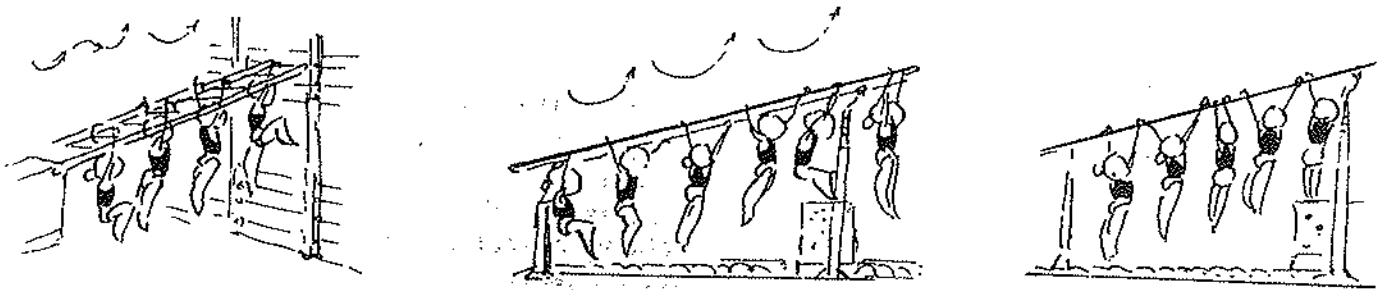
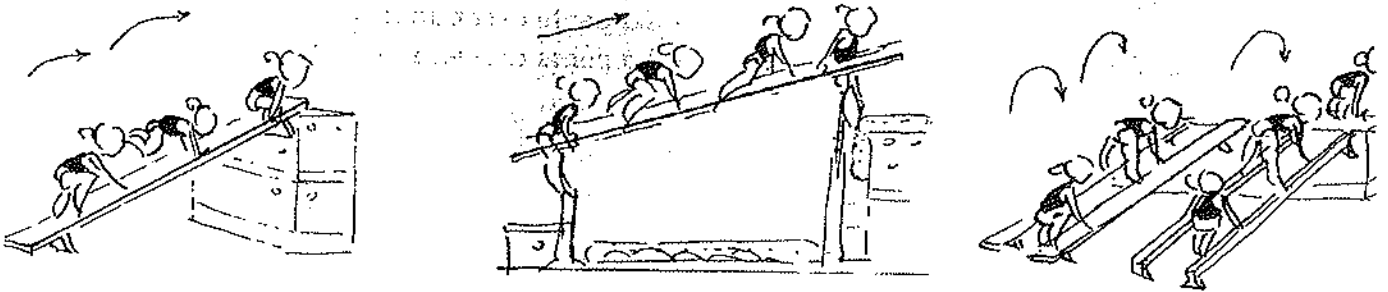


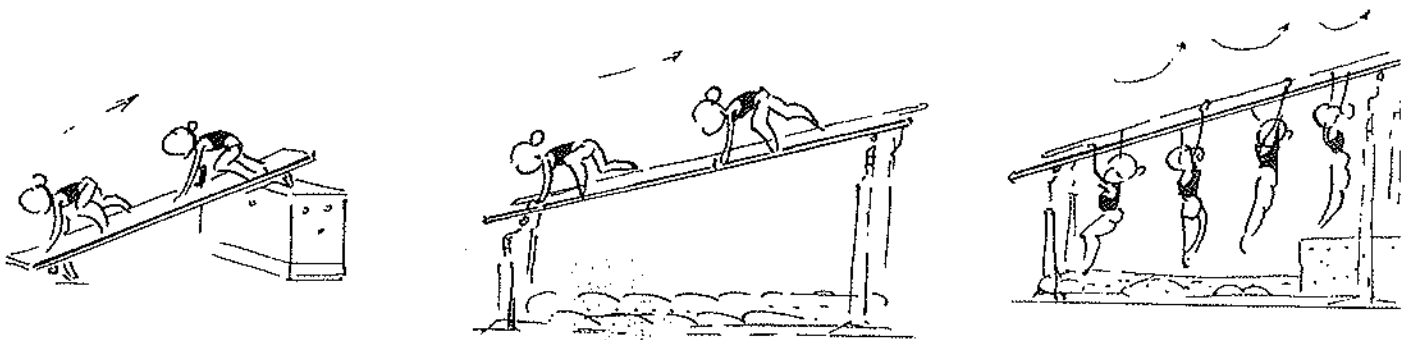
- Quelques exemples d'exercices en pente ascendante (faible et forte inclinaison) :
 - en avançant en suspension,



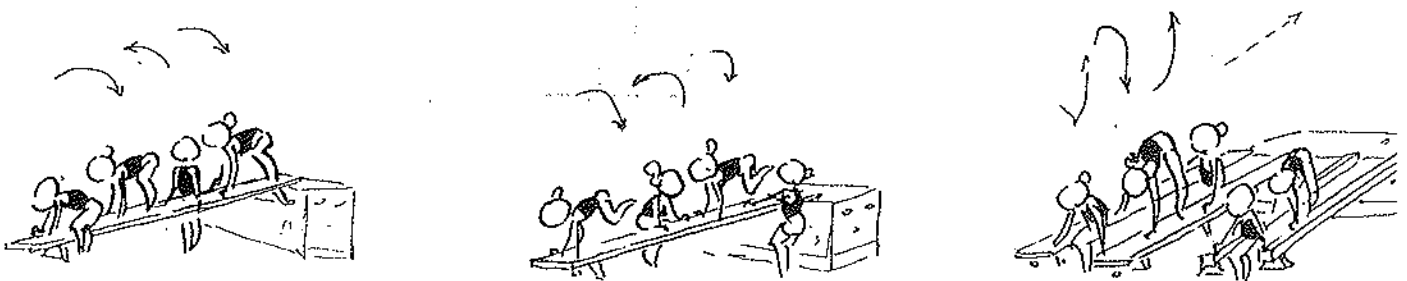
- en avançant en quadrupédie ou en saut de lapin (impulsion jambes-bras),



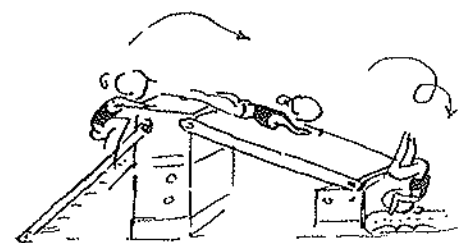
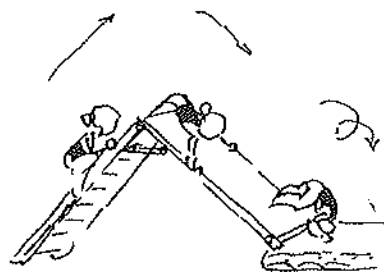
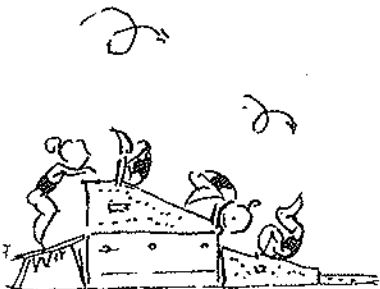
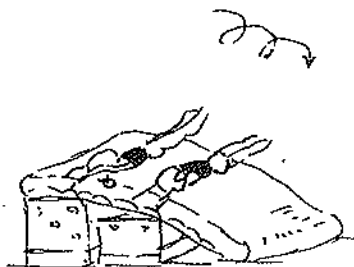
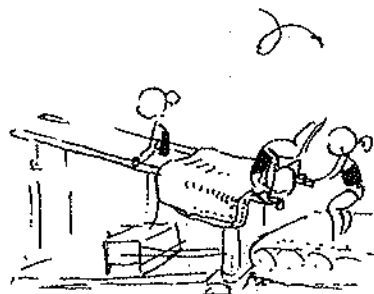
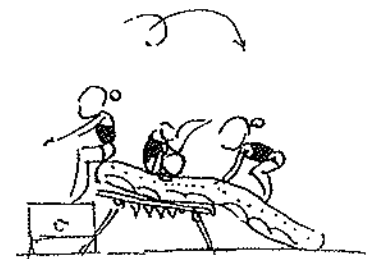
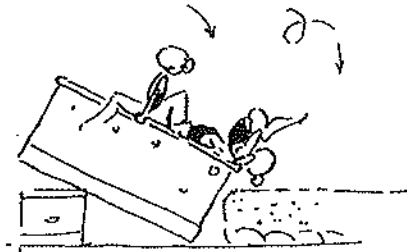
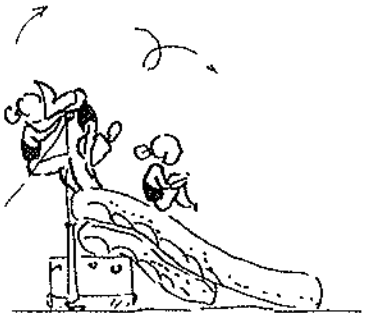
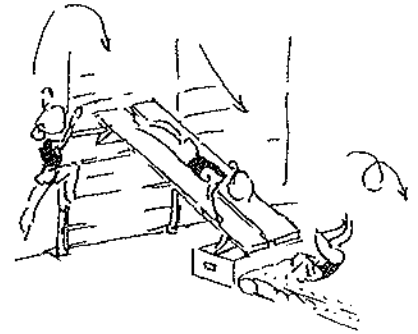
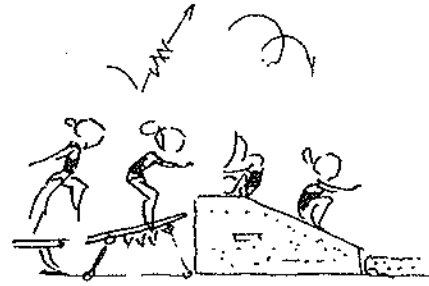
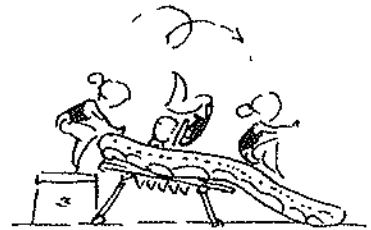
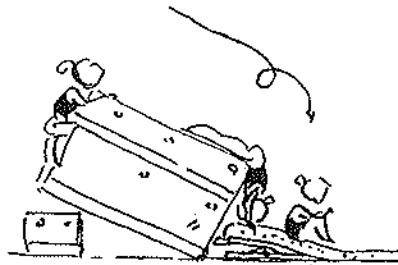
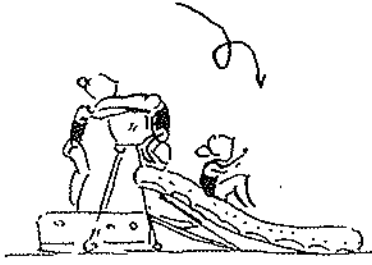
- en reculant en quadrupédie ou en suspension,



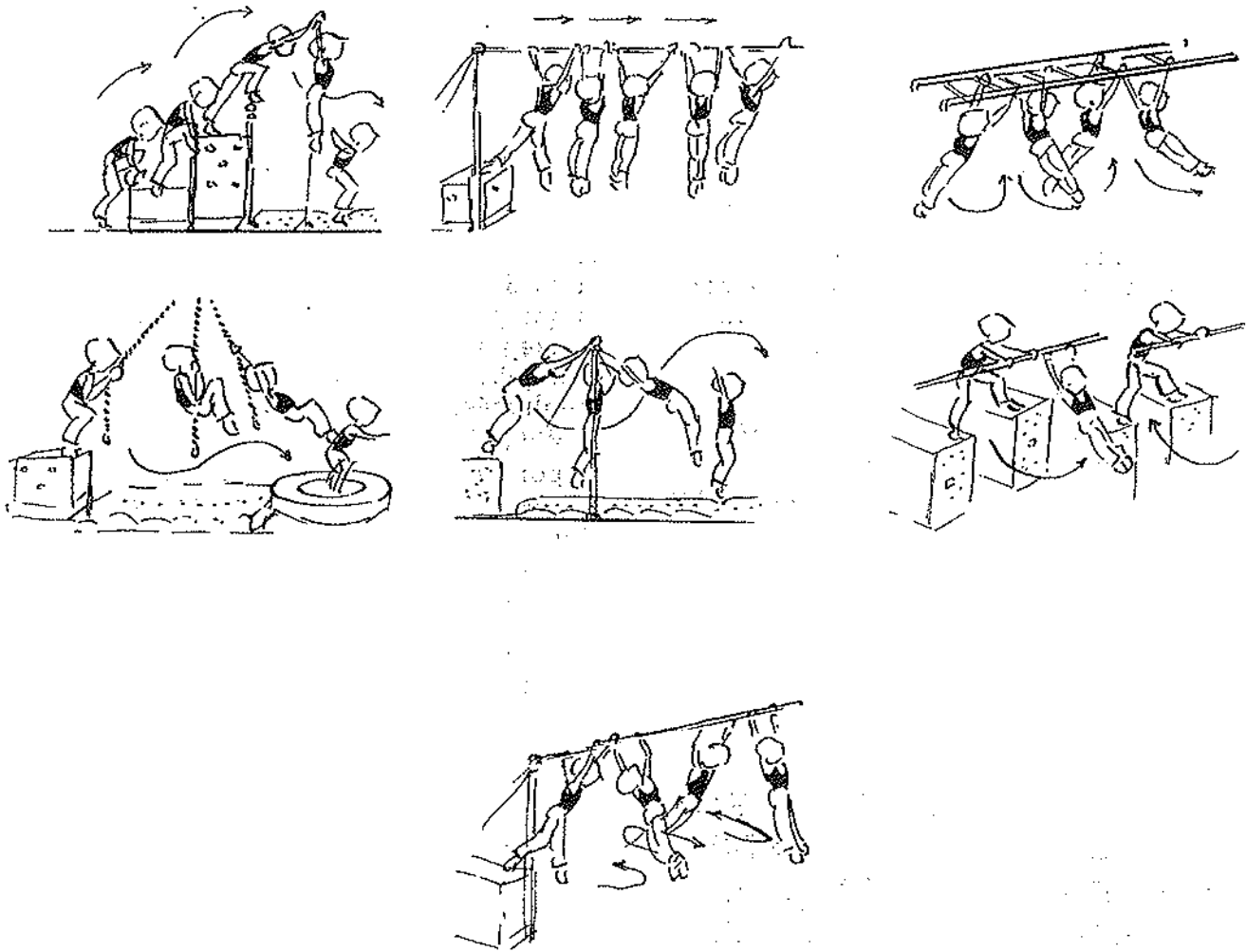
- en reculant en saut de lapin (impulsion jambes-bras) et placement du dos (antéimpulsion).



La déclivité et les trois matrices



Les sept facettes.



Viennent ensuite les gestes en ouverture-antépropulsion (ex : sortie filée) de la suspension, de l'appui, avec demi-tour, ainsi que les gestes en répropulsion-fermeture (ex : piston) avec et sans aide des pieds.

L'ensemble sera étroitement combiné avec les trois grandes rotations.

Exemple de séquence de parcours combinant la quadrupédie ascensionnelle et les trois rotations en suspension, avant, longitudinale, arrière.



