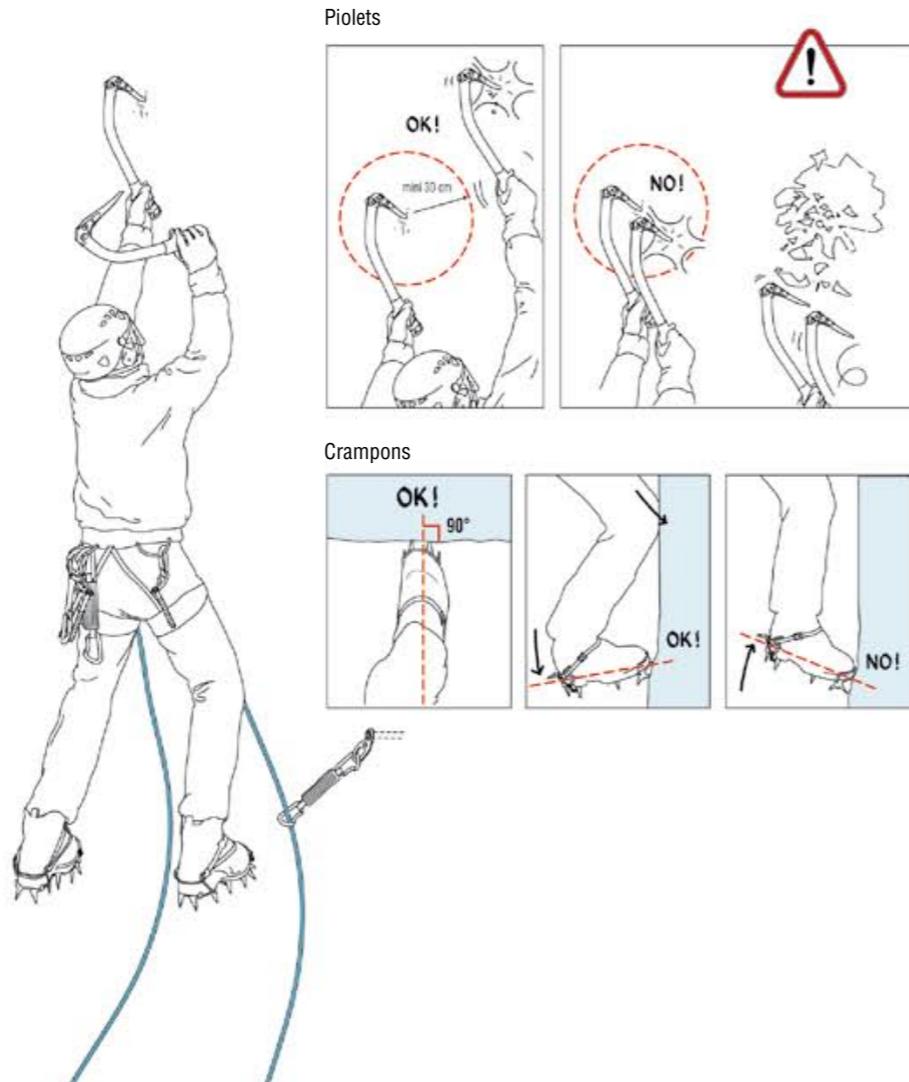


Conseils techniques

- A\_Conseils de frappe
- B\_Progression
- C\_Broches

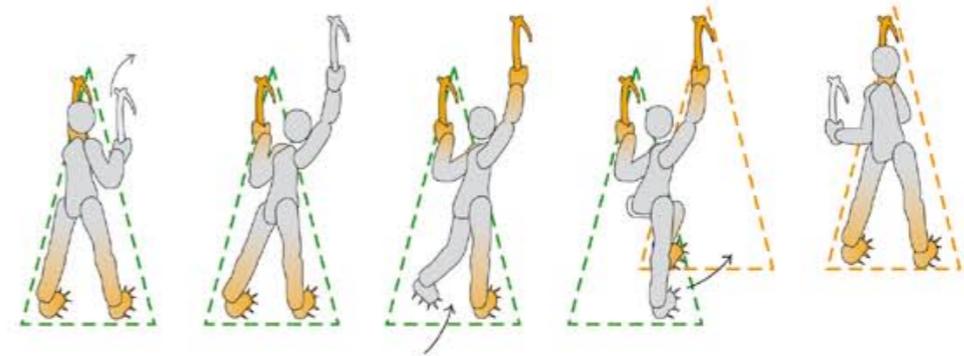


A\_Conseils de frappe

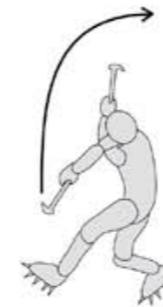


B\_Progression

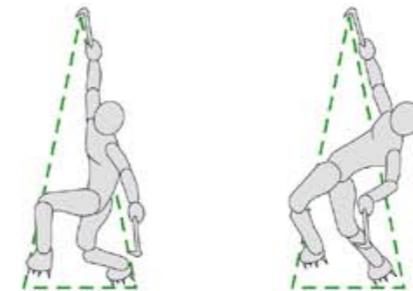
Progression en triangle : enchaînements de positions équilibrées en triangle.  
(3 points d'appui : les pieds de part et d'autre d'un axe imaginaire piolet-bassin)



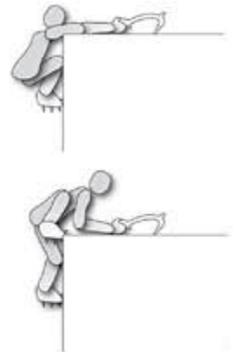
Rotation et frappe éloignée.



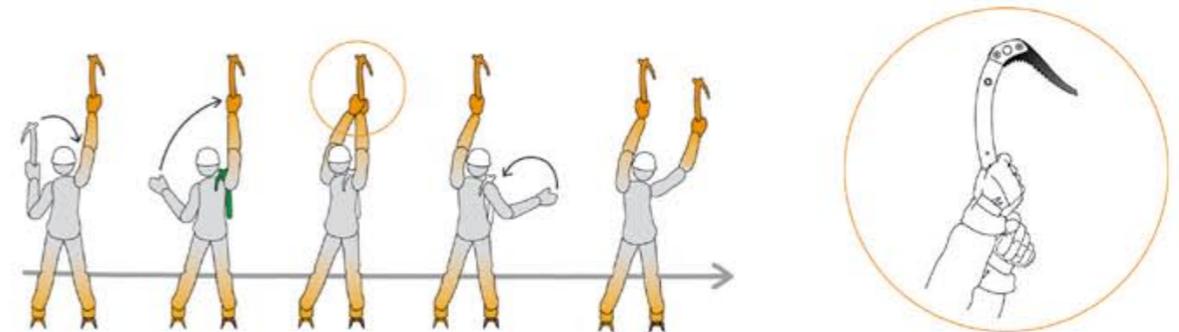
Positions de repos.



Rétablissement.



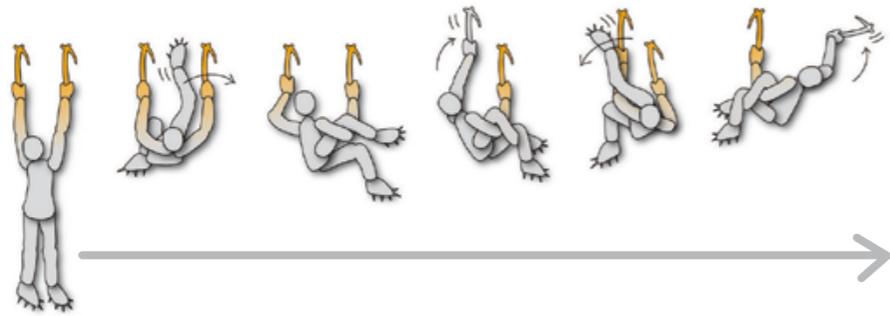
Traversée avec changement de main.



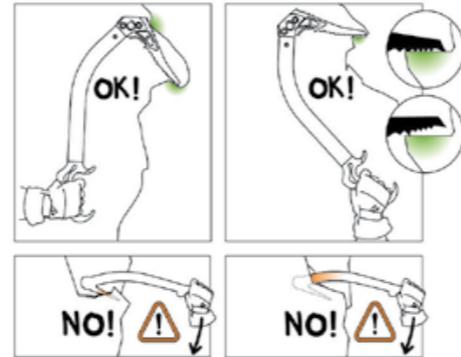
# Conseils techniques

## B\_Progression

Essuie-glace et Yaniro.

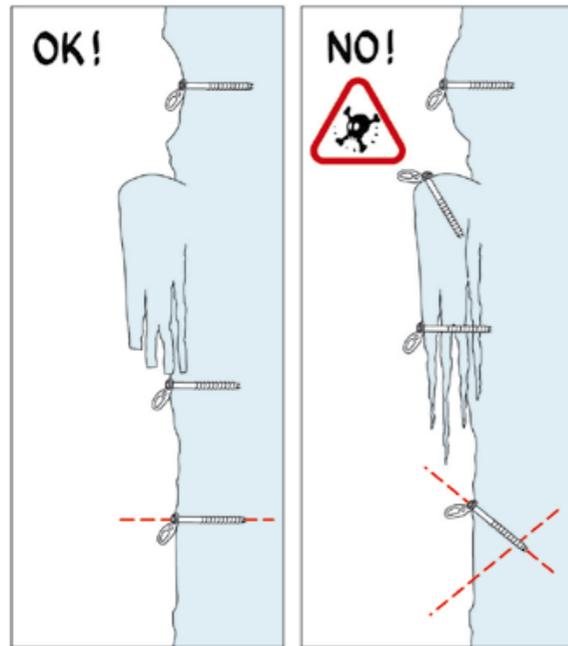


Dry tooling.

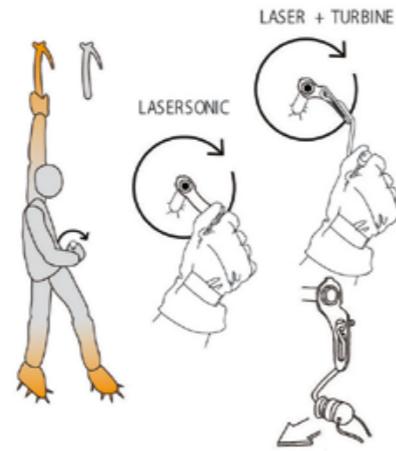


## C\_Broches

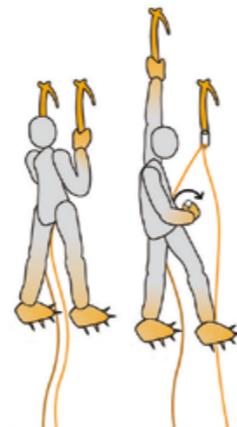
Position des broches.



Poser une broche.



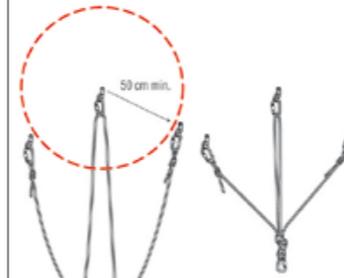
Protection provisoire pendant le brochage.



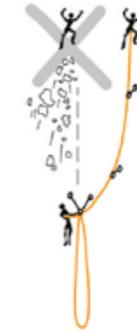
Relais sur 2 broches.



Relais sur 3 broches.



Anticiper la position du relais.



La lunule : préparation d'un amarrage pour le rappel.

