

LES

TECHNIQUES

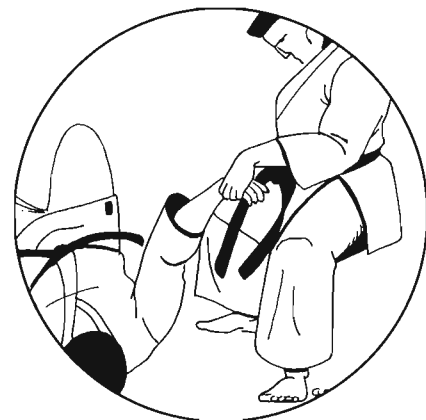
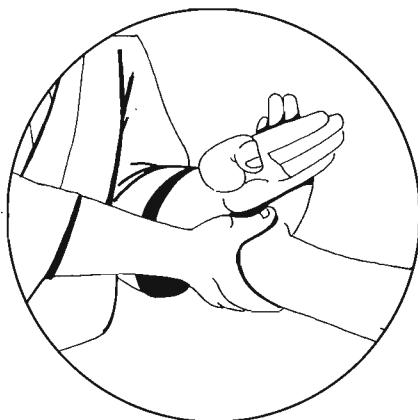
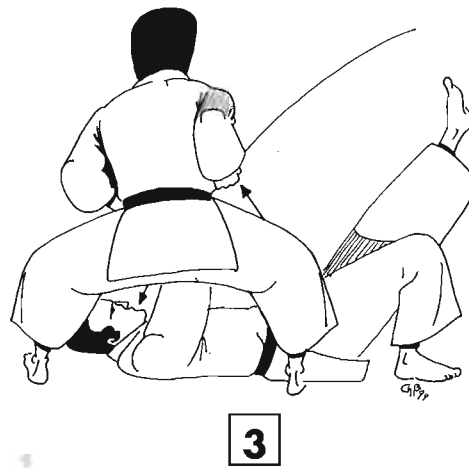
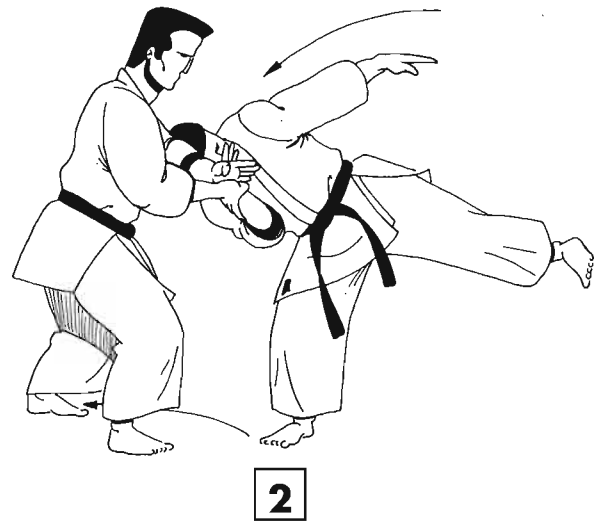
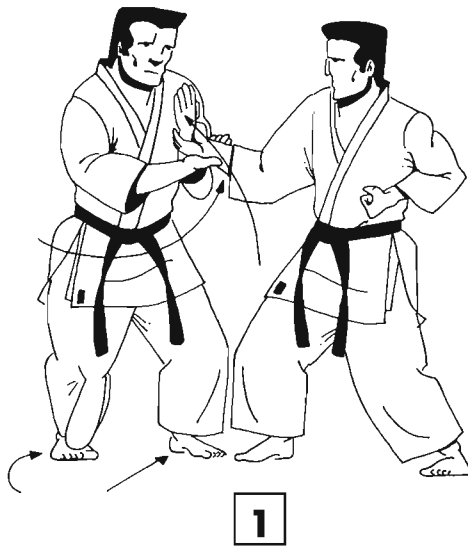
DE BASE

PAR CLÉS



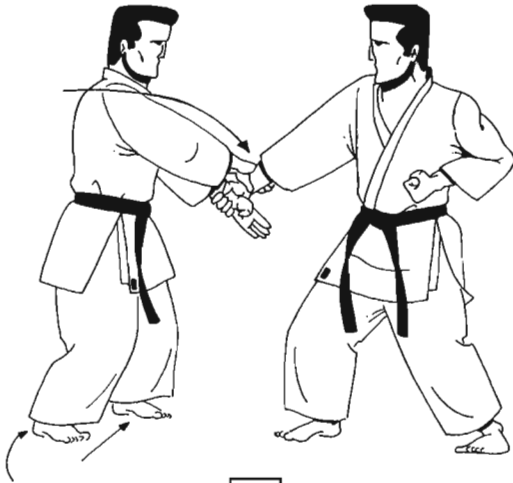
Clé 1

- 1/ Clef de poignet vers l'extérieur



Clé 2

- 2/ Clef de poignet sur le bras tendu



1



2

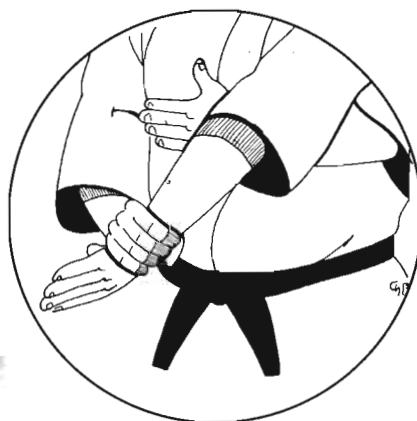


3



Clé 3

- 3/ Clef en croix



Clé 4

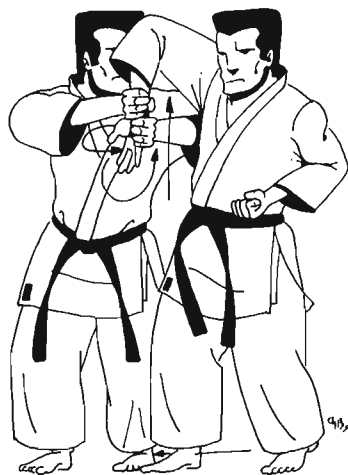
- 4/ Clef de poignet vertical vrillé



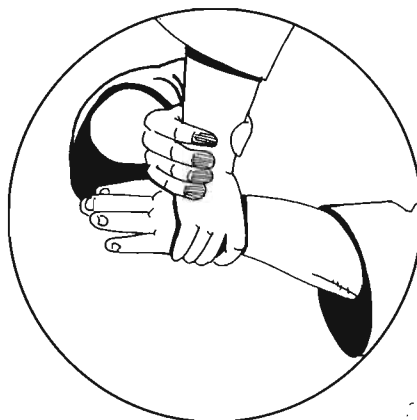
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2

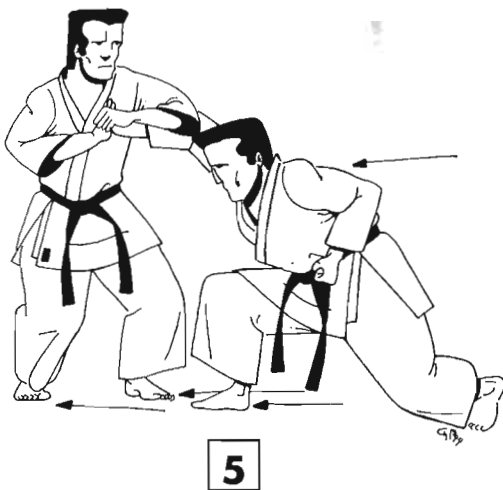
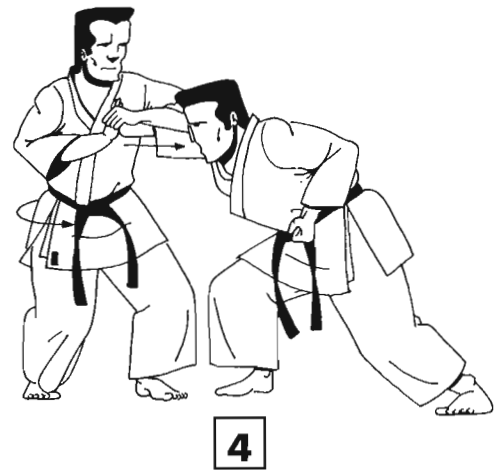
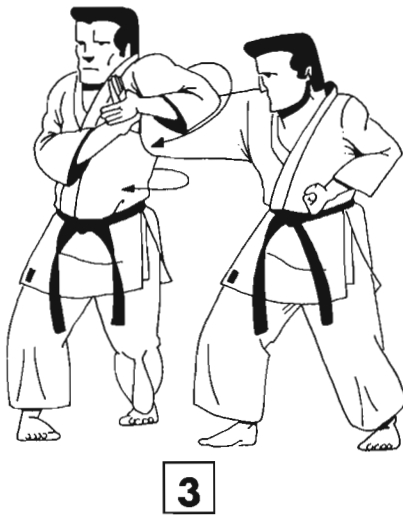


3



Clé 5

• 5/ Clef en Z



Clé 6

• 6/ Clef coude-poignet



1



2



3

Clé 7

- 7/ Clef de poignet, main en extension



Clé 8

• 8/ Clef de cou

