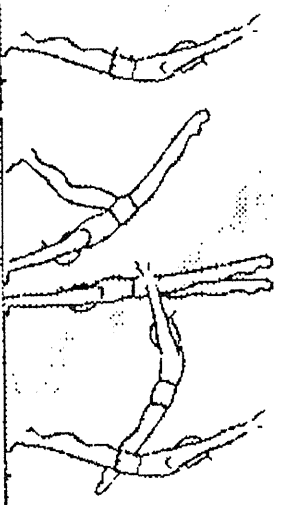


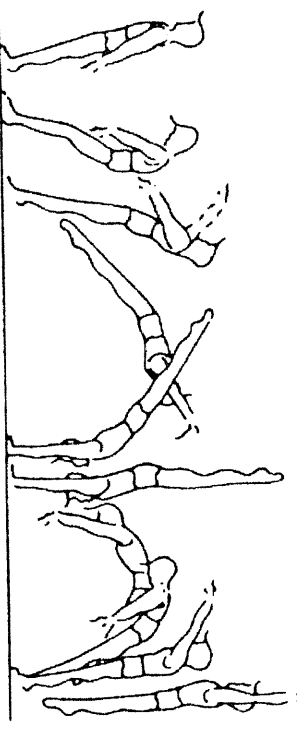
SOL : RENVERSEMENT AVANT + ARRIÈRE

THÉORIE

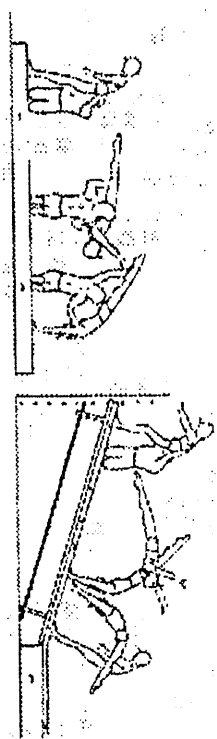
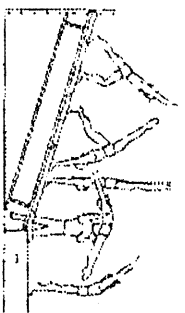
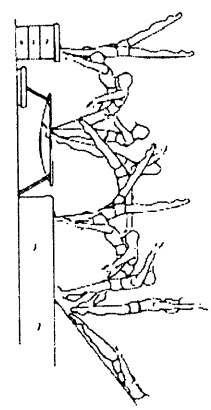
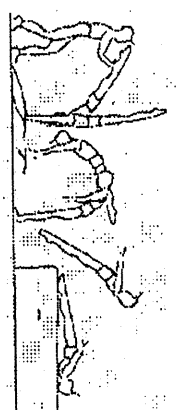
Renversement avant



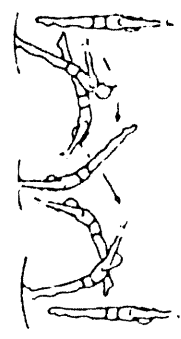
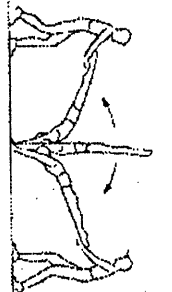
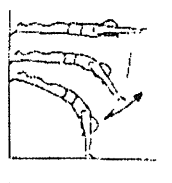
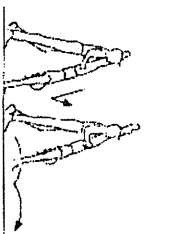
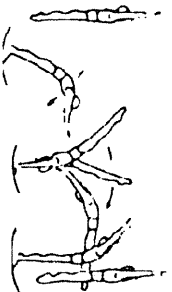
Flic-flac



Forme finale d'enseignement



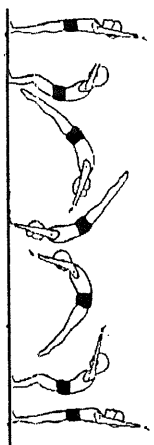
Construction de la forme finale



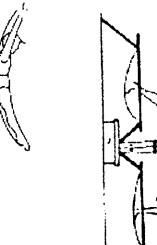
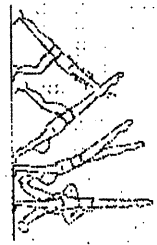
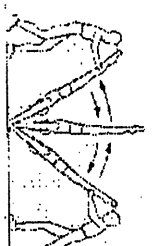
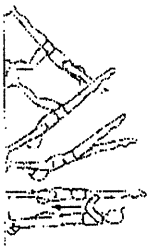
Grand trampoline

Grand trampoline

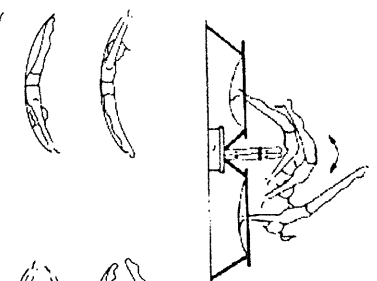
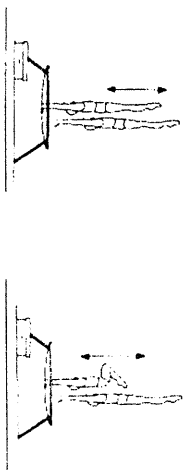
Forme générale



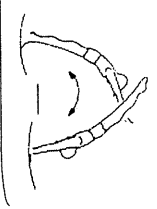
Elements de base



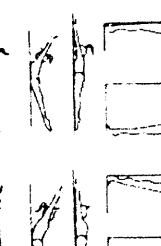
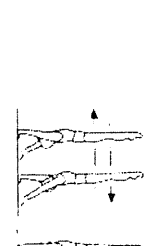
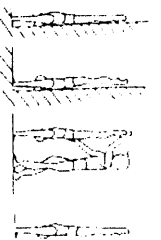
Minitrampoline ou grand trampoline



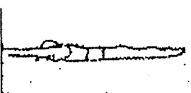
Grand trampoline



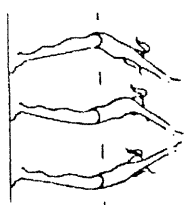
Postures :



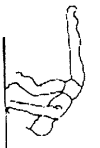
Appui renversé



Courbette



Renversement avant



ERREURS

Flic-flac

