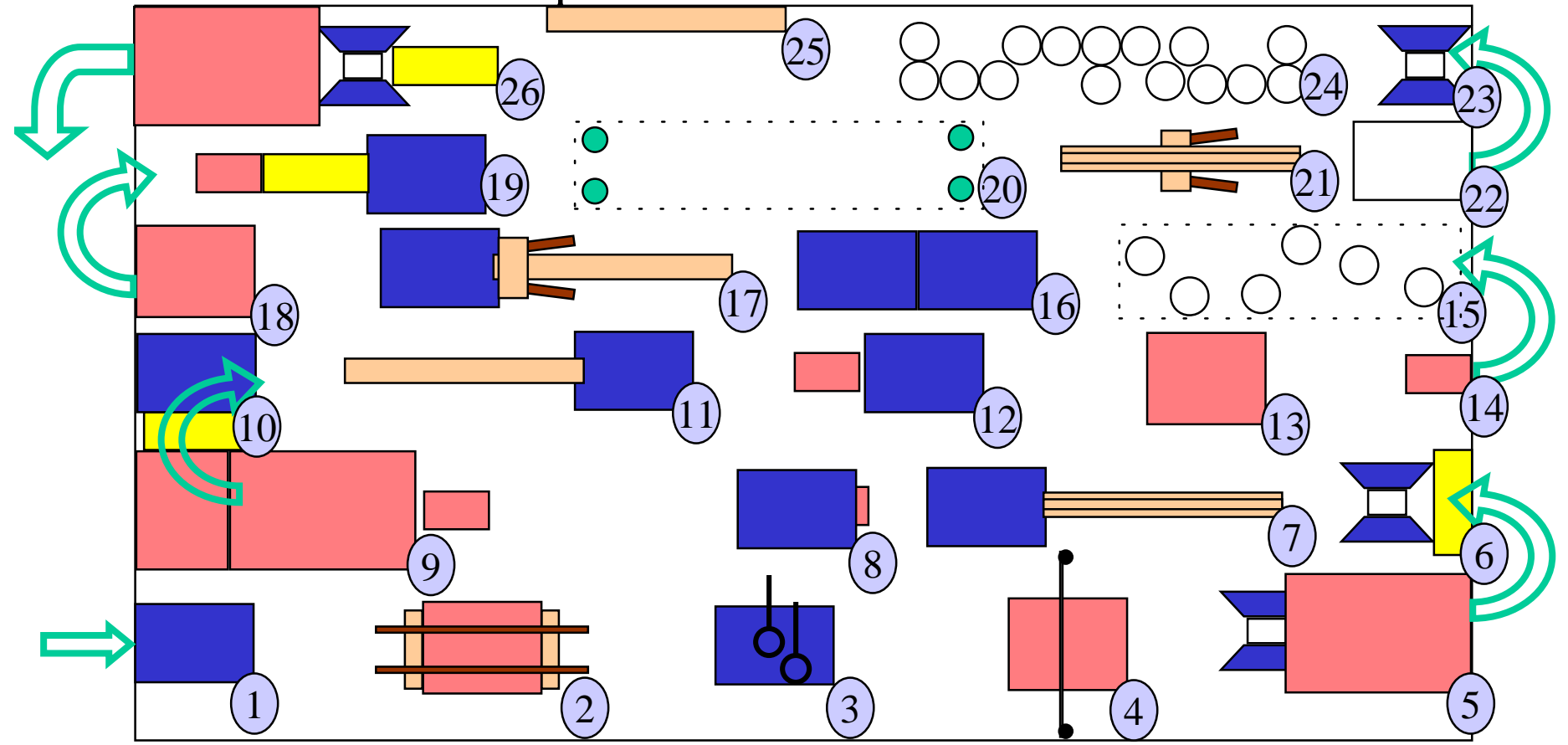


# Artistiques Introduction

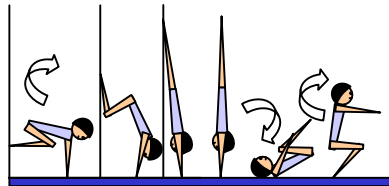




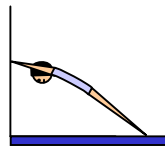
# Tapis contre un mur

1

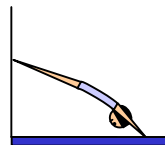
Grimper à l'appui renversé (ventre contre mur) - Rouler



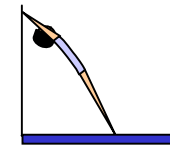
Position "C+" (mains contre le mur)



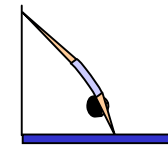
Position "C+" (pieds contre le mur)

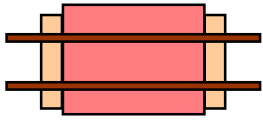


Position "C-" (mains contre le mur)



Position "C-" (pieds contre le mur)





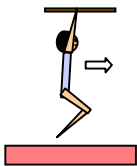
# Barres parallèles

2

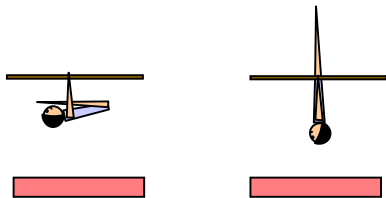
En suspension - Rotation arrière + avant



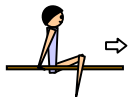
En suspension - Traverser



Suspension mi-renversée / renversée tendue



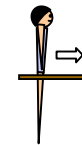
Grimper - Traverser "assis"



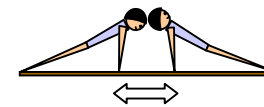
Grimper - traverser « à 4 pattes »



Traverser à l'appui

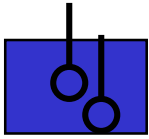


Elancer (avec aide / surveillance)



Equerre (jambes fléchies)





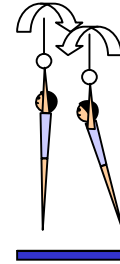
# Anneaux

3

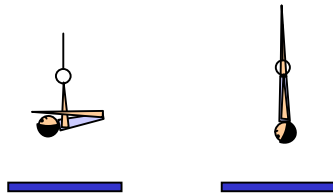
Rotation arrière + avant



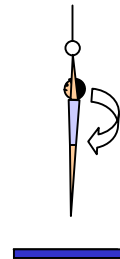
Suspension - Suspension dorsale et retour



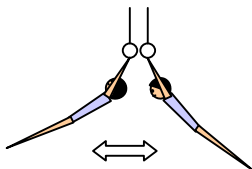
Suspension mi-renversée / renversée tendue

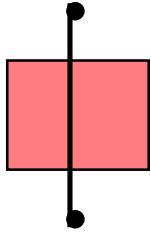


En suspension - « vrilles » (en faisant des cercles avec les pieds)



En suspension - Elancer

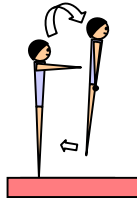




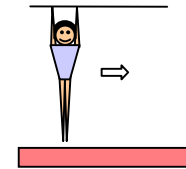
# Barre-fixe

4

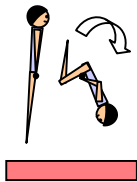
Saut à l'appui - Saut à la station



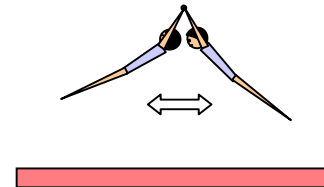
En suspension - Se déplacer



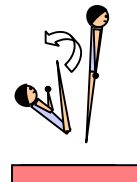
Rotation en avant (attention aux prises: en prises palmaires ou en reprenant les prises sous la barre avant la rotation)



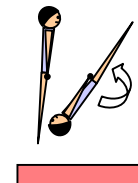
En suspension - Elancer (avec aide/surveillance)

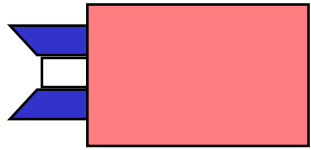


Entrée du ventre



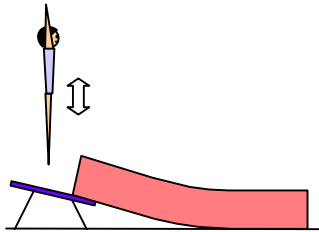
Tour d'appui



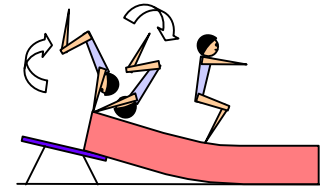


# Minitramp avec tapis sur le bord

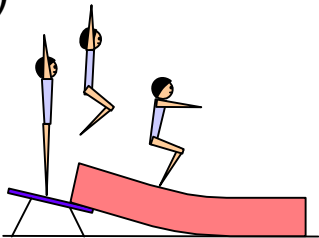
Saut extension sur minitramp



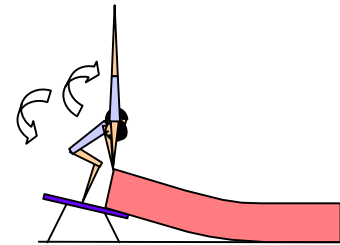
Saut rouler



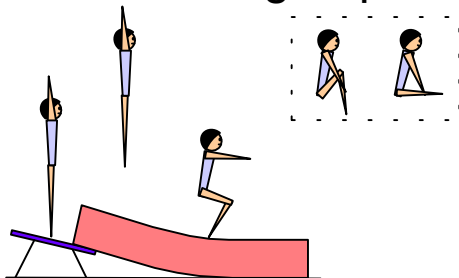
Saut extension sur tapis (en tirant les jambes)



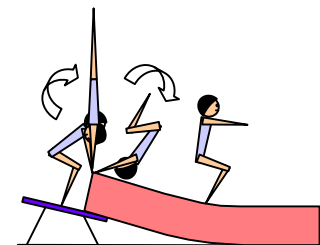
Saut à l'appui renversé

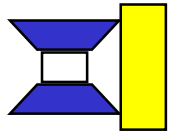


Saut extension / groupé / écart



Saut à l'appui renversé - Rouler

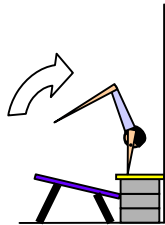




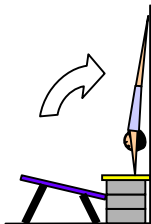
## Minitramp + caisson (2-4 éléments) contre un mur

6

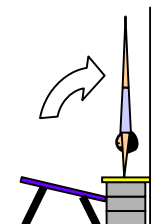
Saut sur le minitramp

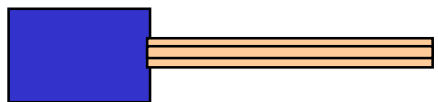


Saut à l'appui renversé pieds contre le mur



Saut à l'appui renversé

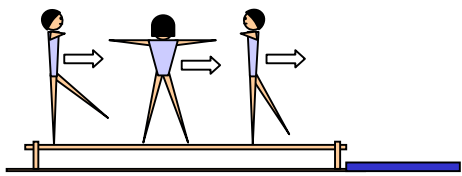




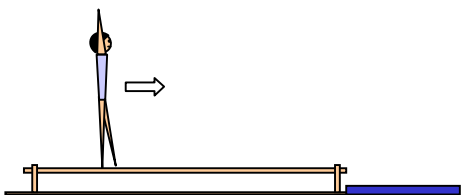
## Banc retourné (avec saut à la station en bout de banc)

7

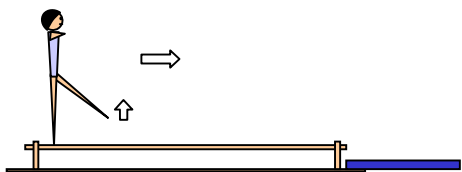
Marcher en avant / latéralement / en arrière



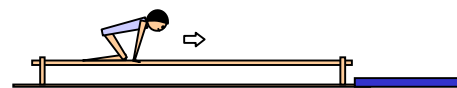
Marcher sur la pointe des pieds



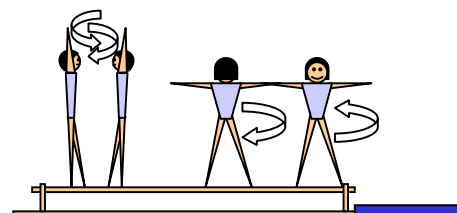
Marcher en tenant la jambe élevée 3 secondes



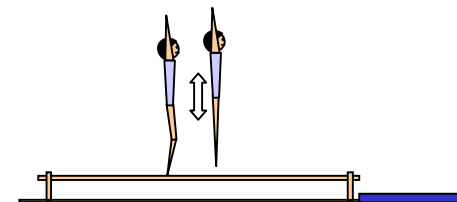
Avancer à 4 pattes



1/2 tour (en position faciale / latérale)



Saut en extension

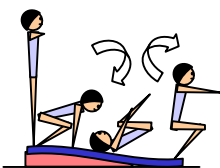


Séries diverses: 3 pas - 1/2 tour - 3 pas en arrière - 1/2 tour - ...

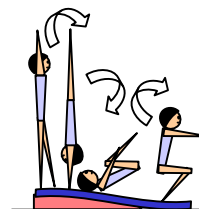


# Tremplin + Tapis

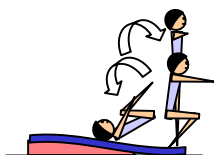
Station - Rouler avant - Station



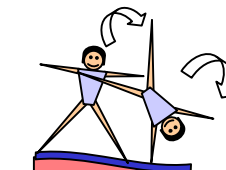
Appui renversé - Rouler



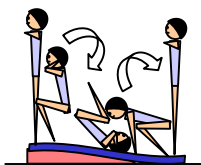
Rouler sur le dos et se relever à la station sans poser les mains



Roue gauche / droite



Rouler arrière

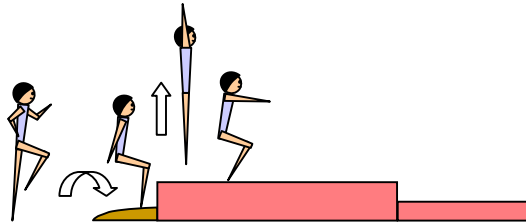




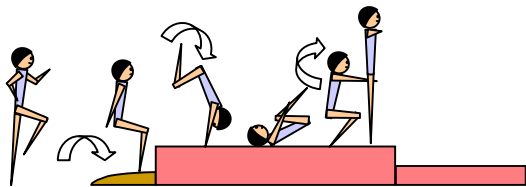
# Tremplin + Tapis

*Course et saut des 2 pieds simultanés sur le tremplin*

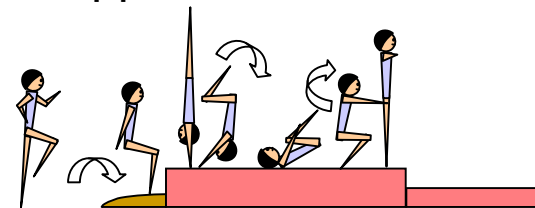
Saut en extension - Station



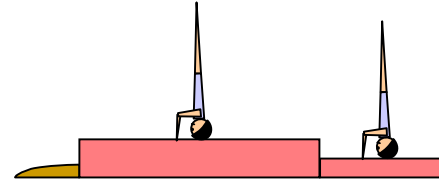
Saut rouler



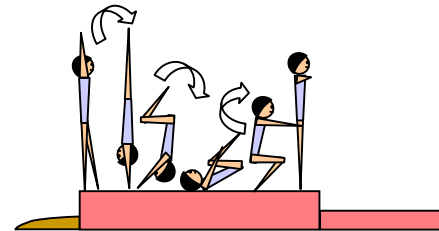
Saut à l'appui renversé



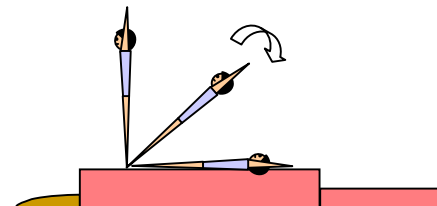
Bougie

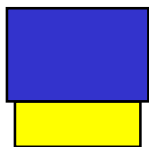


Appui renversé



Tomber sur le dos d'un bloc

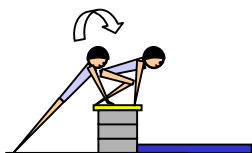




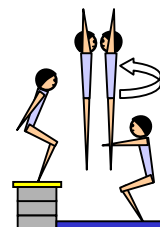
## Caisson (3 éléments) + tapis

10

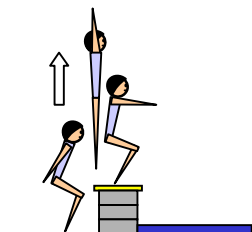
Mains sur le caisson - Saut accroupi sur le caisson



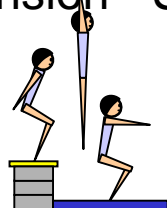
Saut 1/2 tour - Station

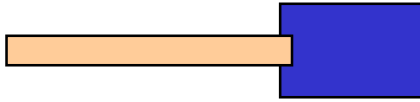


Saut en extension debout sur le caisson



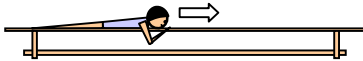
Saut en extension - Station





# Banc

Se tirer à plat ventre



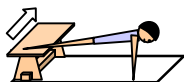
Mains sur le banc - Saut avec les pieds (joints) de part et d'autre



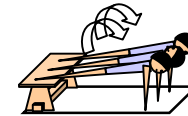
Position faciale / dorsale



Pieds sur la banc, mains à terre -  
Marcher latéralement



Pieds sur la banc, mains à terre -  
Rotation longitudinale en appui



*En bout de banc :*

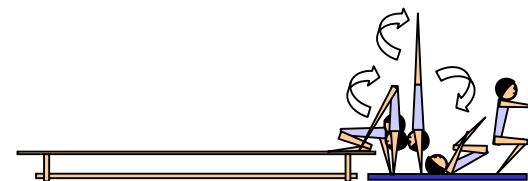
Rouler

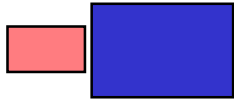


Préparation appui renversé de force



Appui renversé de force

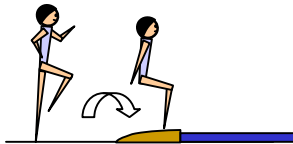




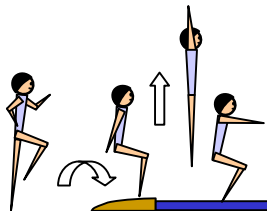
## Tremplin + tapis 5cm

12

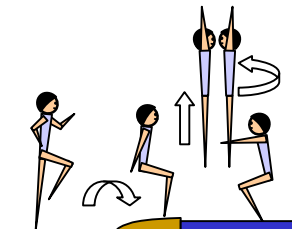
3 pas et saut des 2 pieds simultanés  
sur le tremplin



Saut extension - Station



Saut extension 1/2 tour - Station

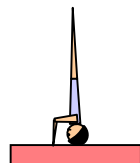




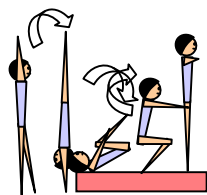
## Tapis 15cm

13

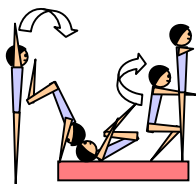
Bougie



Appui renversé (mains devant le tapis)



De la station - Saut rouler

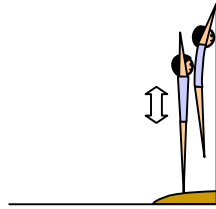




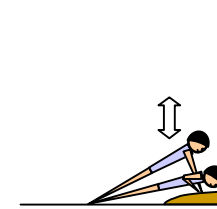
## Tremplin contre le mur

14

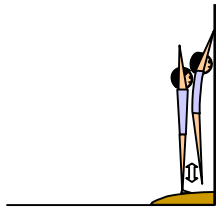
Saut en extension en touchant le mur  
le plus haut possible

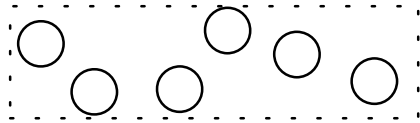


Appui facial mains sur le tremplin -  
Appuis faciaux



Saut en extension en ne poussant  
qu'avec la pointe des pieds

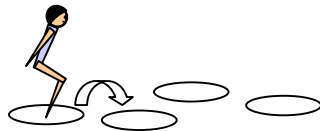




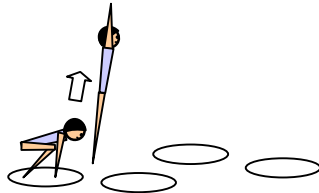
# Cerceaux

15

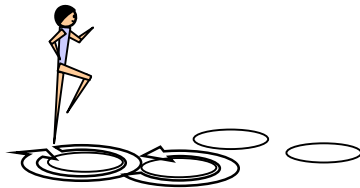
Sauts à pieds joints



Sauts de grenouille



Course avec un tour autour de chaque cerceau



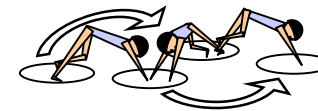
Course



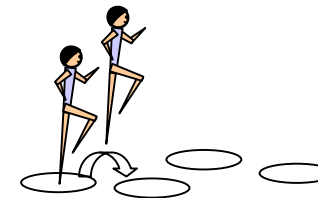
Course à quatre pattes avec un tour autour de chaque cerceau



Pieds dans 1er cerceau / mains dans 2ème - Passer avec les pieds dans le 3ème - Passer des mains ....



Saut sur un pied

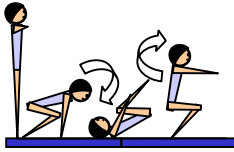




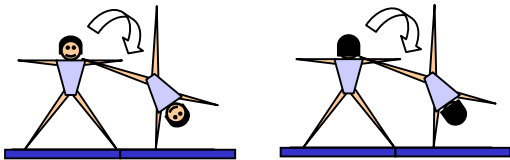
# Sol

16

Station - rouler - Station



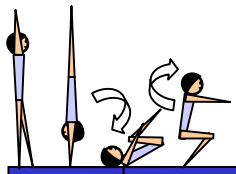
Roue (gauche + droite)



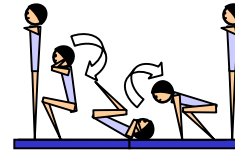
Rouler sur le côté (bras en haut) -  
Sans poser pieds et mains



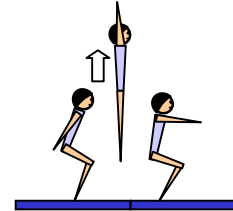
Appui renversé



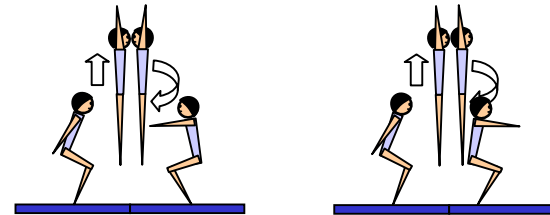
Rouler arrière



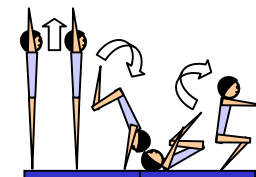
Saut extension - Station

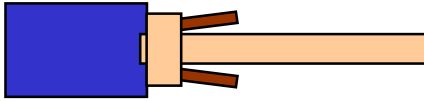


Saut 1/2 (1/1) tour - Station



Sautiller - Saut roulé

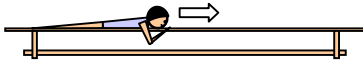




## Banc + Mouton

17

Se tirer à plat ventre



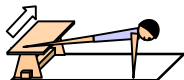
Mains sur le banc - Saut avec les pieds (joints) de part et d'autre



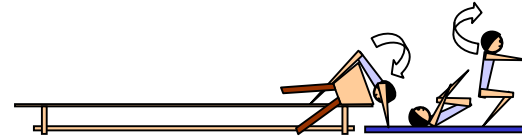
Position faciale / dorsale



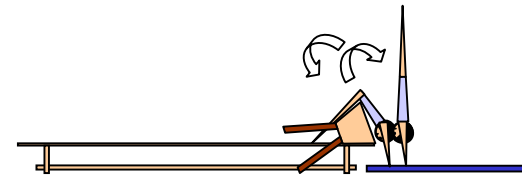
Pieds sur la banc, mains à terre -  
Marcher latéralement



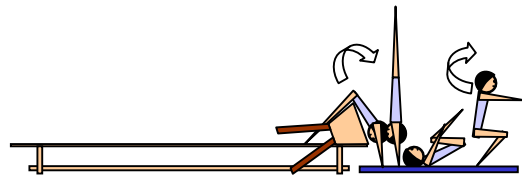
Rouler avant



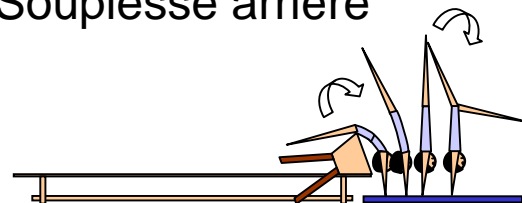
Elancer à l'appui renversé



Appui renversé - Rouler



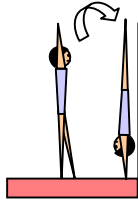
Souplesse arrière



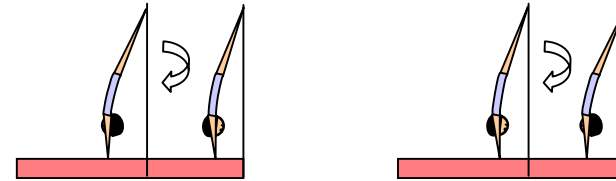


# Tapis 15cm contre mur

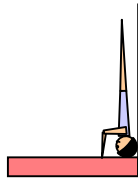
Appui renversé



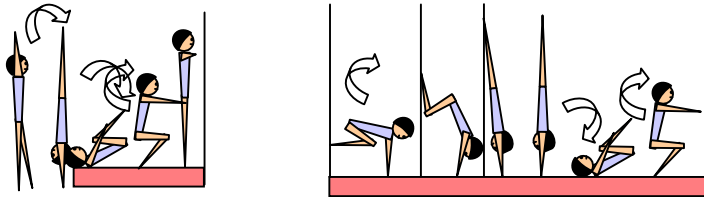
Appui renversé - 1/2 tour

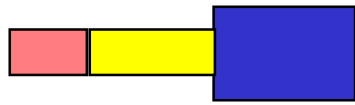


Bougie



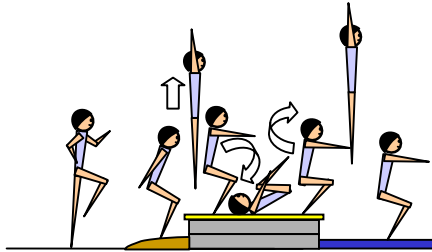
Appui renversé - Rouler



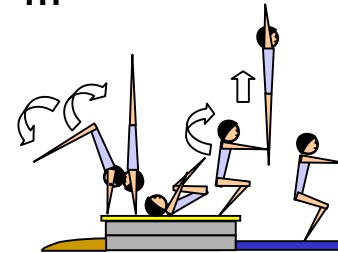


# Tremplin + Caisson (1-3 éléments) + Tapis

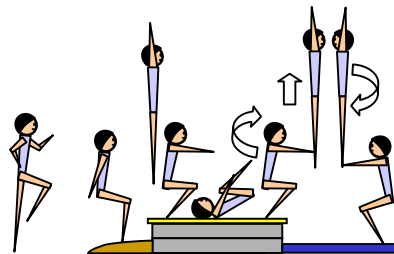
Saut extension - Rouler sur le caisson  
- Saut extension - Station



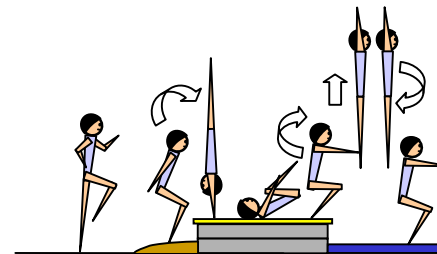
Mains sur le caisson - Saut sur le  
tremplin jusqu'à l'appui renversé -  
Rouler - ...



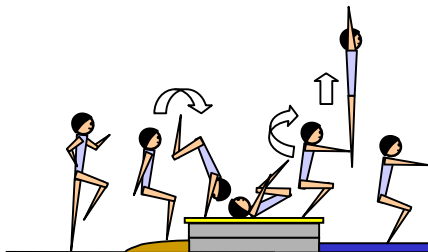
Saut extension - Rouler sur le caisson  
- Saut extension 1/2 tour - Station



Saut à l'appui renversé - Rouler - ...



Saut rouler - Saut extension - Station

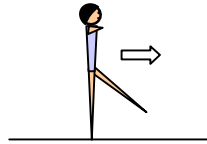




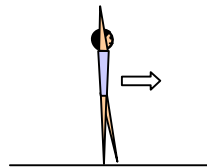
## Piste (poteaux ou ligne)

20

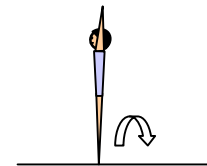
Marcher bras de côté en levant la jambe et tenant 3 secondes le pied en l'air



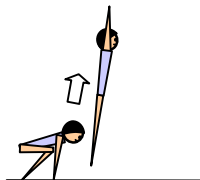
Marcher en extension sur la pointe des pieds



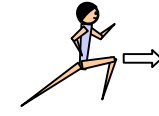
Sauts d'extension en arrière bras en haut



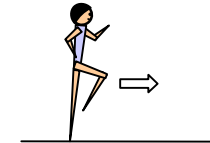
Sauts de grenouille



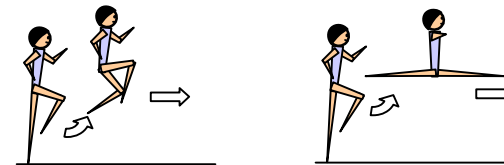
Course (sprint)



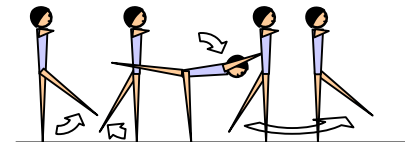
Course coordonnée mouvement des jambes et des bras

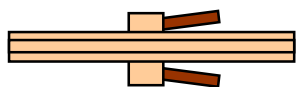


Saut de galop / écart / ...



Elancer jambe en avant - tenir - élaner en arrière - arabesque - balance - arabesque - ...

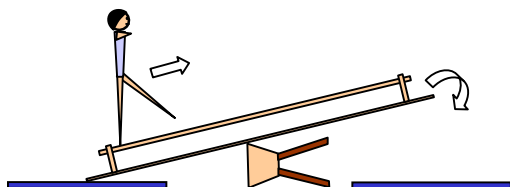




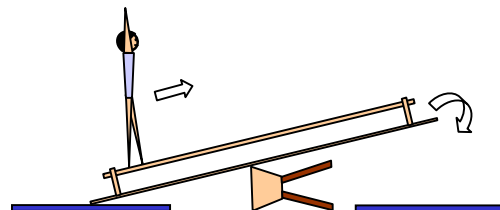
## Banc / Balançoire

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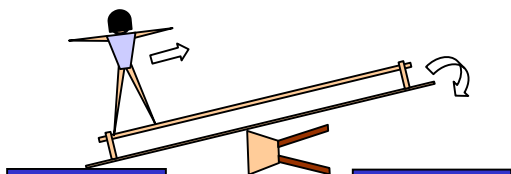
Traverser en avant



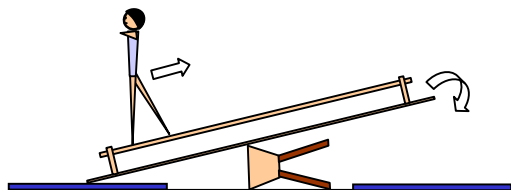
Traverser sur la pointe des pieds



Traverser latéralement



Traverser en arrière

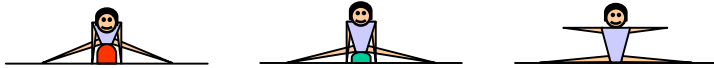




# Souplesse

22

Grand écart facial



Ecrasement jambes serrées



Ecrasement jambes écartées



Chevilles



Dislocations



Poignets

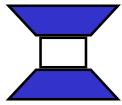


Grand écart latéral (gauche + droite)



Pont

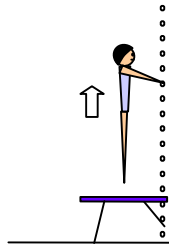




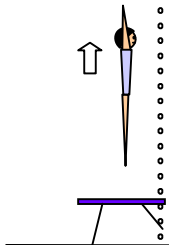
# Trampoline + Espaliers

23

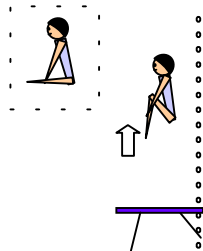
Saut en se tenant aux espaliers



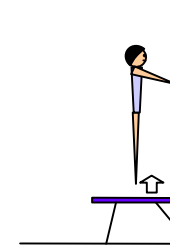
Saut en extension



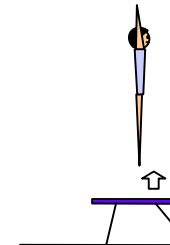
Saut groupé / écart

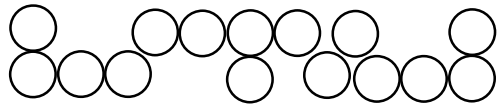


Saut en ne travaillant qu'avec la pointe des pieds (jambes tendues)



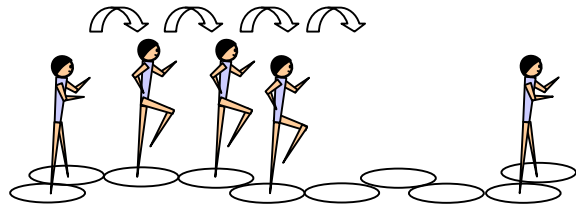
Saut en extension en ne travaillant qu'avec la pointe de pieds (jambes tendues)



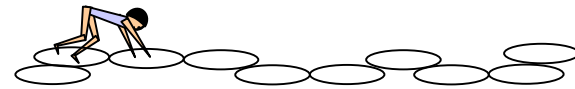


# Cerceaux

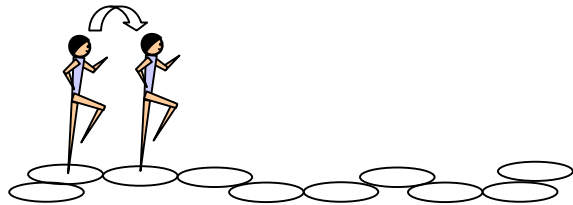
Saut avec le pied droit dans les cerceaux de droite / gauche dans les cerceaux de gauche



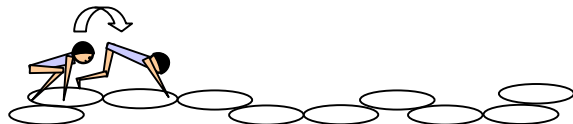
Marcher à 4 pattes



Saut sur 1 pied



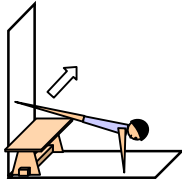
Saut du lapin





## Banc contre le mur

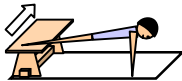
Marcher latéralement mains à terre -  
pieds au mur sans toucher le banc



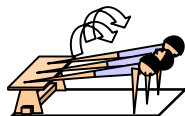
Appui facial / dorsal

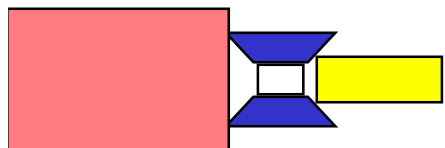


Marcher latéralement mains à terre -  
pieds sur le banc



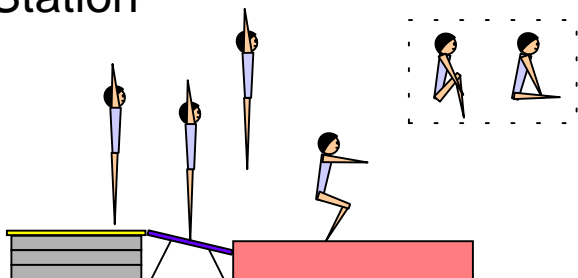
Appui facial mains à terre / pieds sur le  
banc - se retourner à l'appui dorsal -  
se retourner...



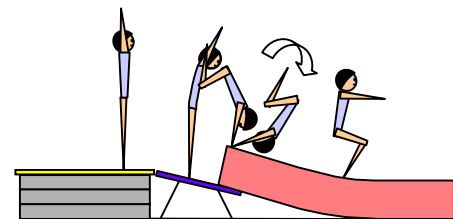


## Caisson / Banc - Minitramp et tapis 30cm (evtl. sur minitramp)

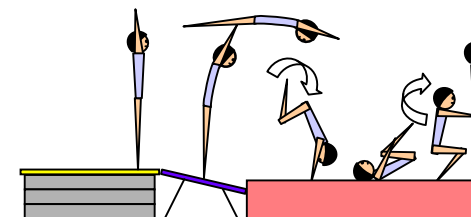
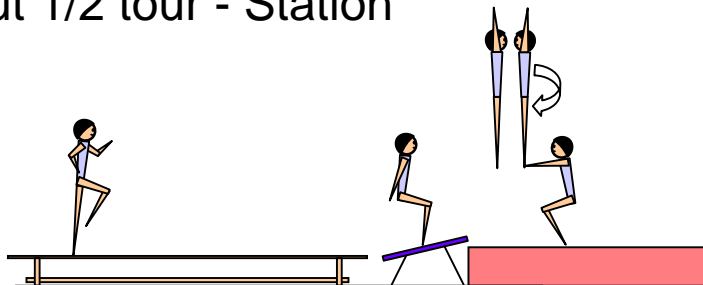
Saut extension / écart / groupé - Station



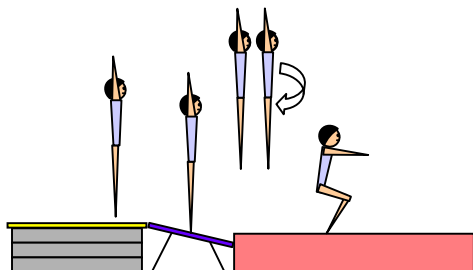
Saut rouler



Saut 1/2 tour - Station



Saut 1/1 tour - Station



Saut à l'appui renversé - Rouler (avec tapis sur minitramp)

