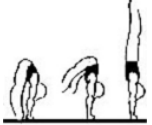
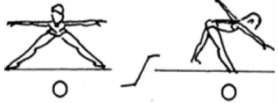
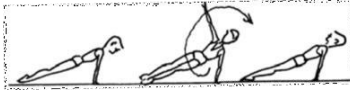
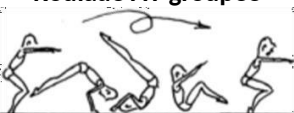
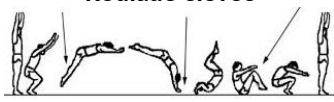
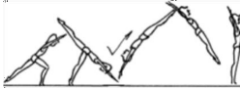
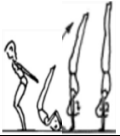
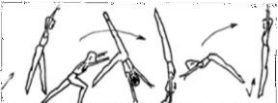
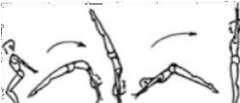
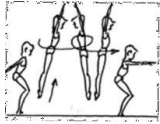
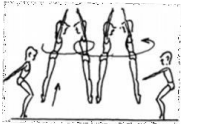
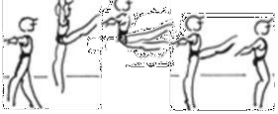


SOL GARCONS

	A	B	C	D
1 ATR	Transfert du poids sur les mains 	ATR en force placement dos 	ATR en force 	ATR en force tendu écart 
2 ATR	ATR 1 jambe 	ATR passager 	ATR tenu 2" 	ATR + ½ tour 
3 SM	Planche 	Chandelle 	Planche ou 	Grand écart, Y pied main 
4 AP	½ tour à l'appui 	1 tour à l'appui ½ tour + ½ tour 	Passage groupé entre les mains 	1/2Cercle à l'appui 
5 AC AV	Roulade AV groupée 	Roulade élevée 	Roulade Av tendue écart 	Roulade Av tendue serrée 
6 AC AV	Roulade Av 1 pied 	Passage ATR roulade AV 	Saut de main 	Salto AV 
7 AC AR	Roulade Ar groupée 	Roulade AR tendue écart 	Roulade AR tendue serrée 	Roulade AR + ATR 
8 AC	Roue 	Rondade 	Flip 	Salto AR 
9 ST	Elan + Saut vertical 	Elan+Saut vertical ½ tour 	Elan + Saut vertical 1 tour 	Elan + Saut vertical 1.5 tour 
10 ST	Elan + Saut ciseaux de jambes 	Elan + Saut groupé 	Elan + Saut carpé écart 	Elan + Saut carpé serré 