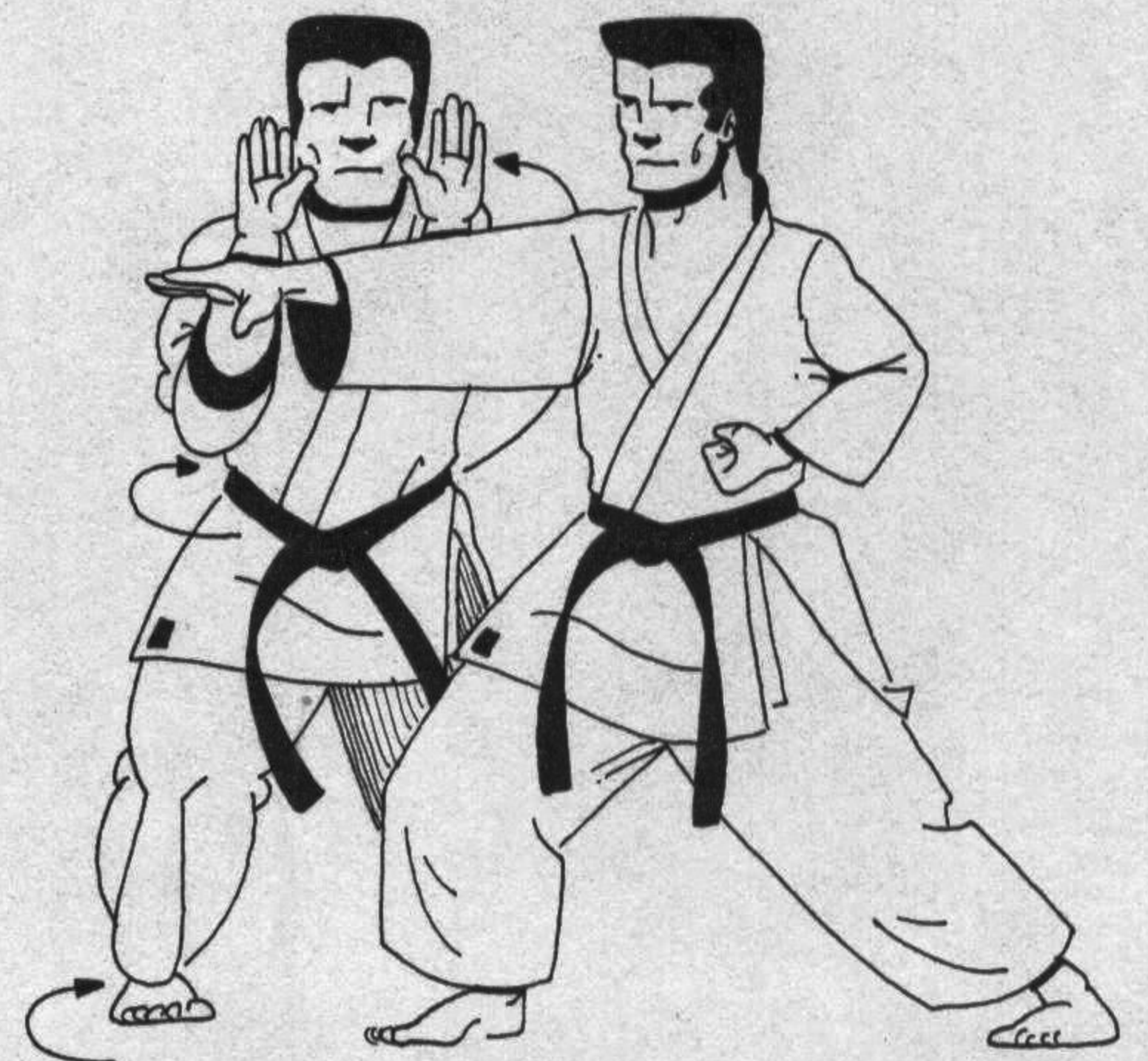
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Projection 7

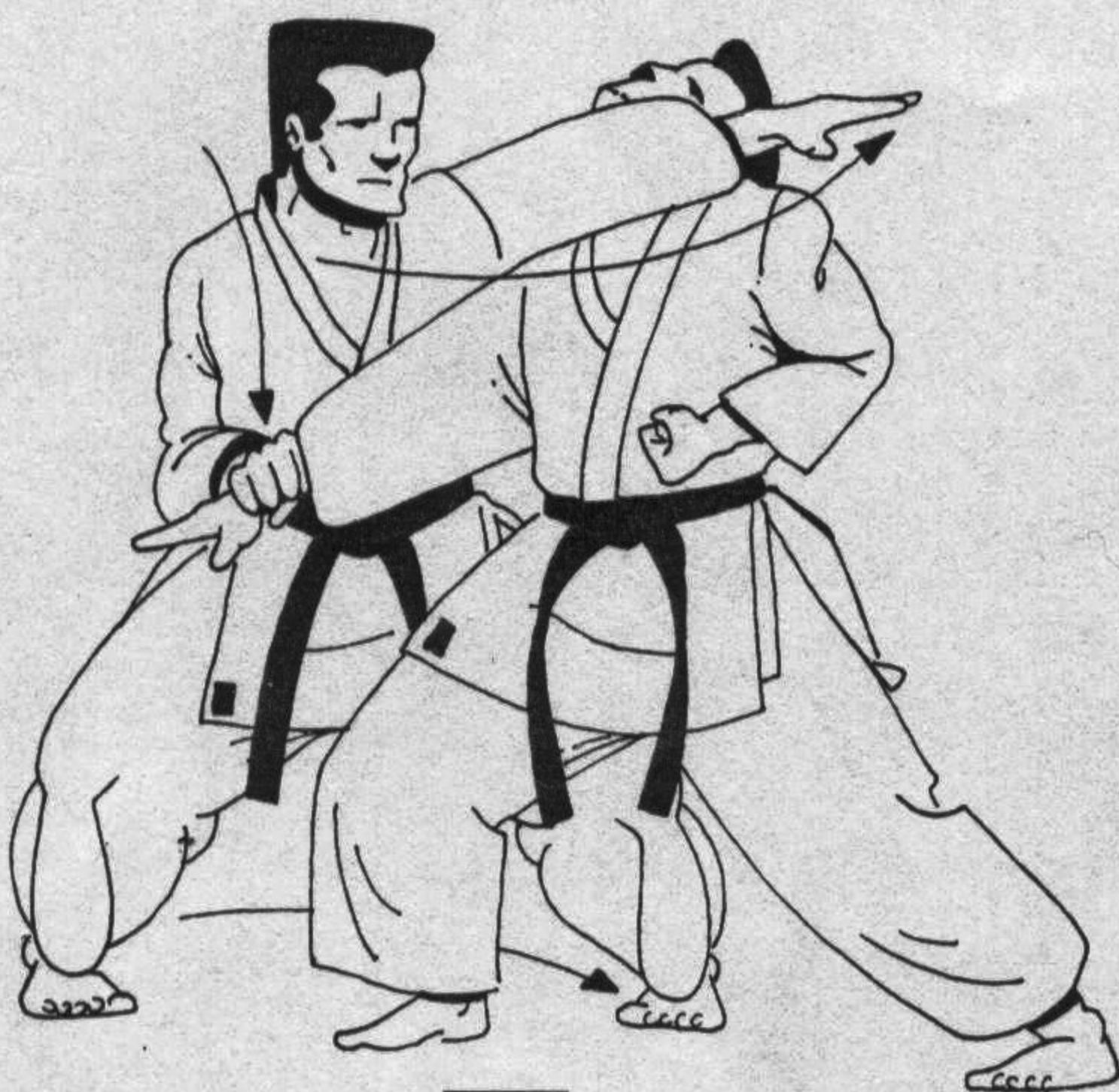
• 7/ Renversement vers l'arrière



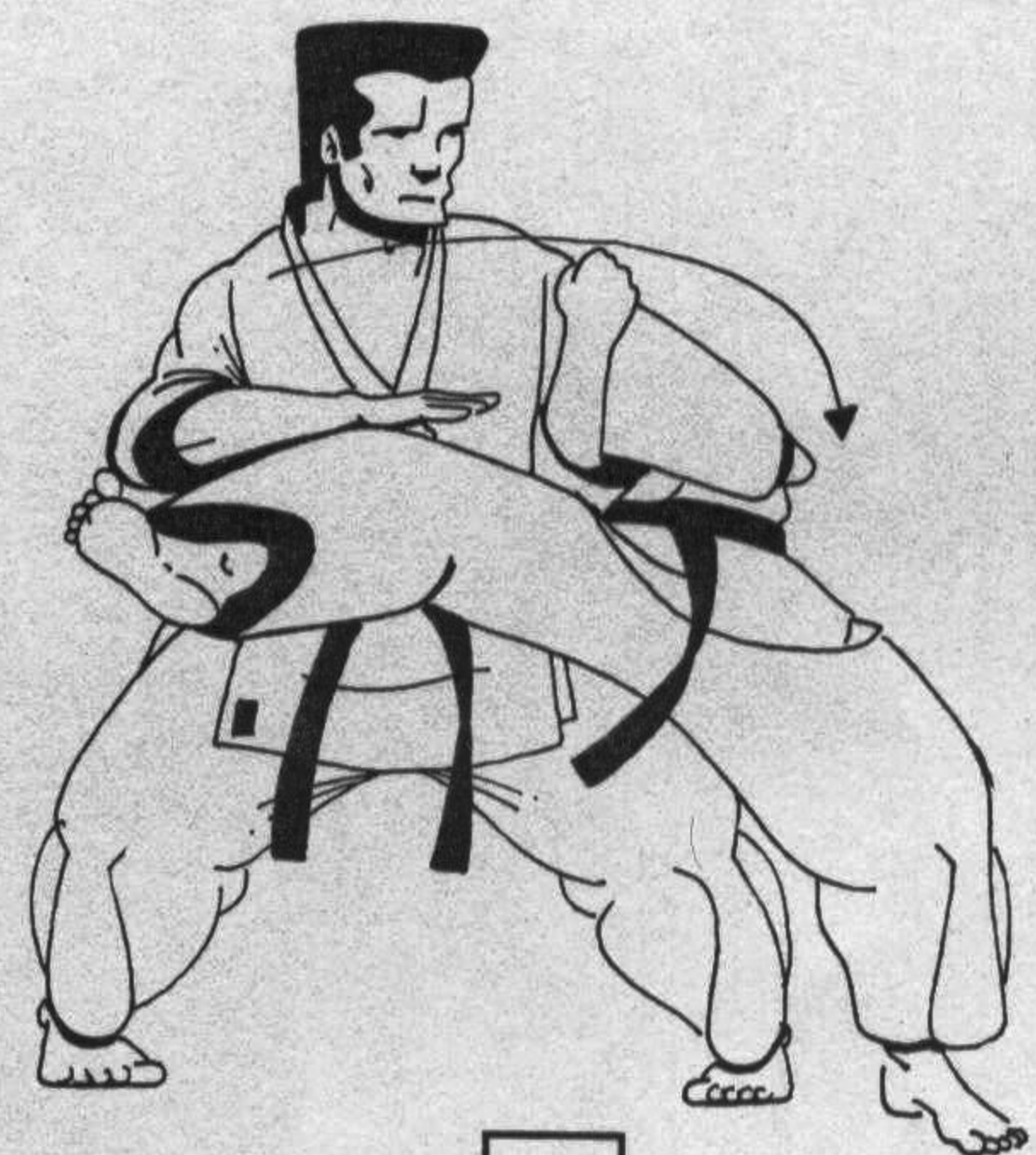
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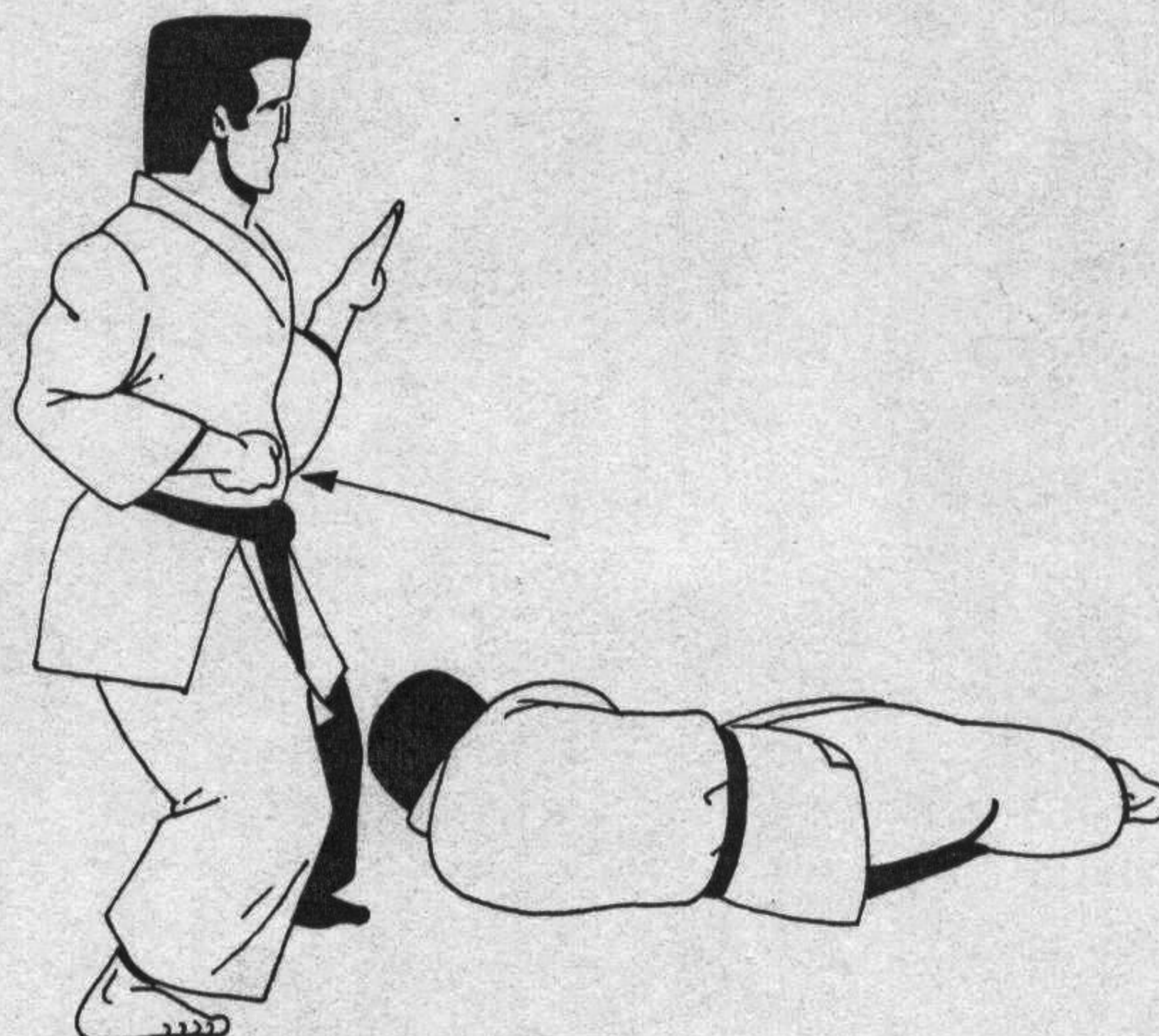
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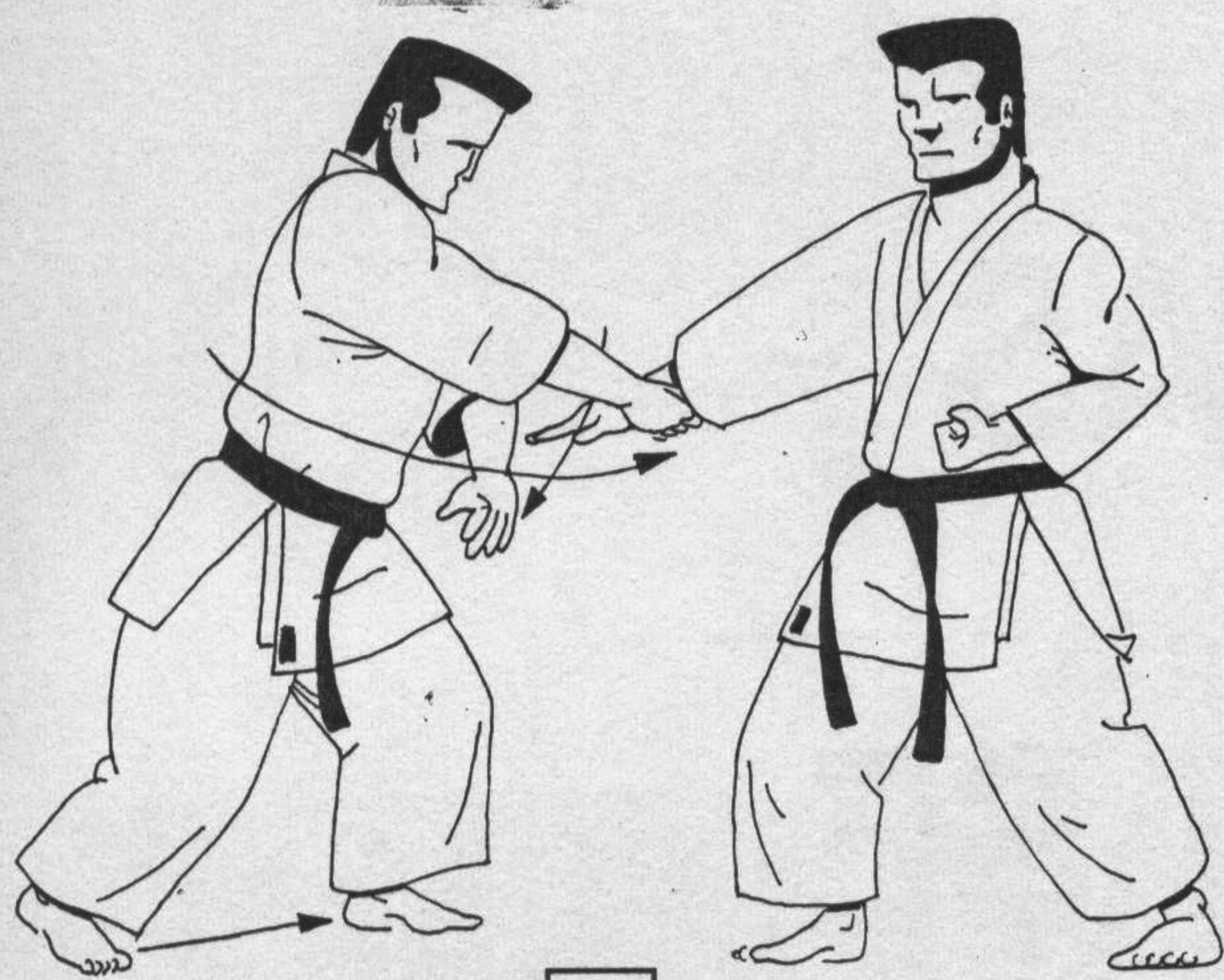
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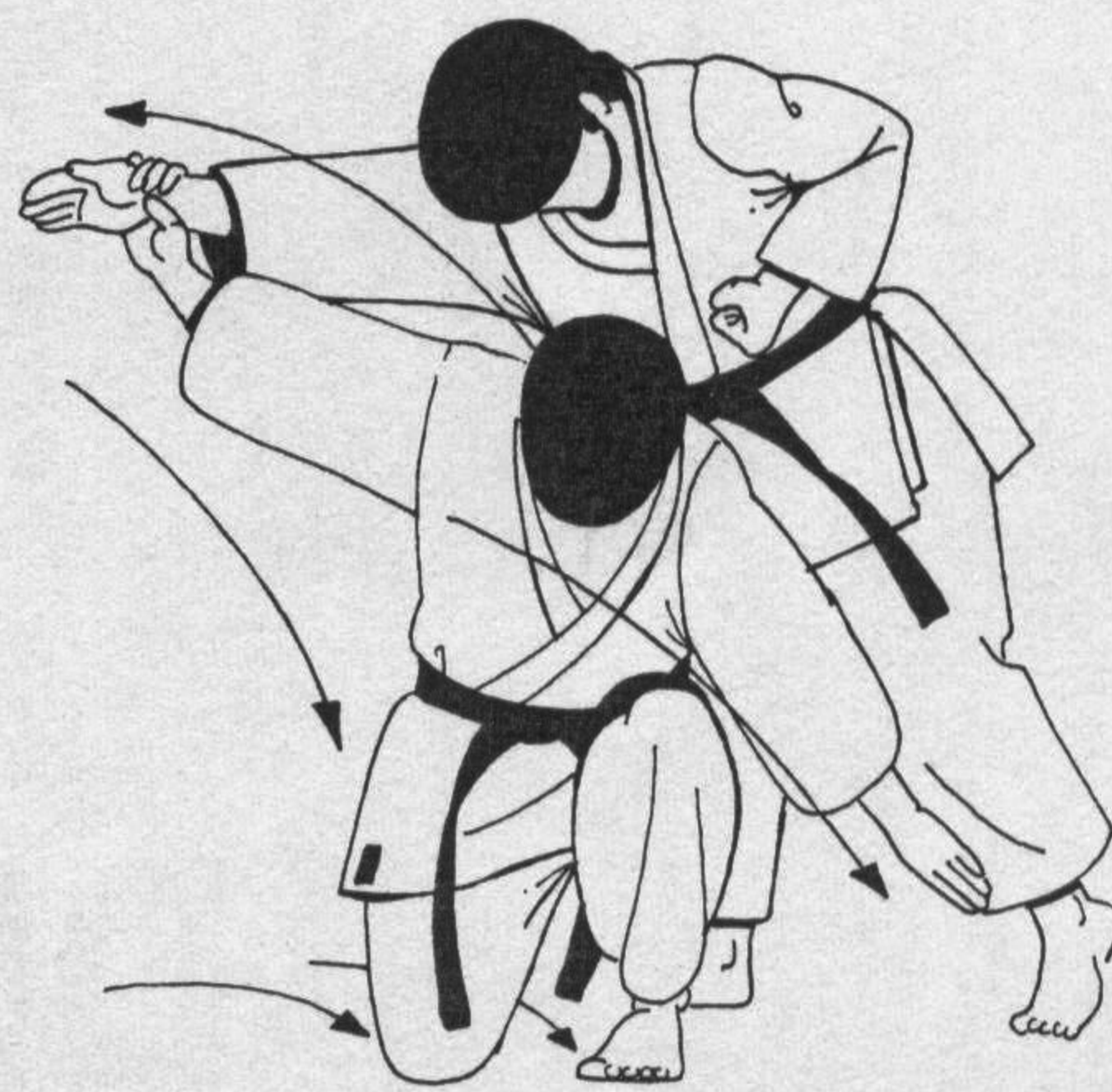
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Projection 8

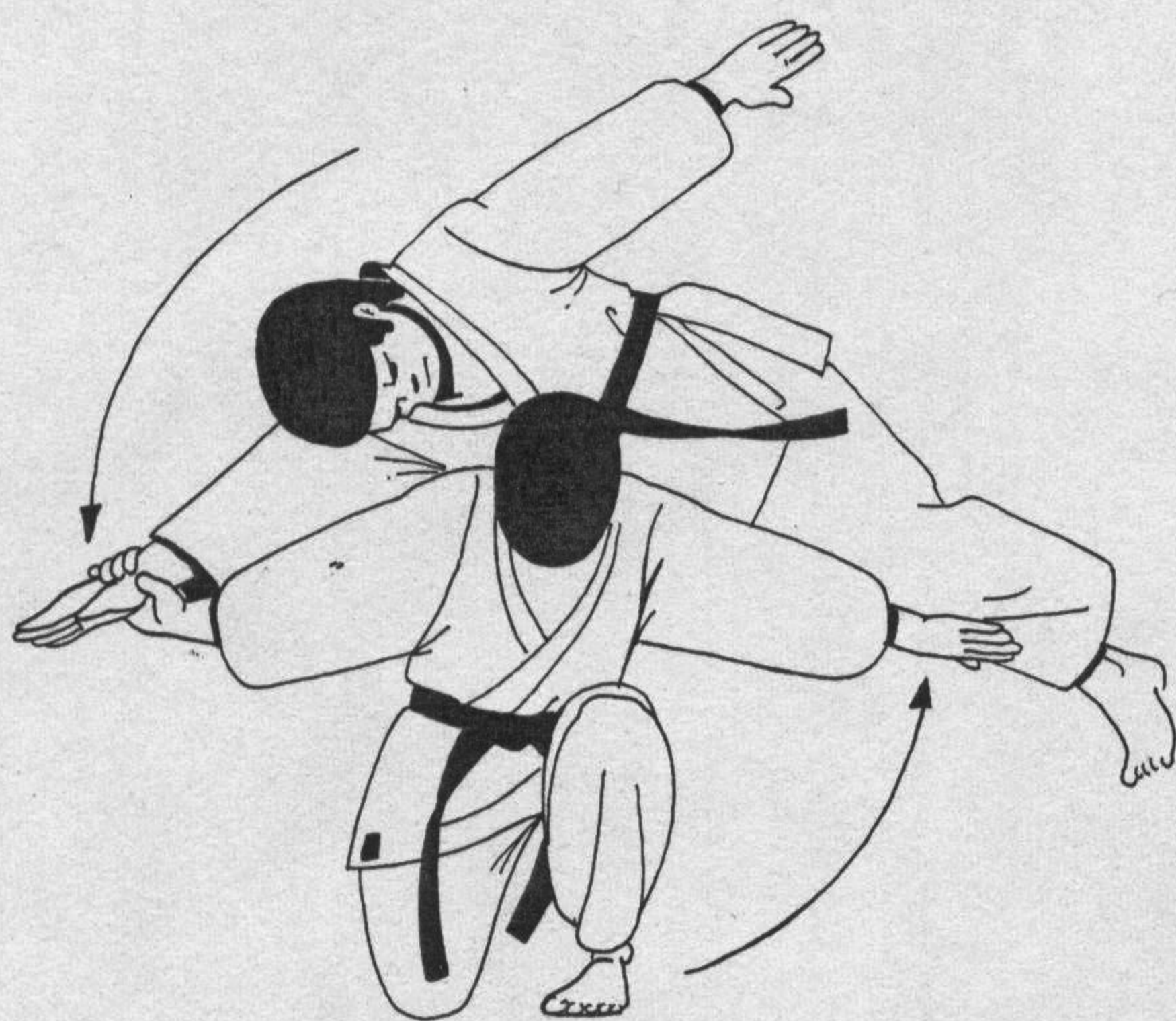
- 8/ Enroulement par l'épaule



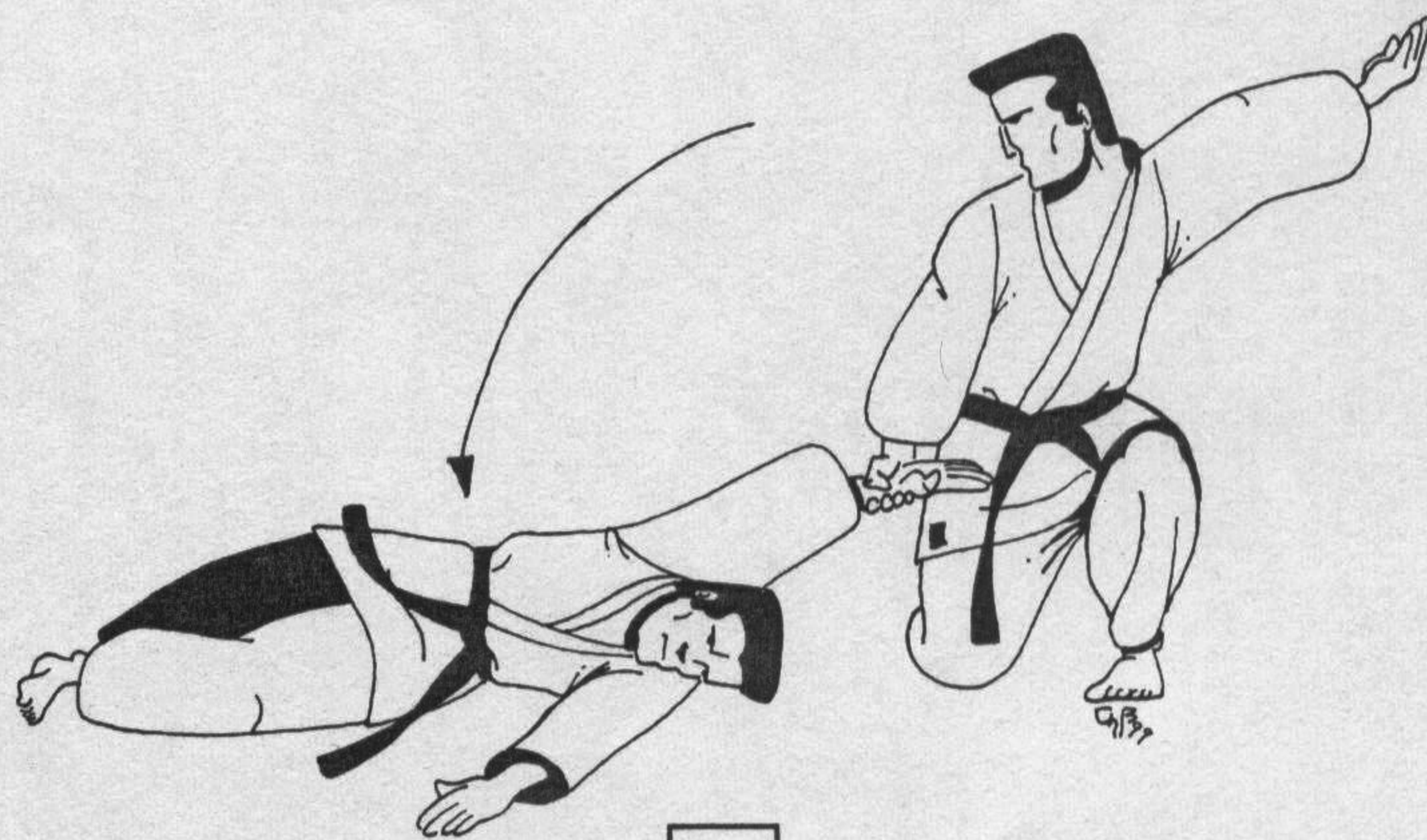
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