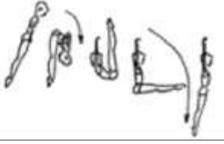
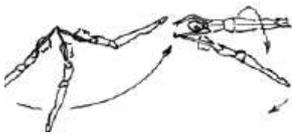
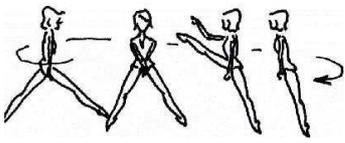
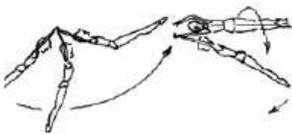
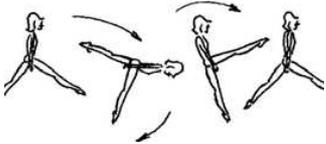


BARRE FIXE

Entrée appui bras tendus 1pt	
Rotation avant jambes tendues 1pt	
Balancé 1/2 tour en 2 temps (alternatif) 1pt	
Changement de face 1pt	
Sortie arrière 1pt	
Entrée renversement 2pts	
Tour d'appui arrière 2pts	
Balancé 1/2 tour en 1 temps (simultané) 2 pts	
Tour cavalier 2 pts	
Sortie avant 1/2 tour 2pts	Pas d'image dispo... Voir démo du prof !