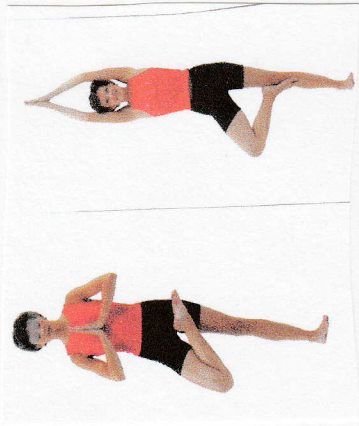
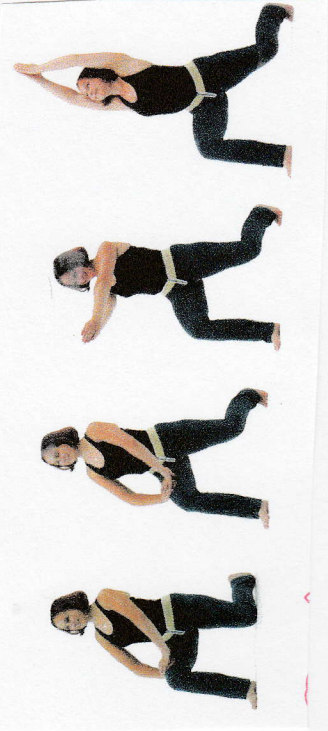


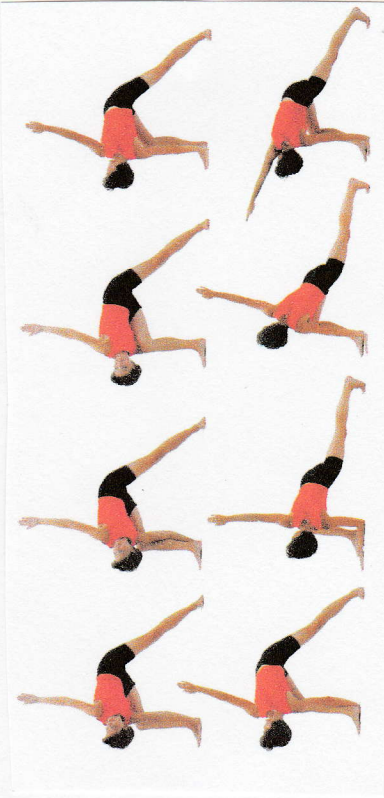
Les postures 3-4-9



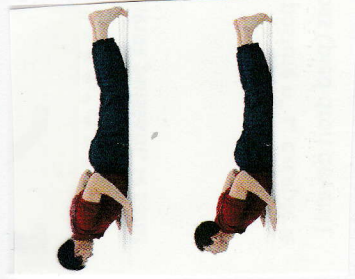
Situation 3 – posture de l'arbre



Situation 4 - posture du guerrier



Situation 10 -Enchaînement de triangles



Situation 9 – posture du cobra