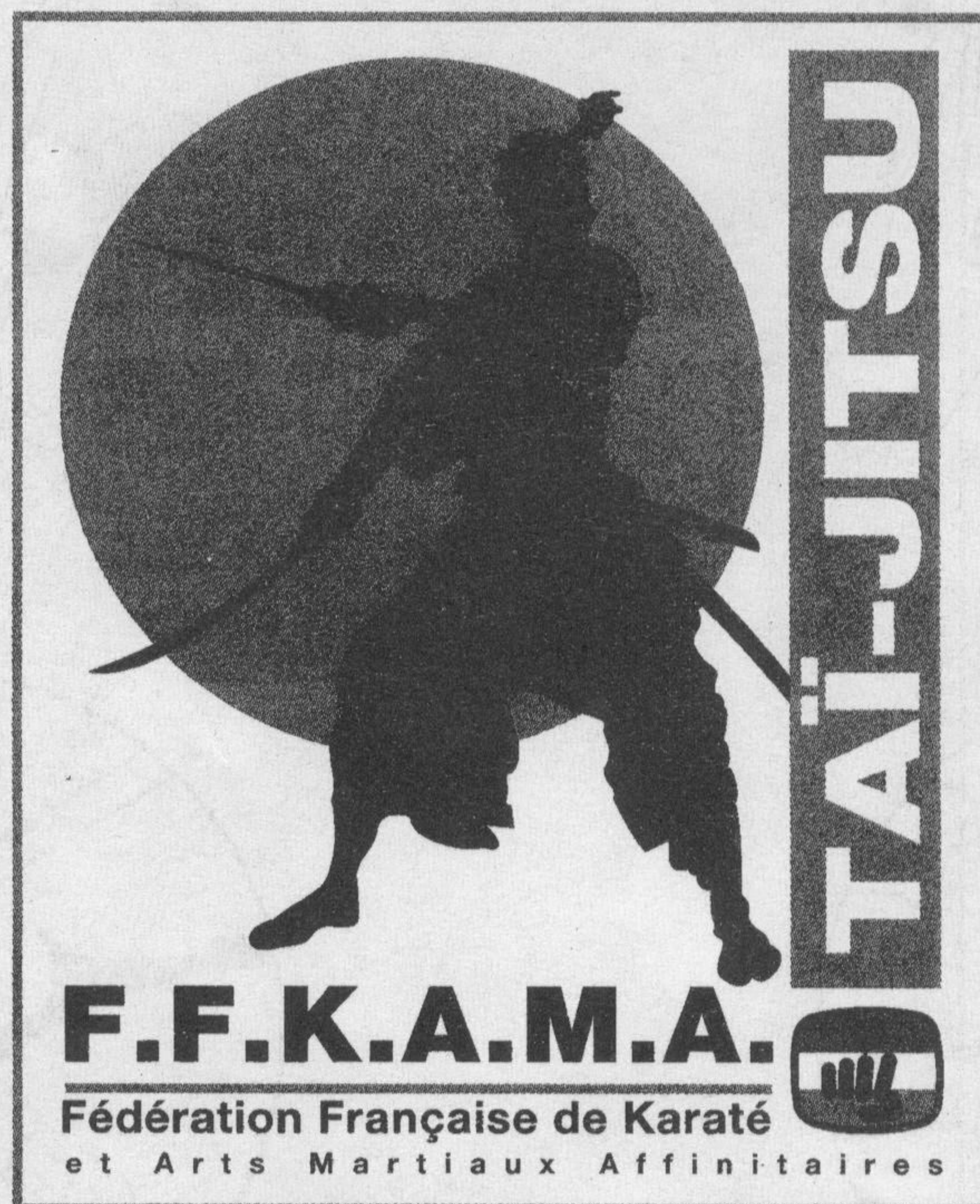


LES

TECHNIQUES

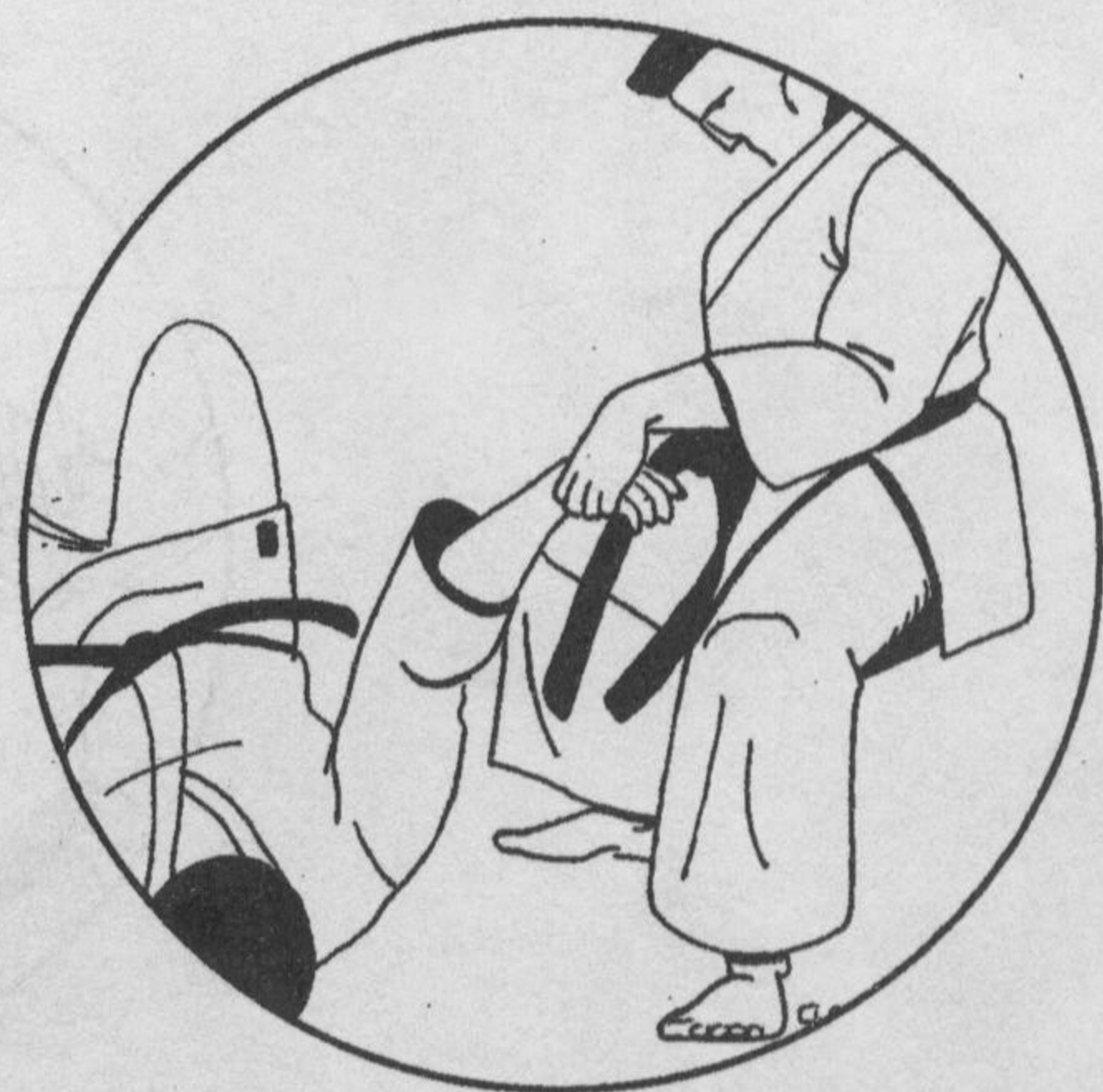
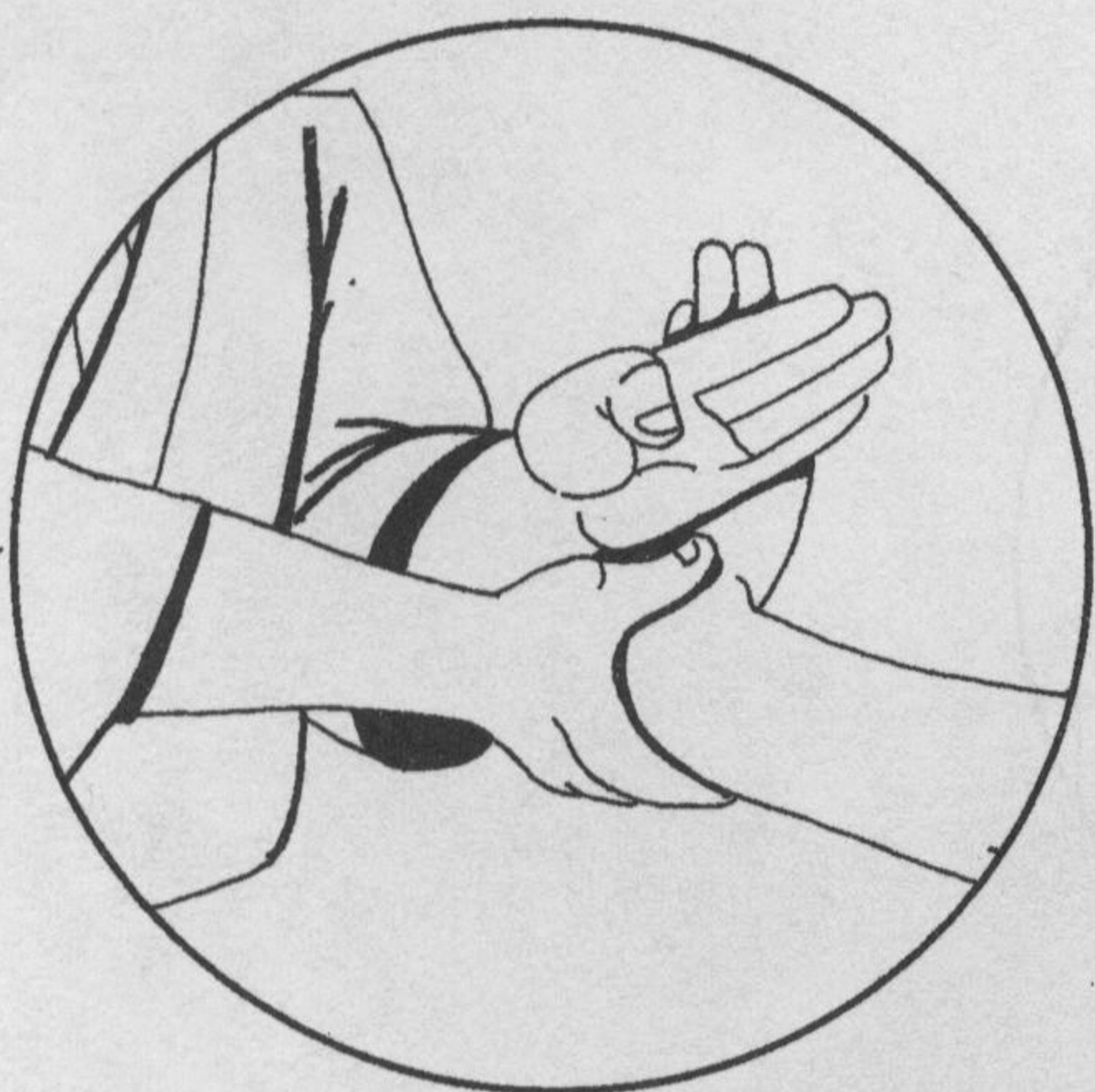
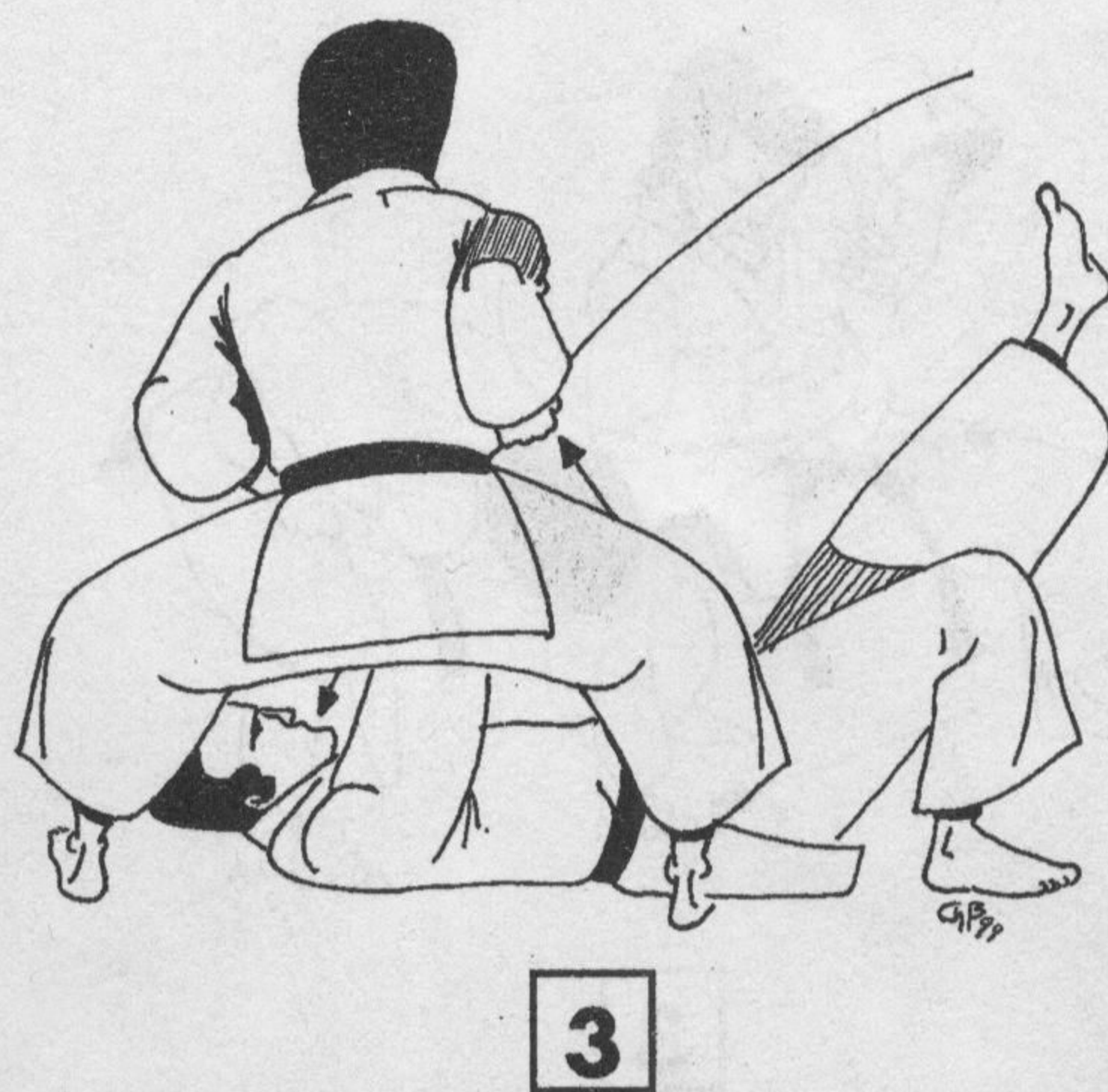
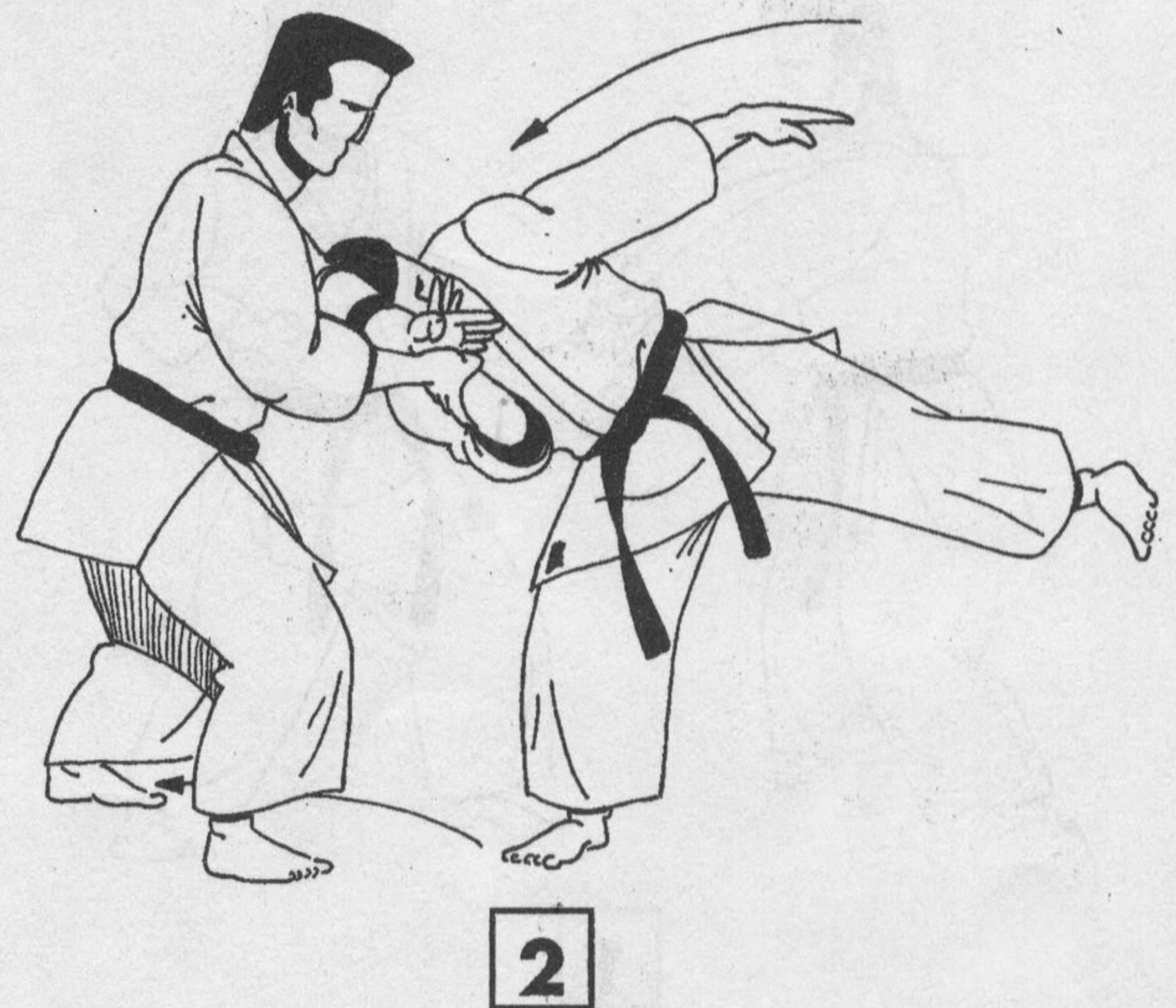
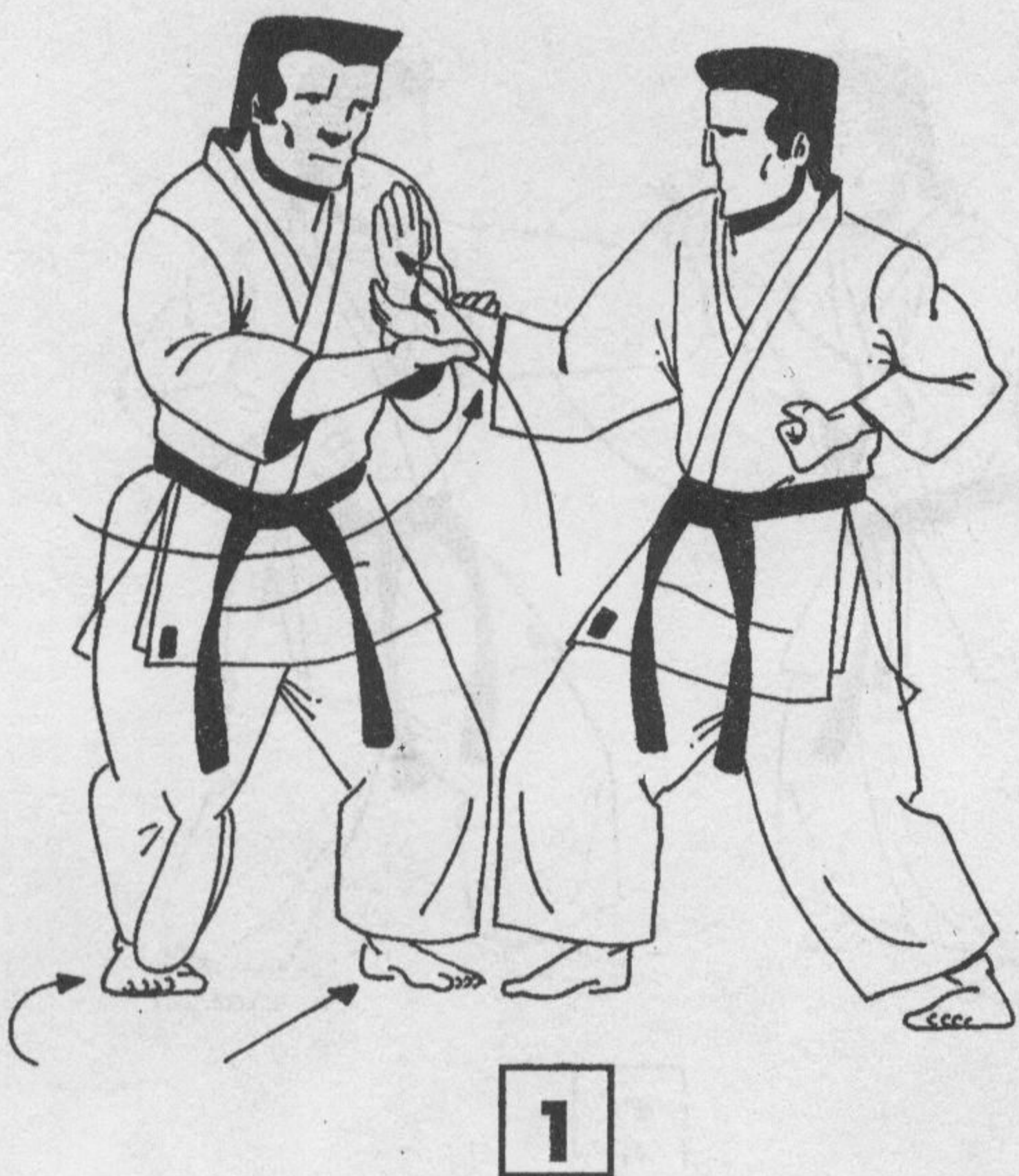
DE BASE

PAR CLÉS



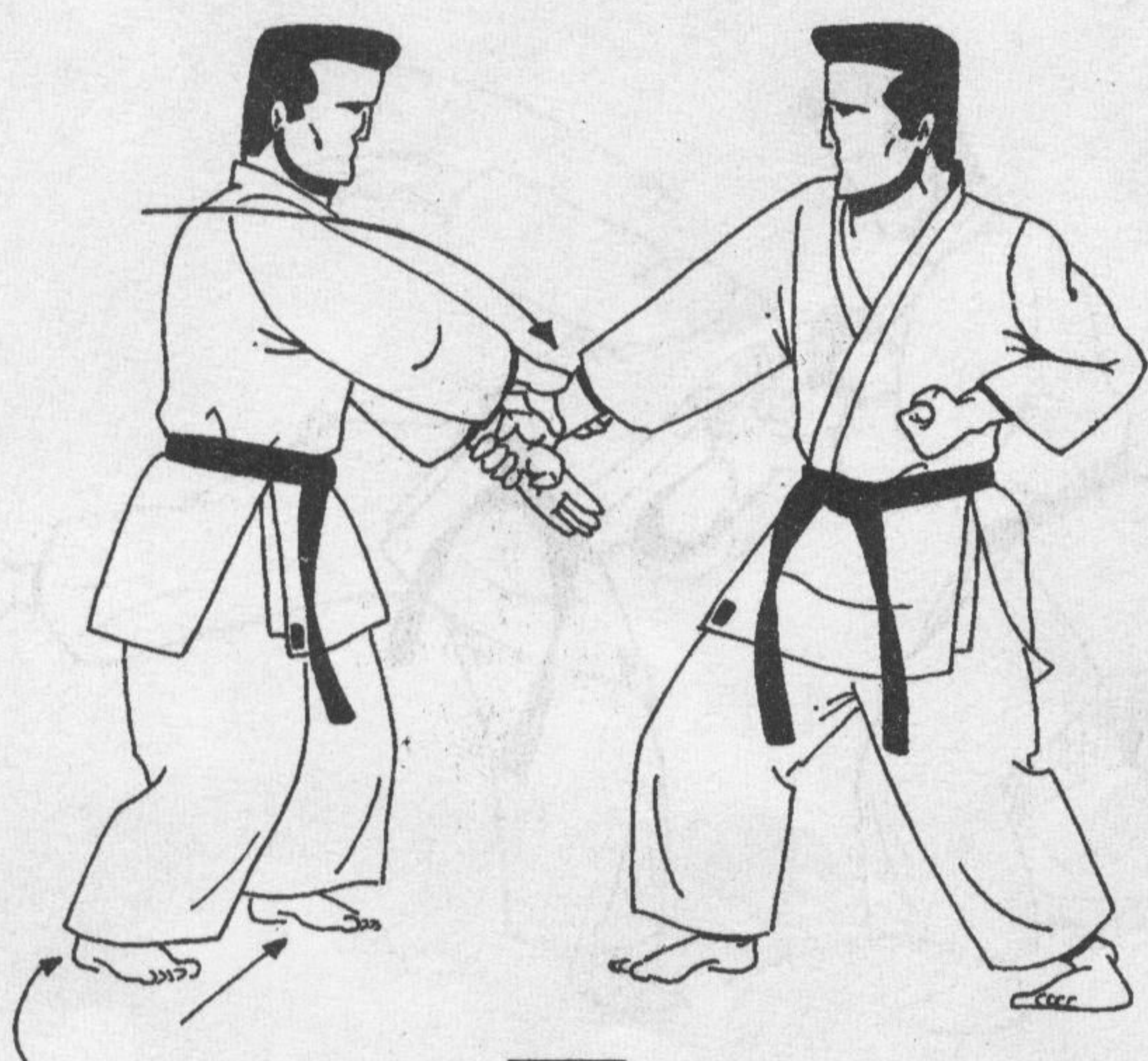
Clé 1

- 1/ Clef de poignet vers l'extérieur

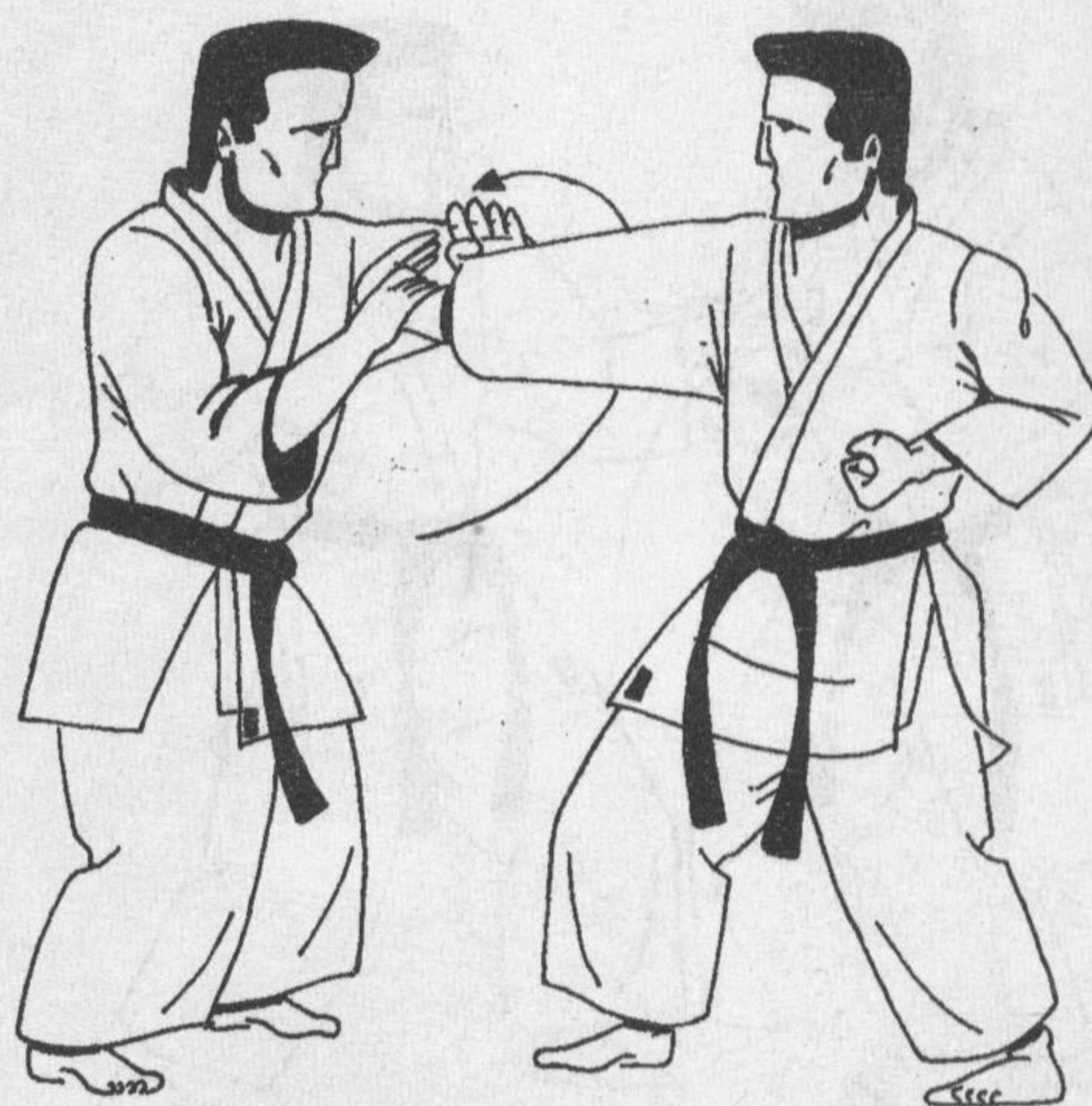


Clé 2

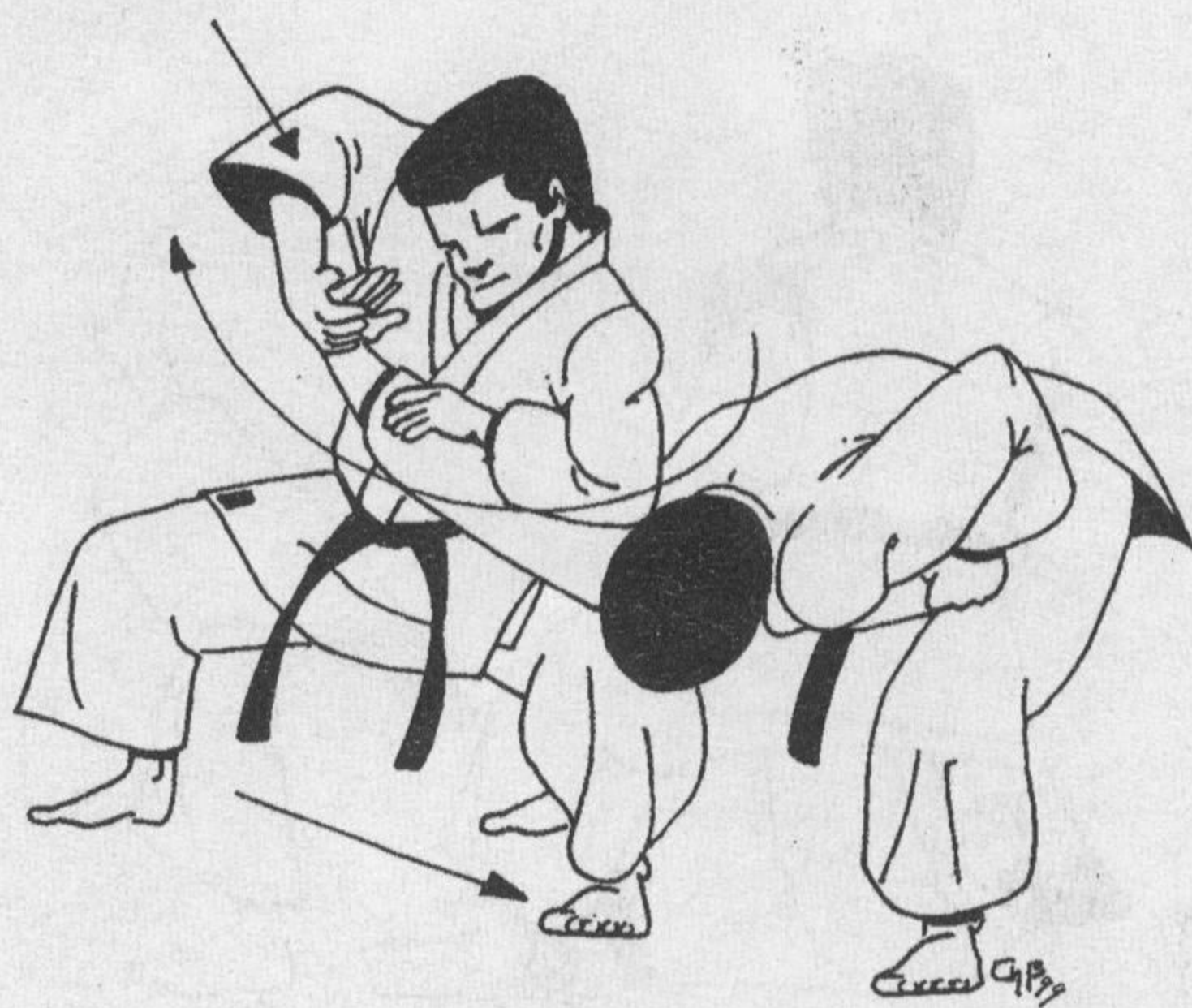
- 2/ Clef de poignet sur le bras tendu



1



2

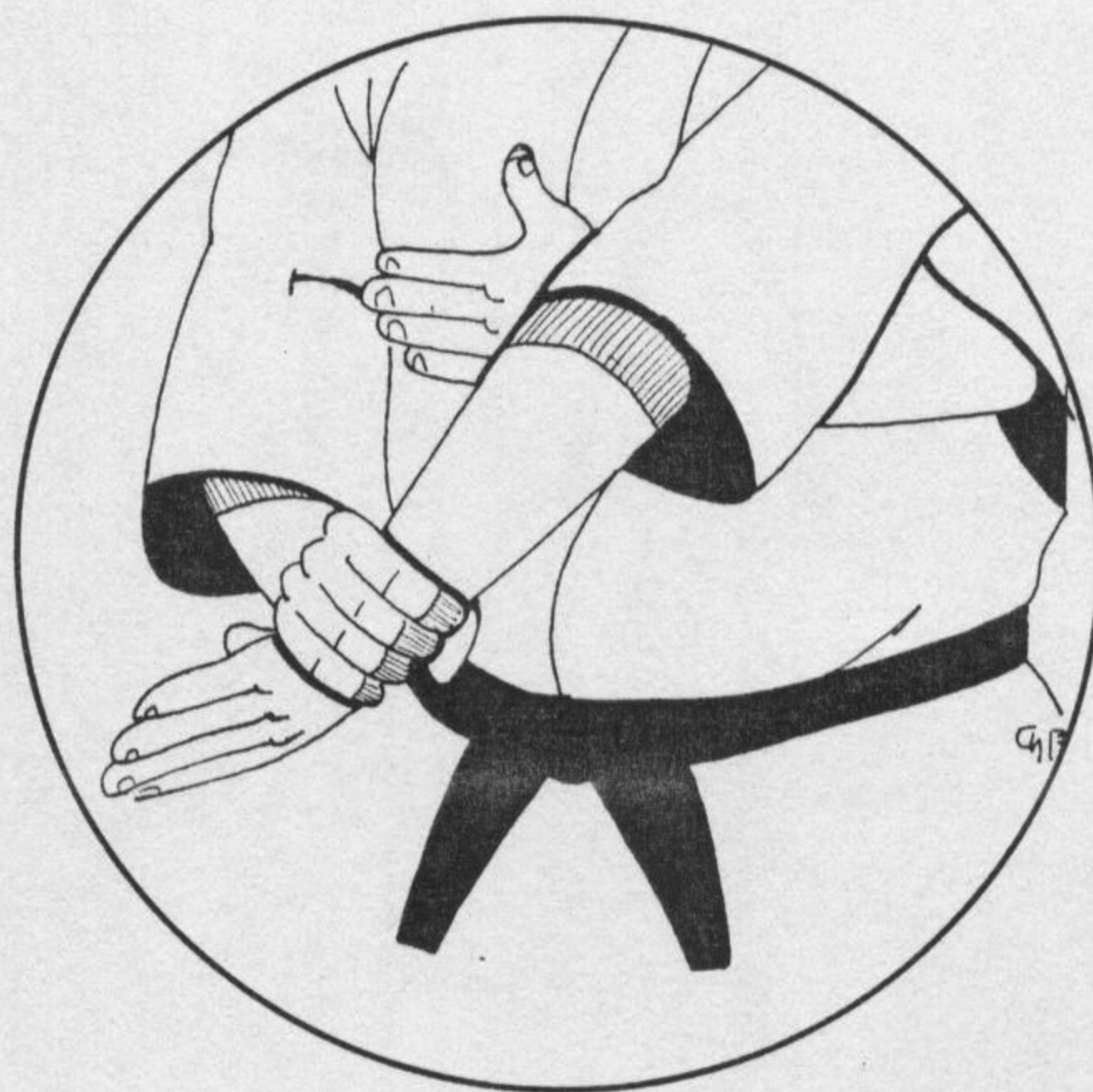
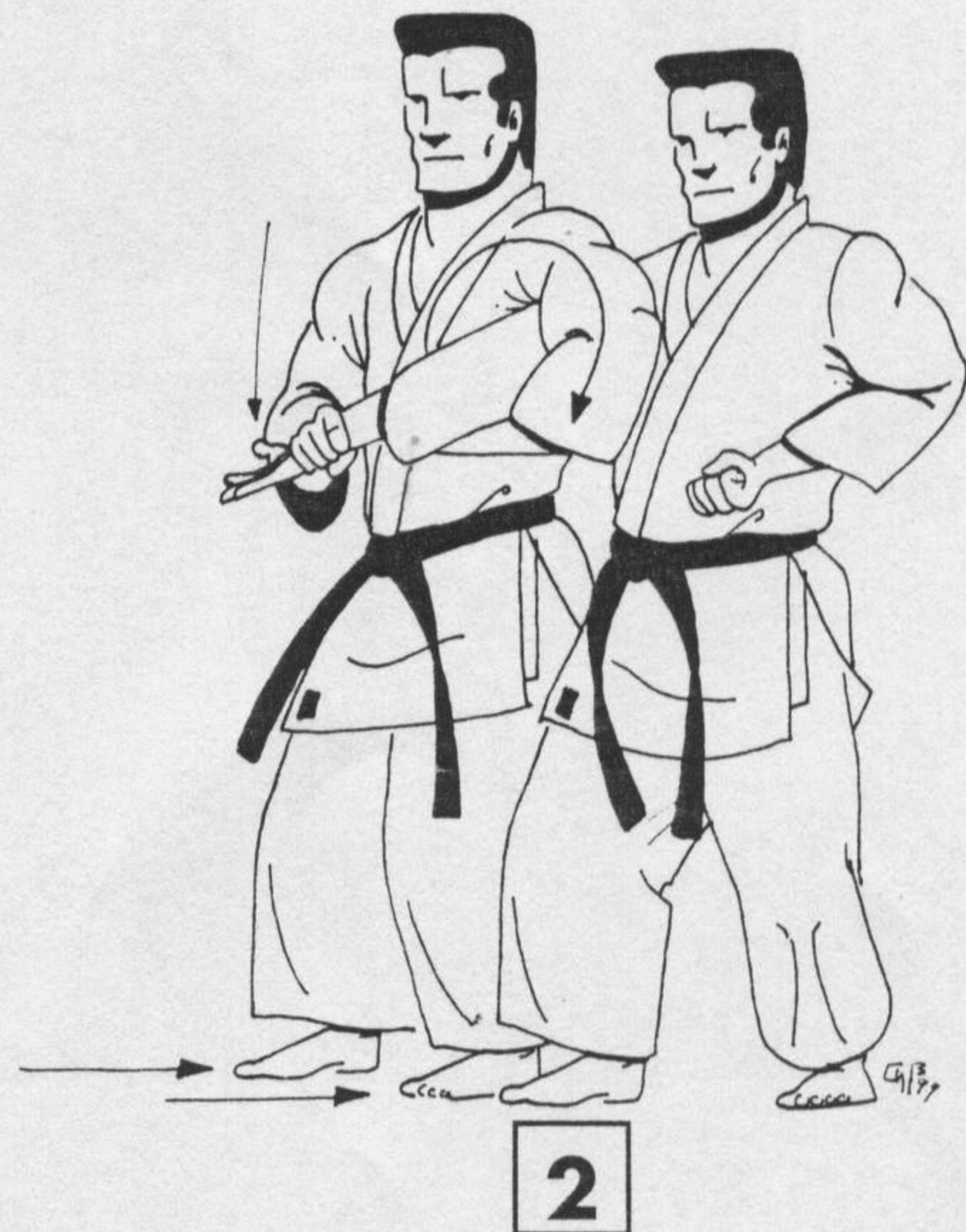


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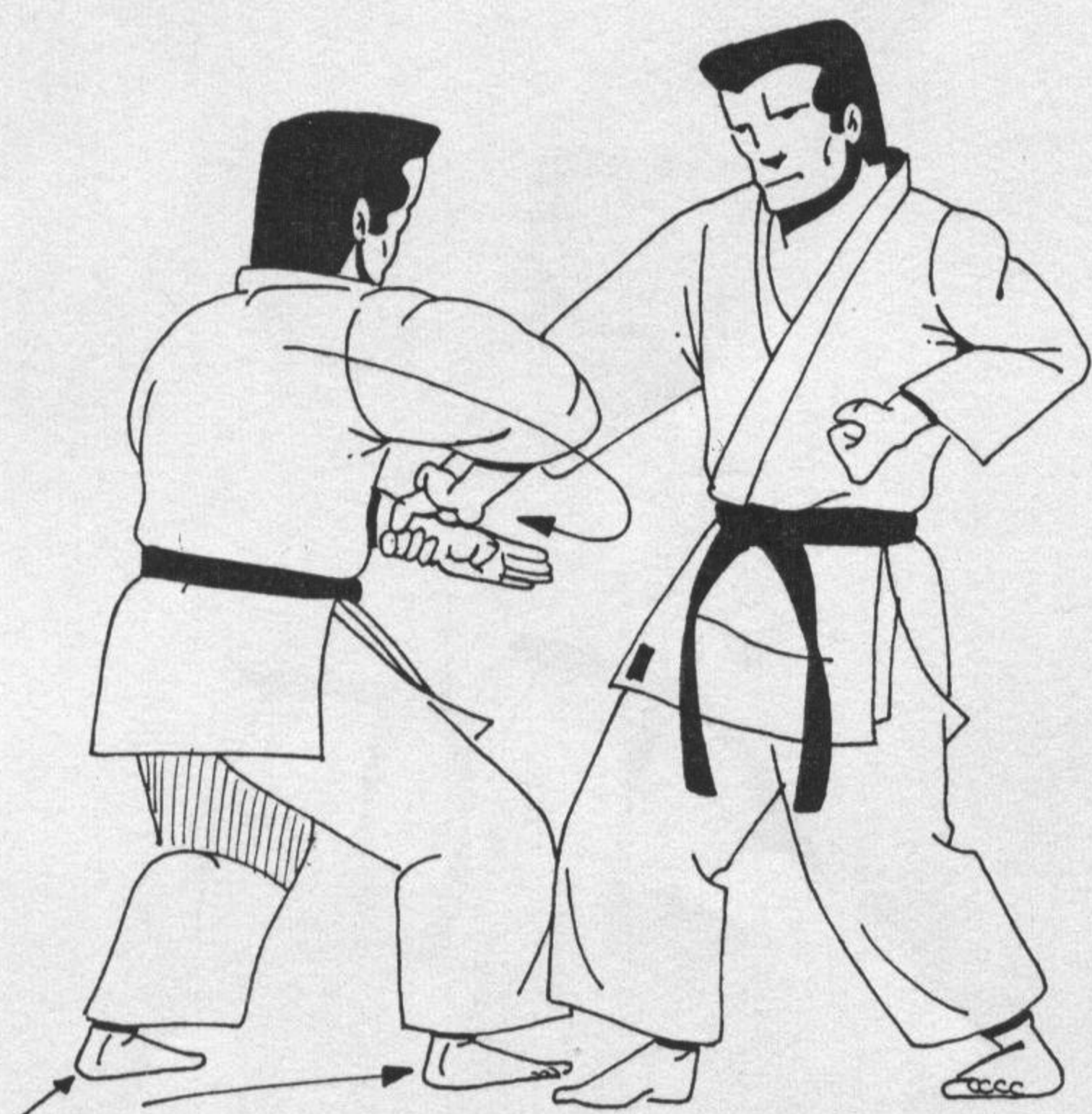
Clé 3

- 3/ Clef en croix

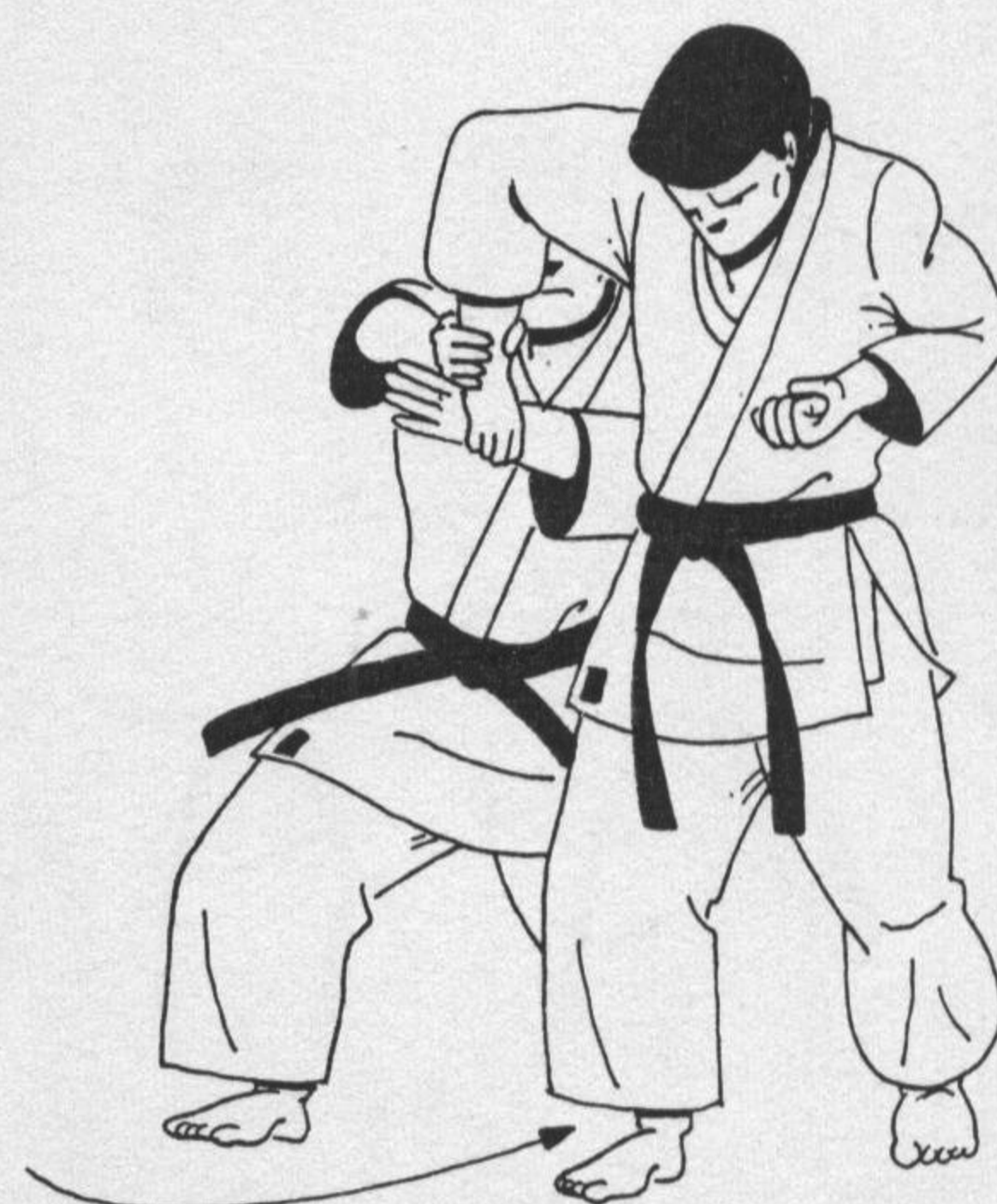


Clé 4

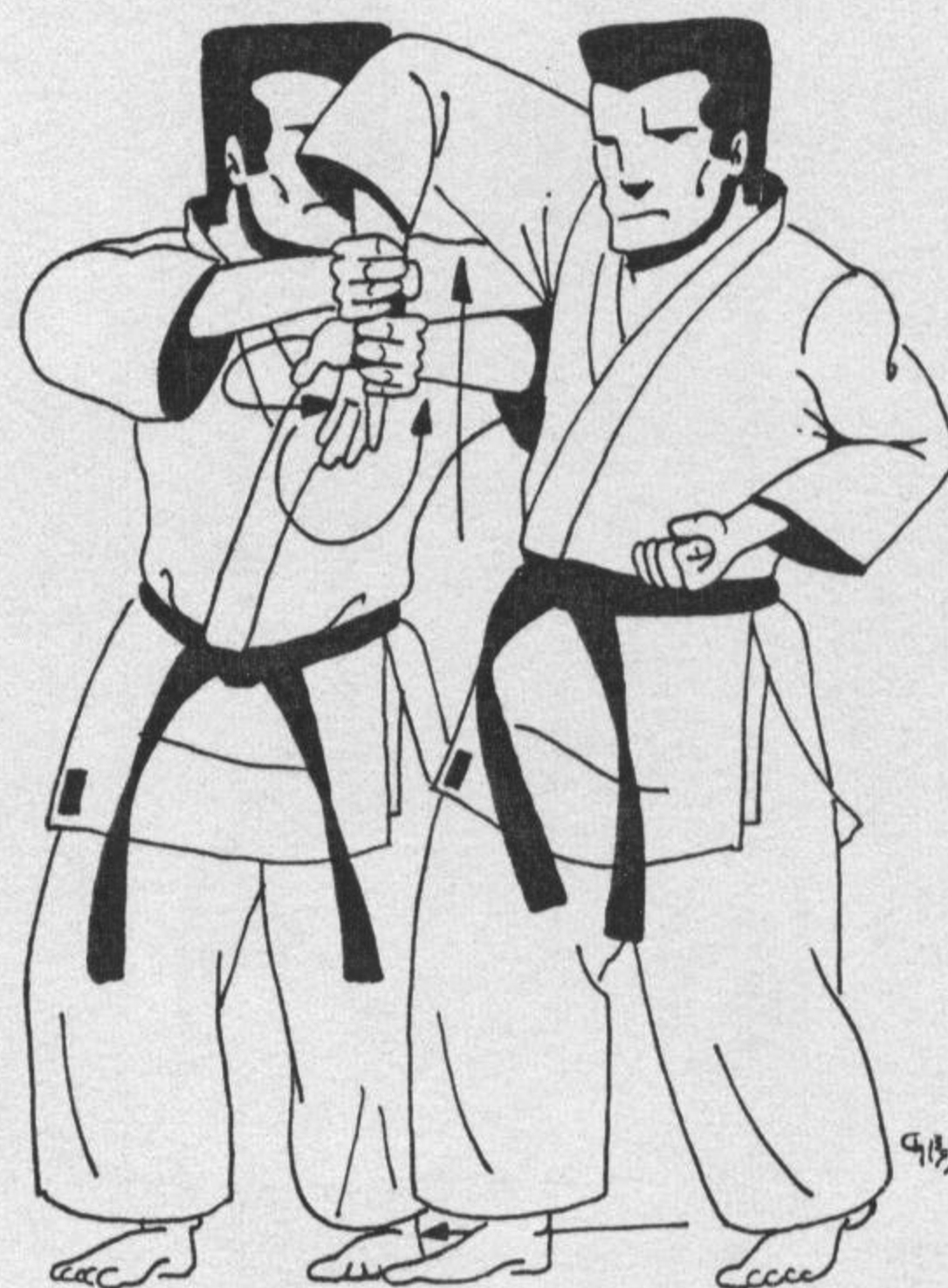
- 4/ Clef de poignet vertical vrillé



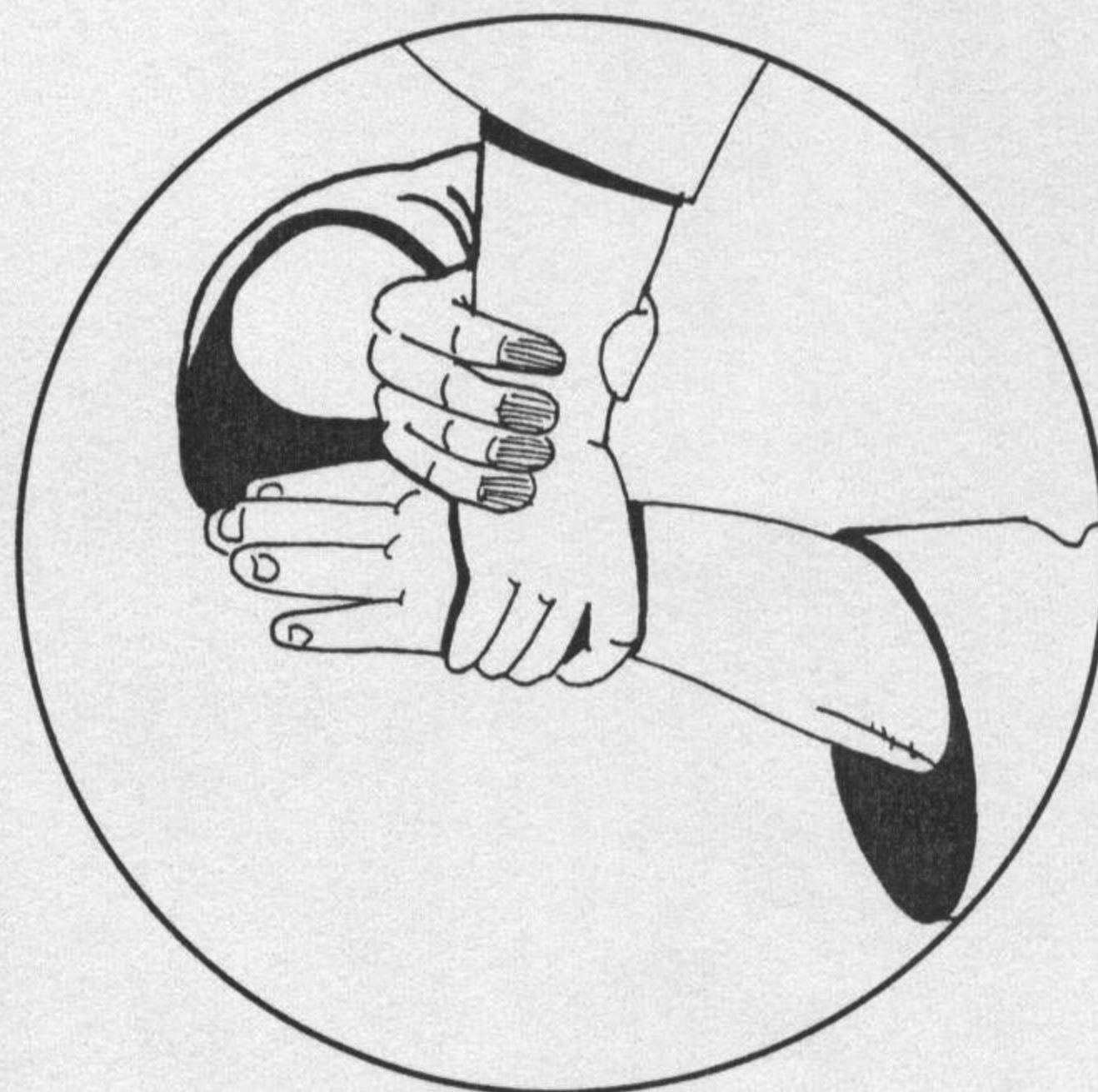
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2

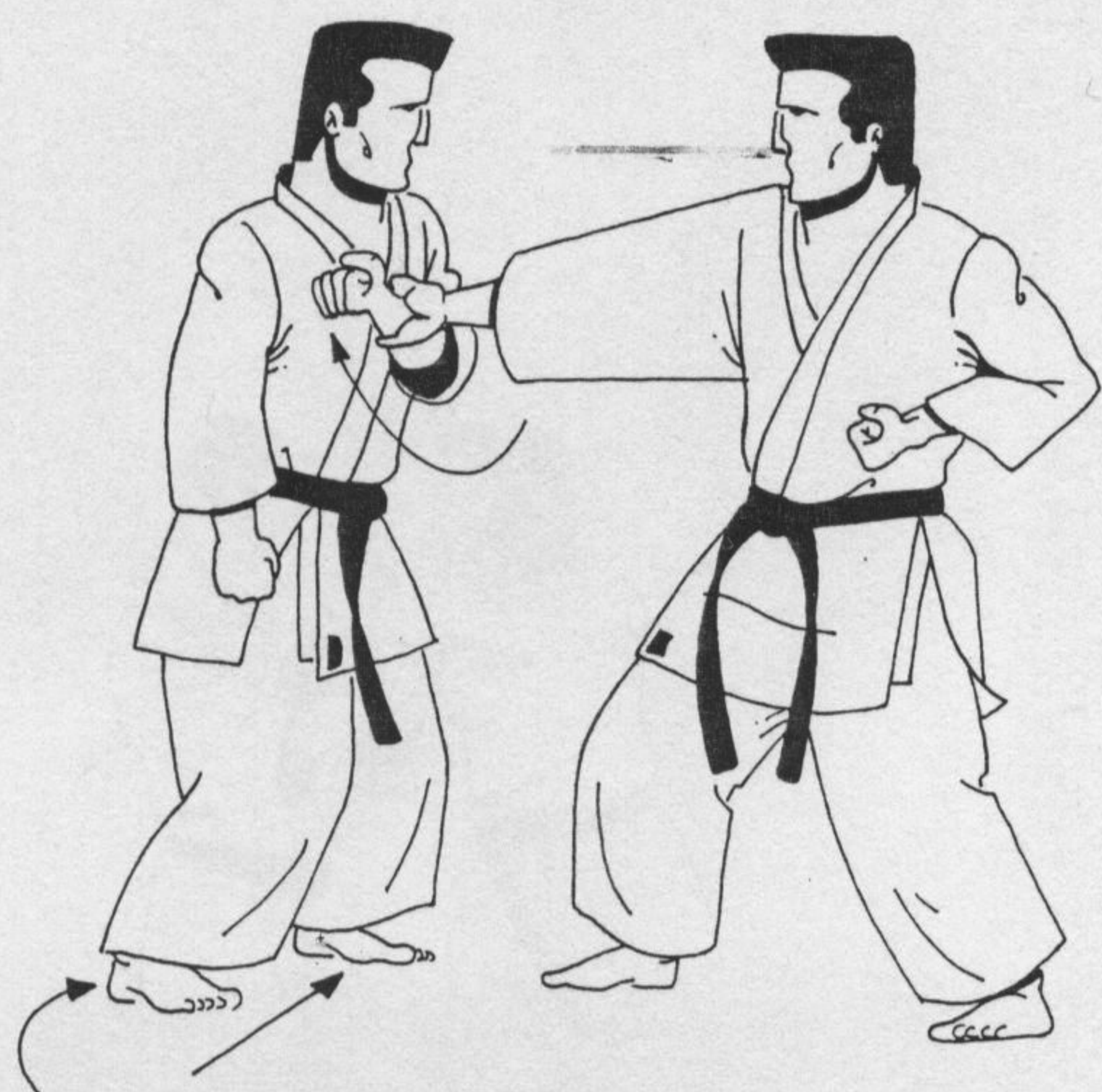


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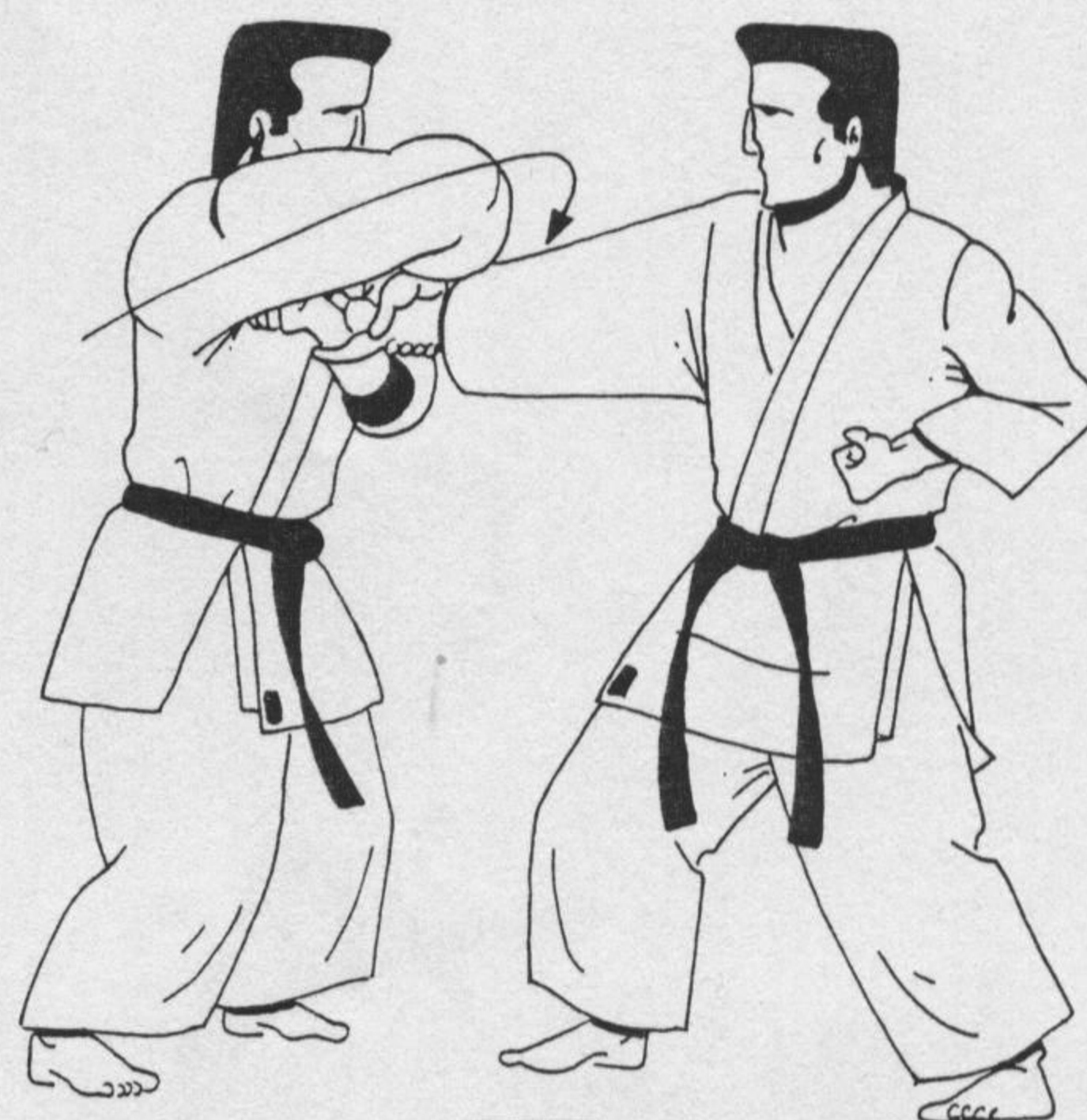


Clé 5

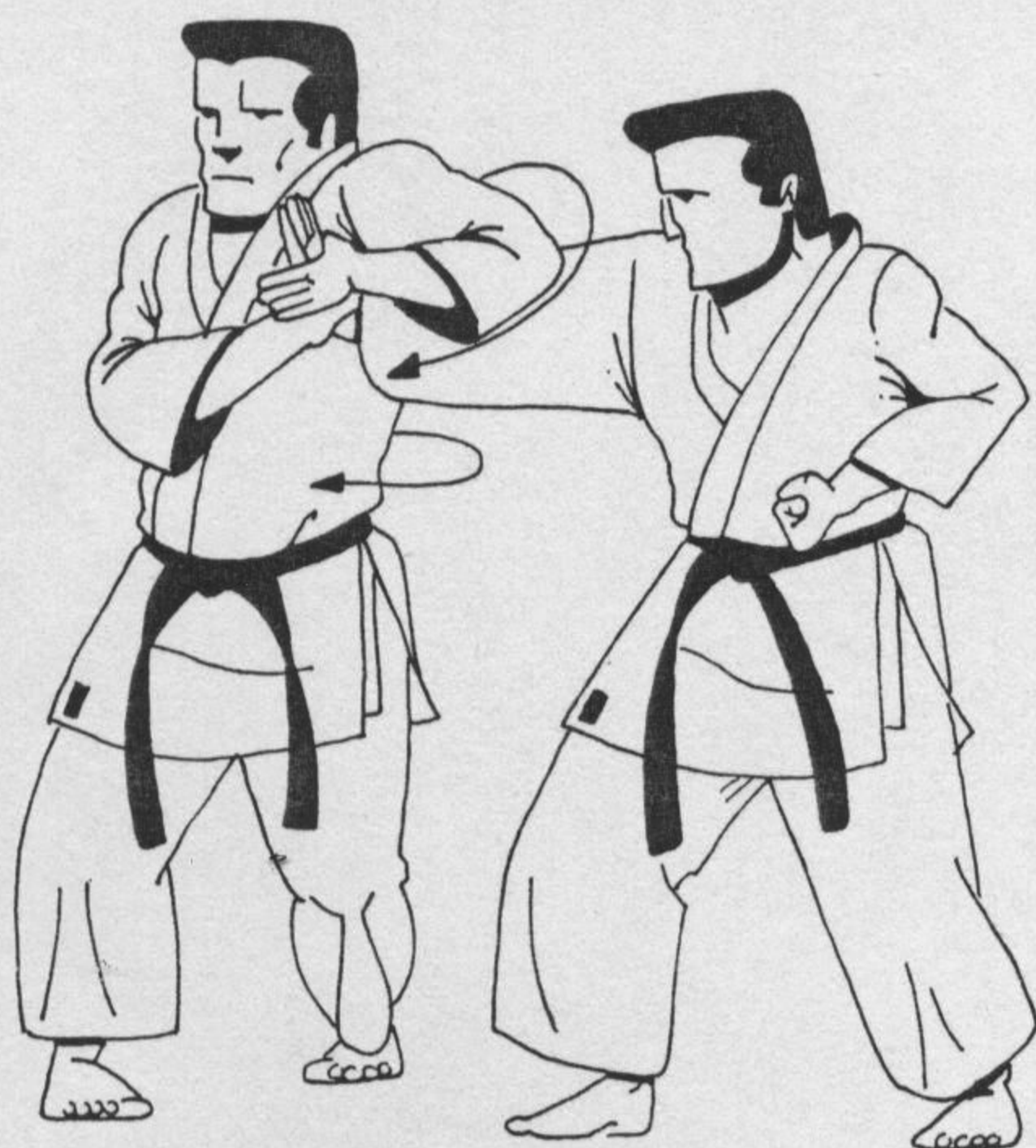
• 5/ Clef en Z



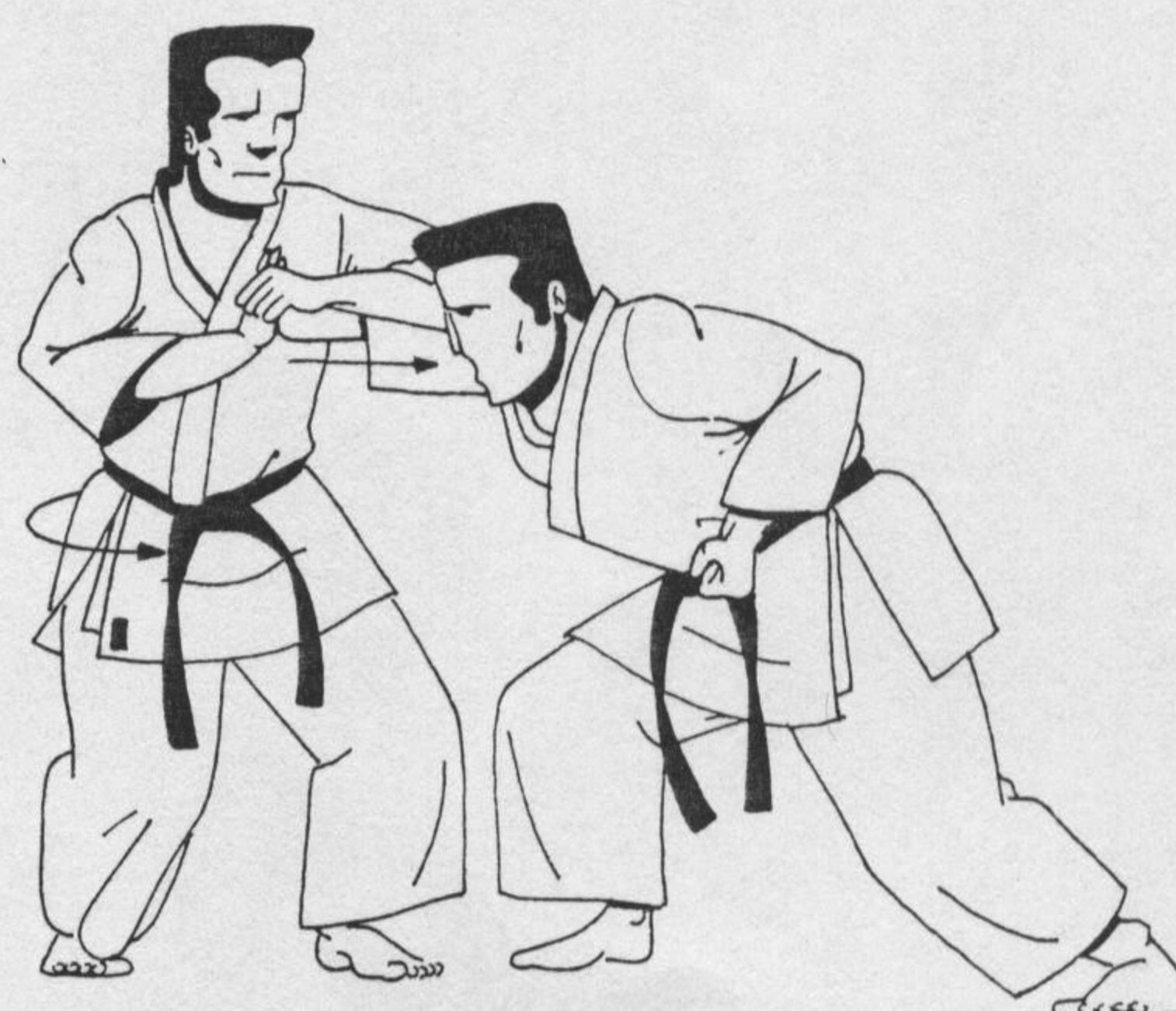
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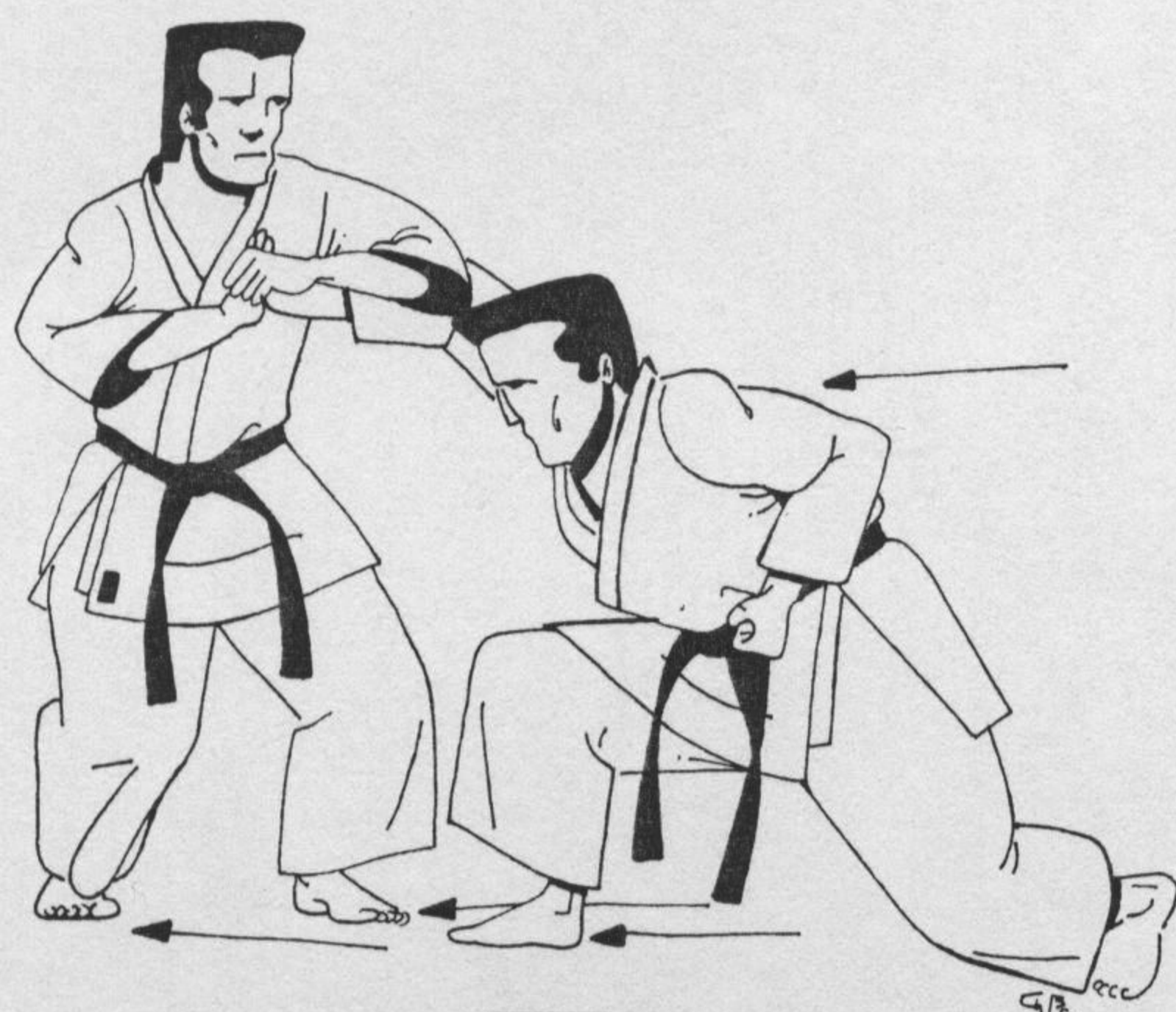
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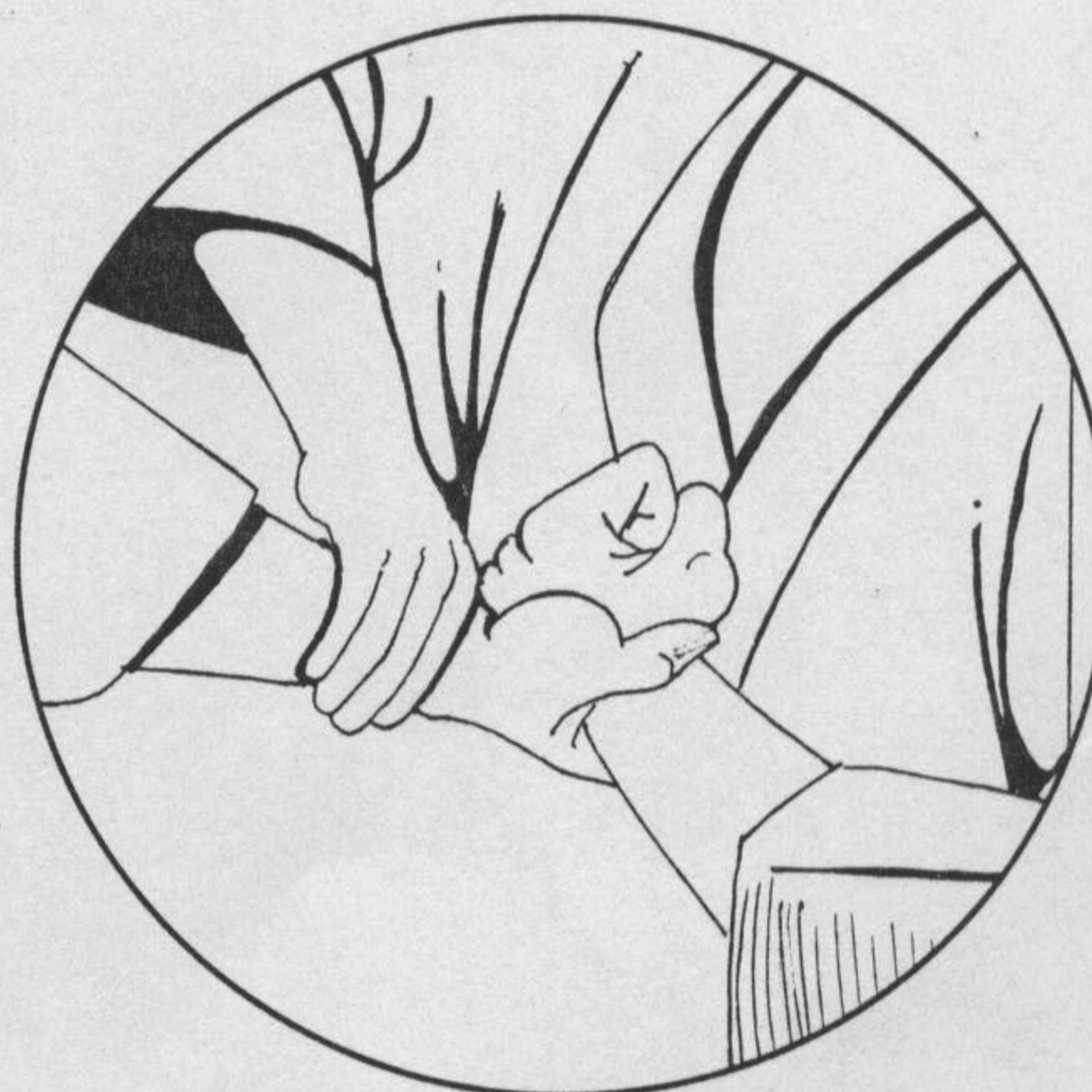
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4

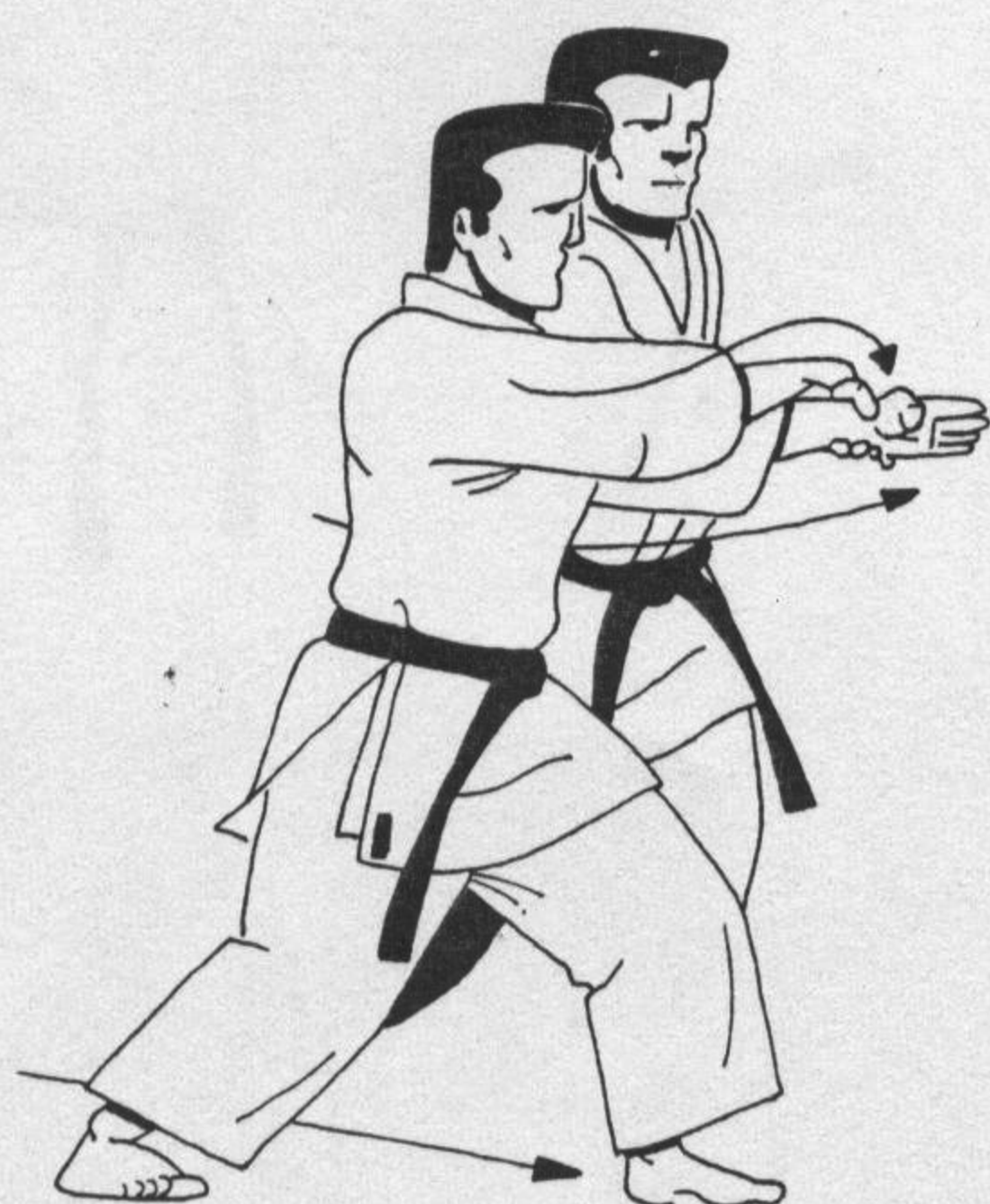


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Clé 6

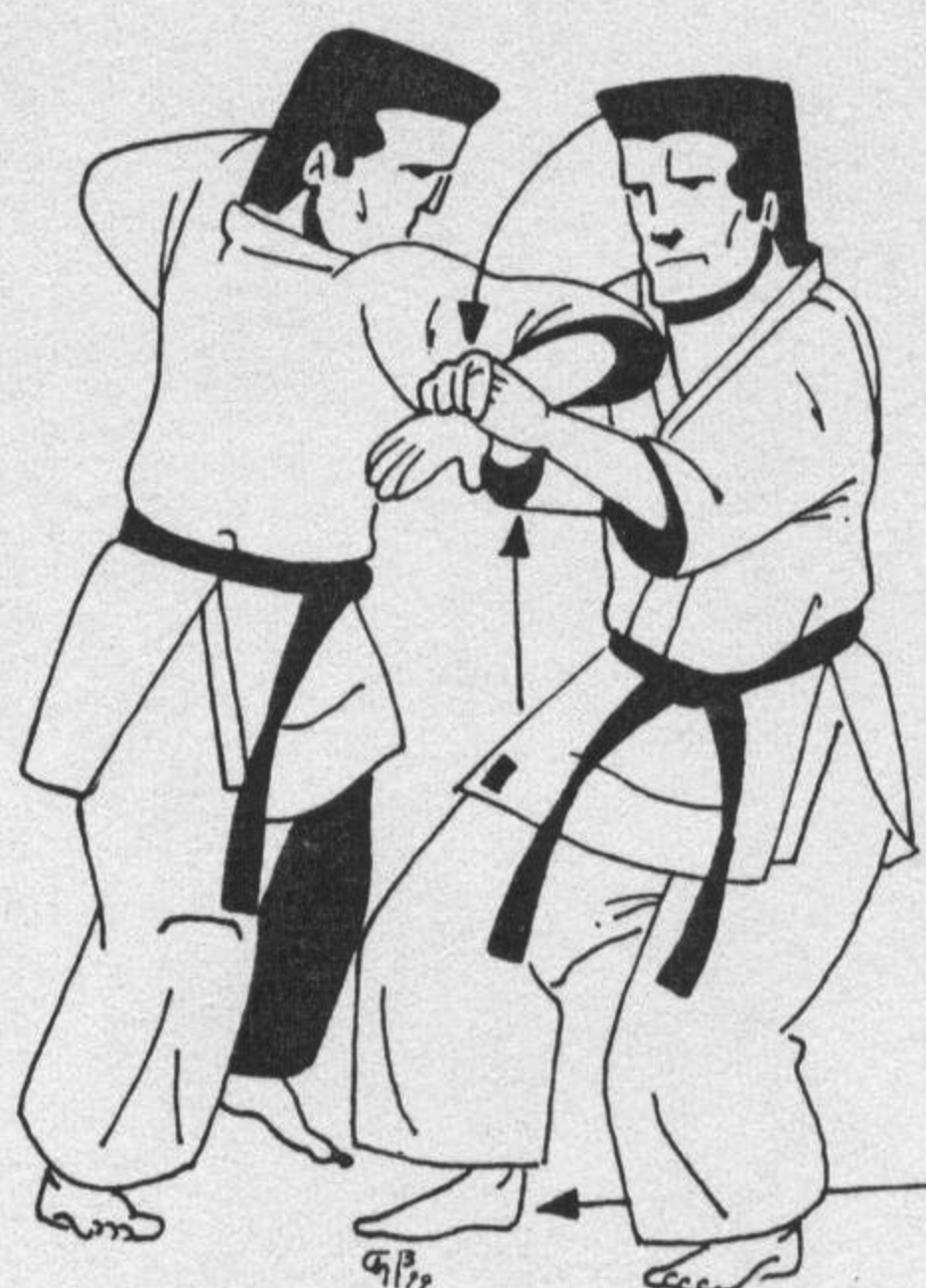
• 6/ Clef coude-poignet



1



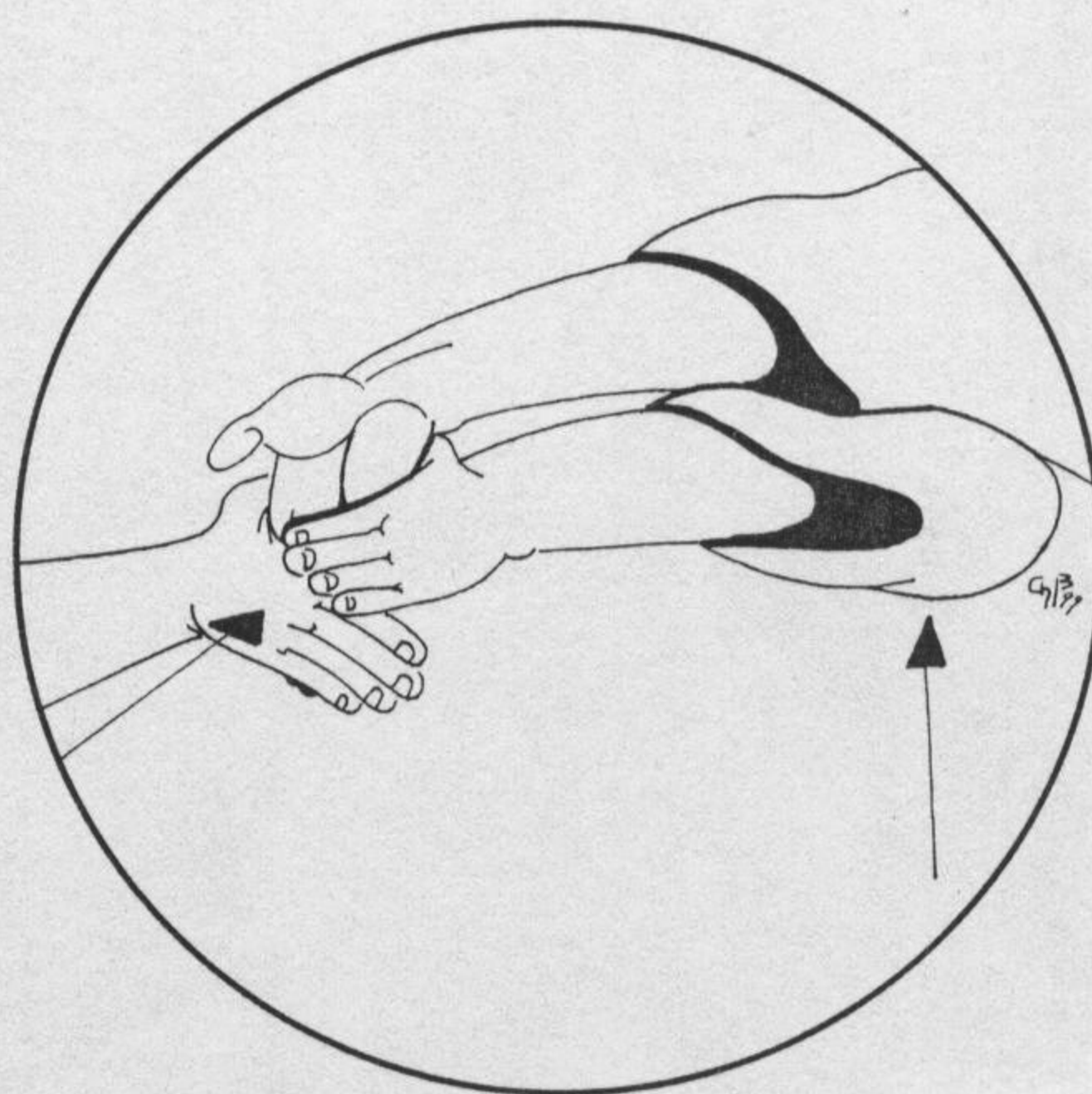
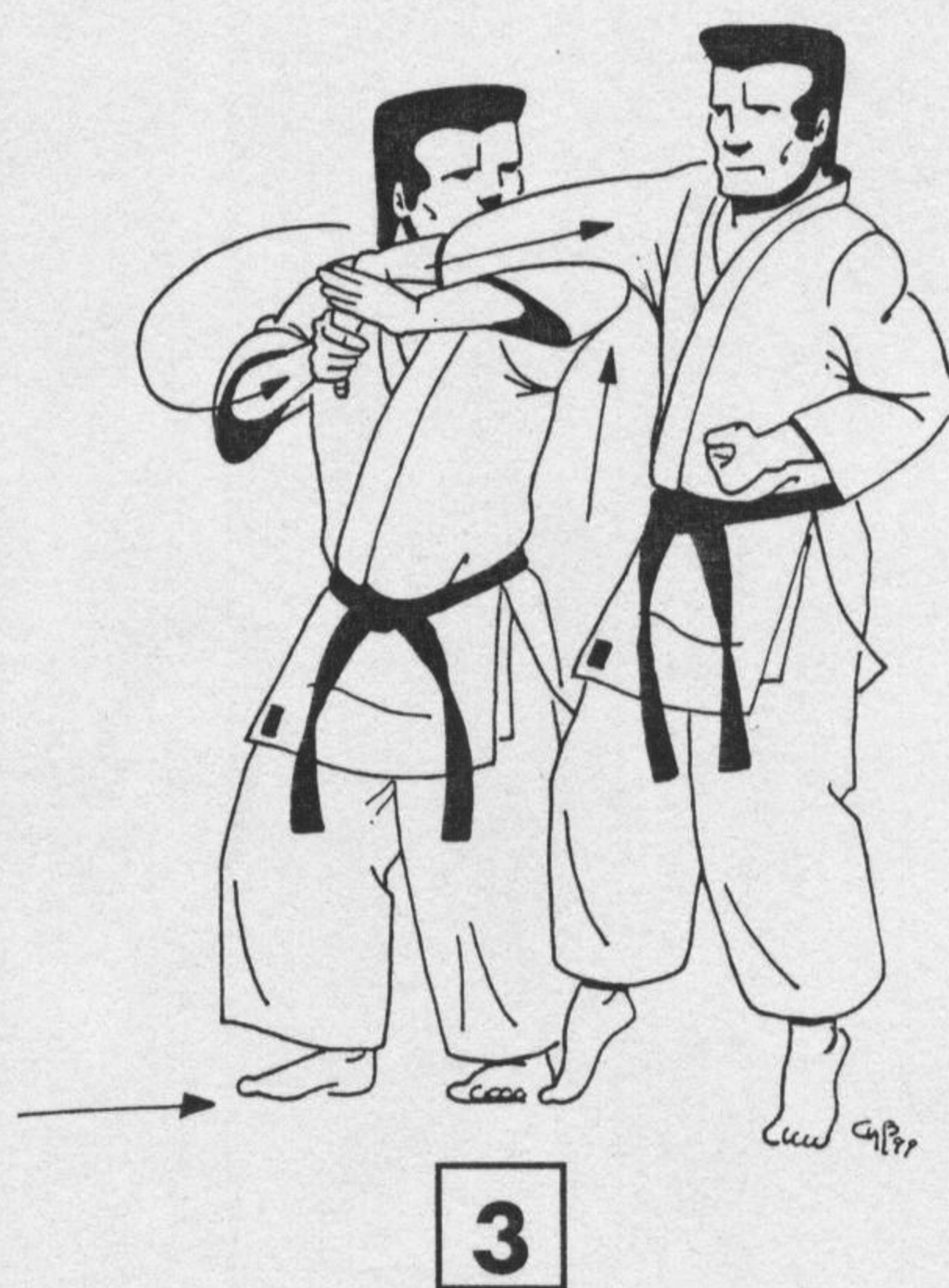
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3

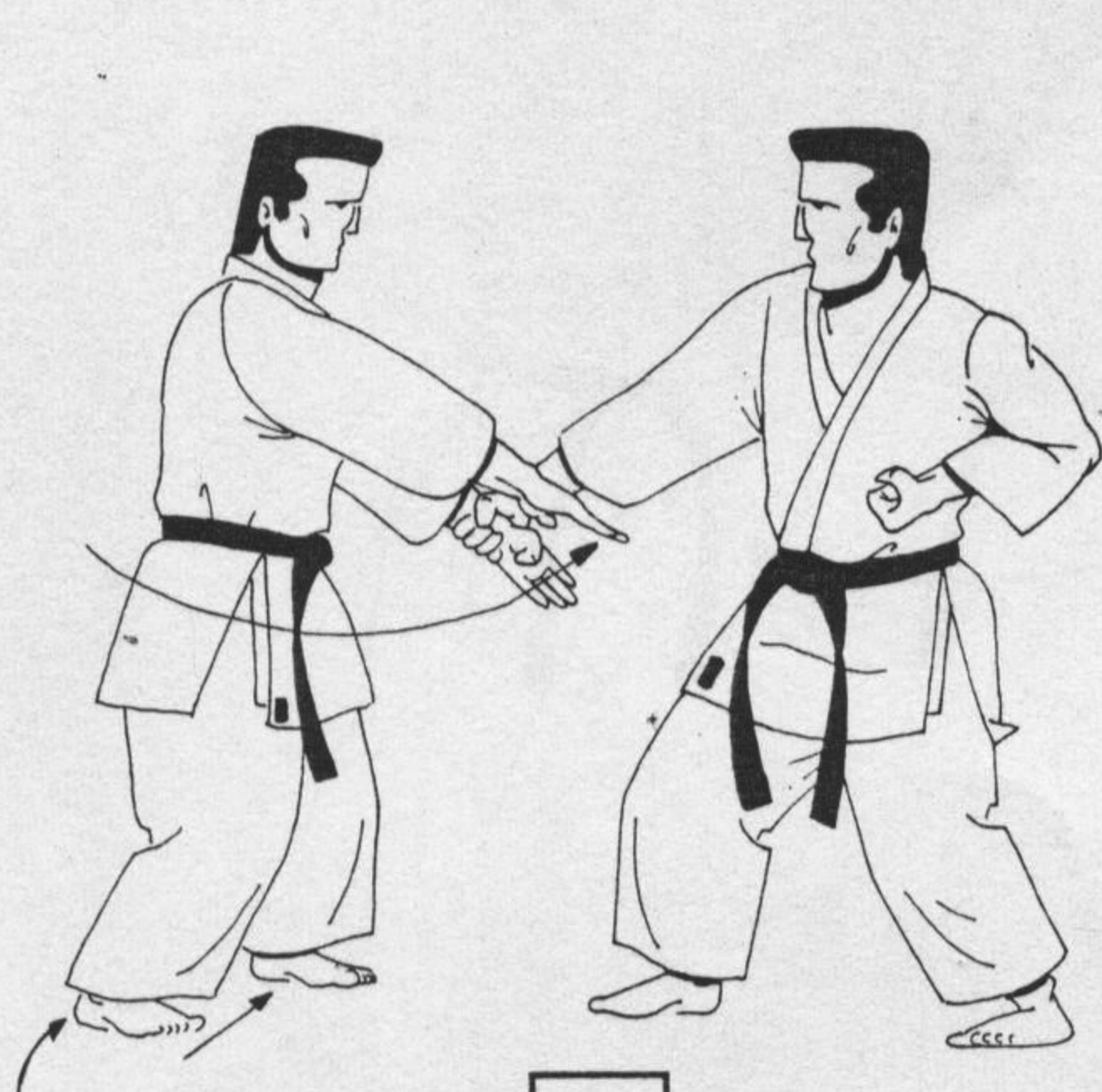
Clé 7

- 7/ Clef de poignet, main en extension

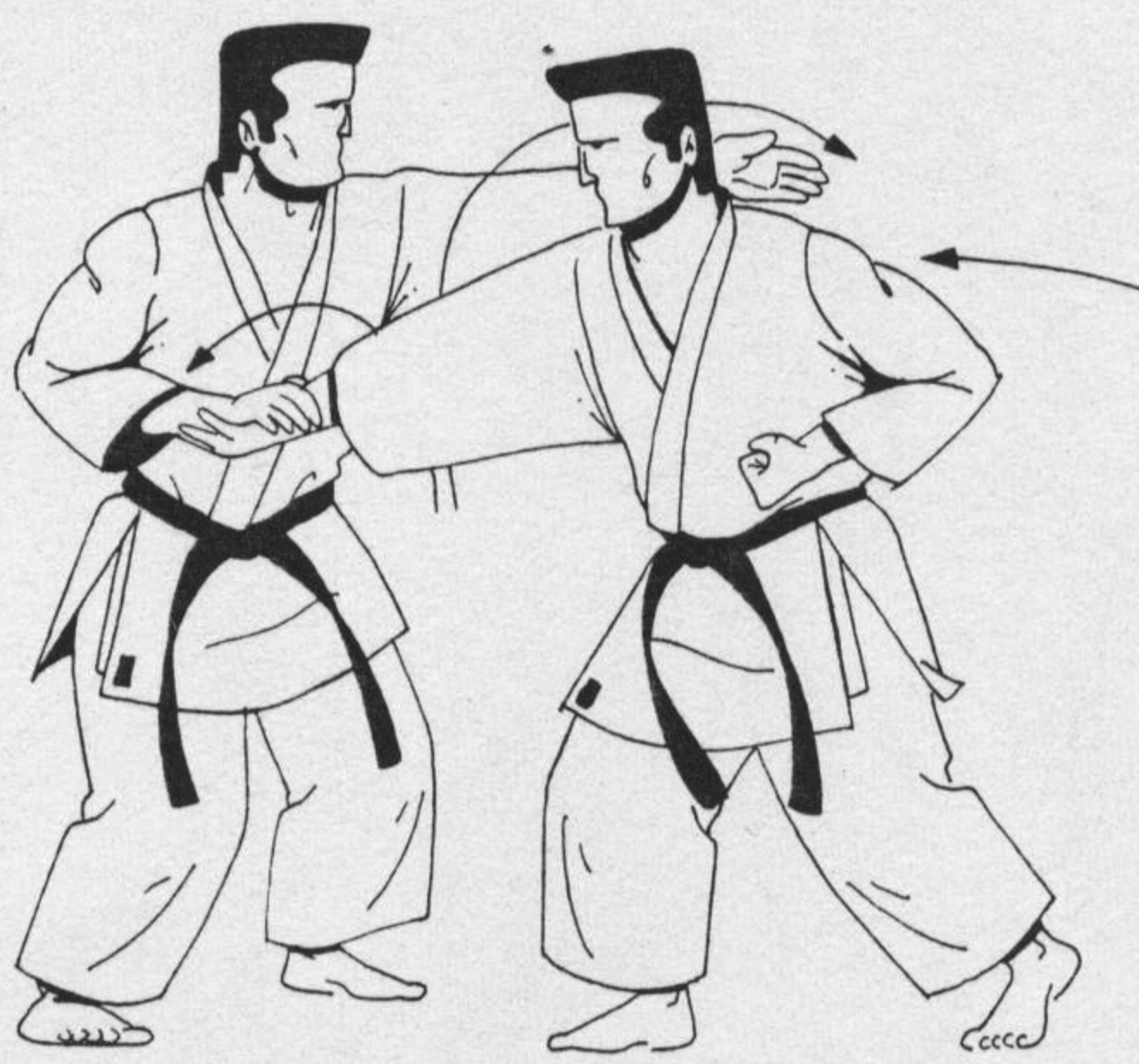


Clé 8

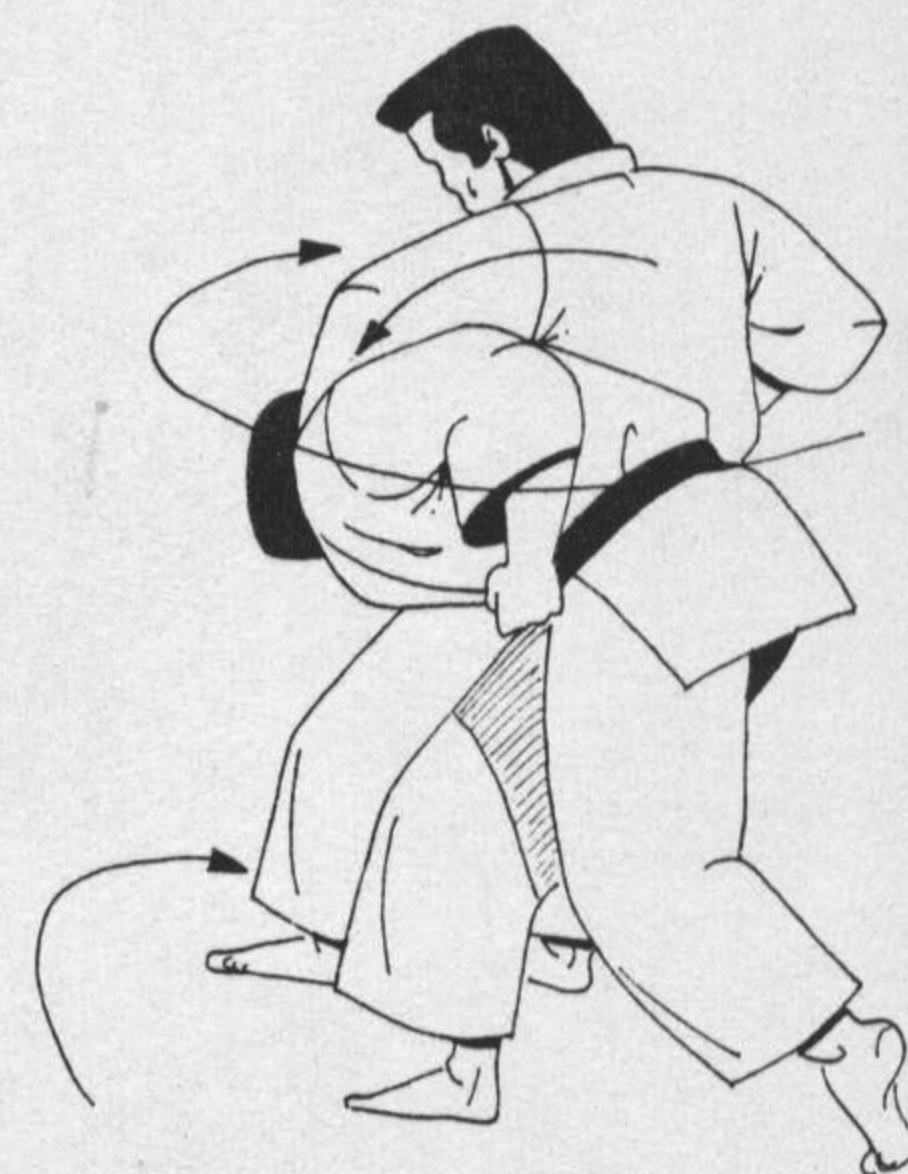
• 8/ Clef de cou



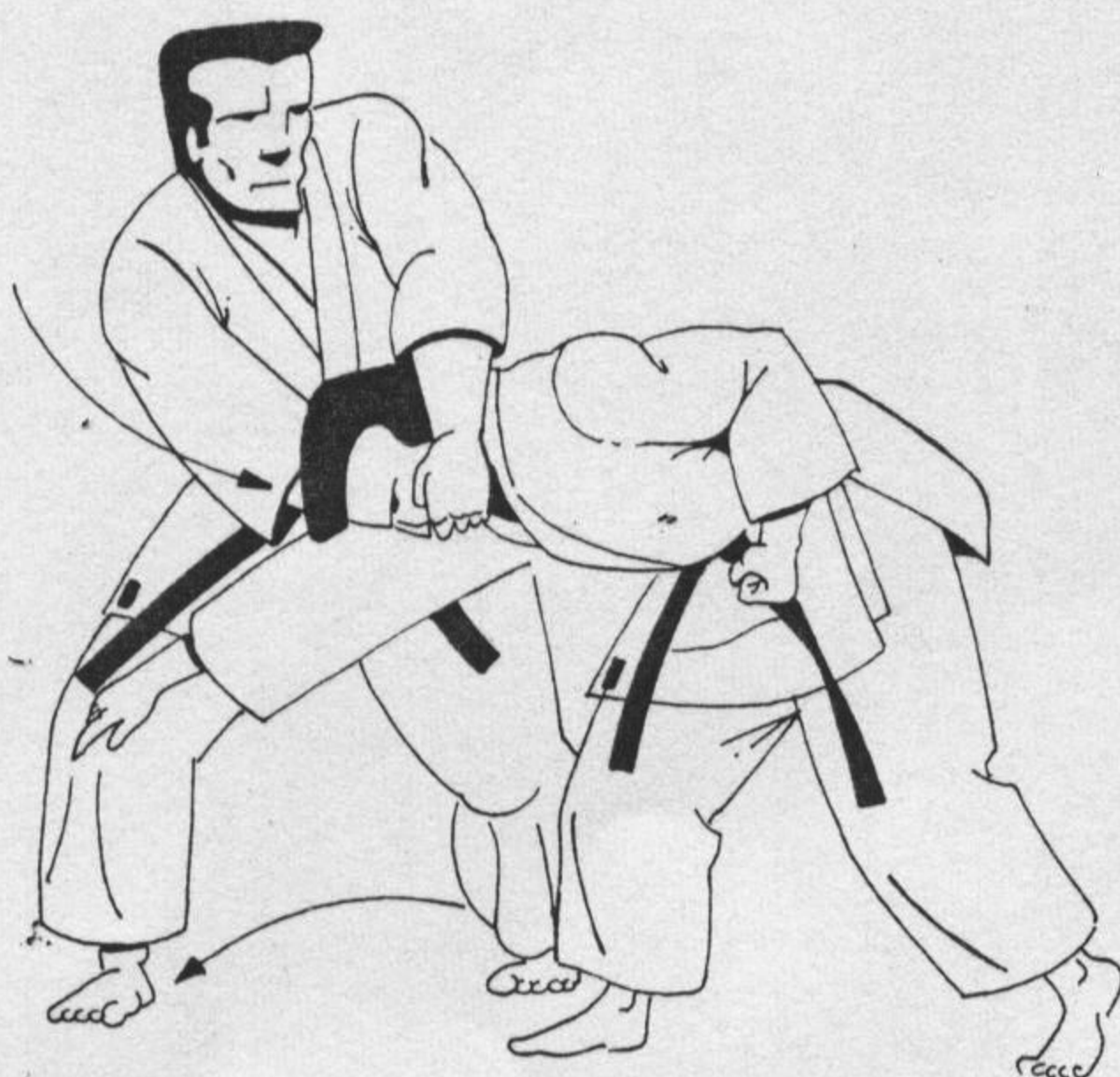
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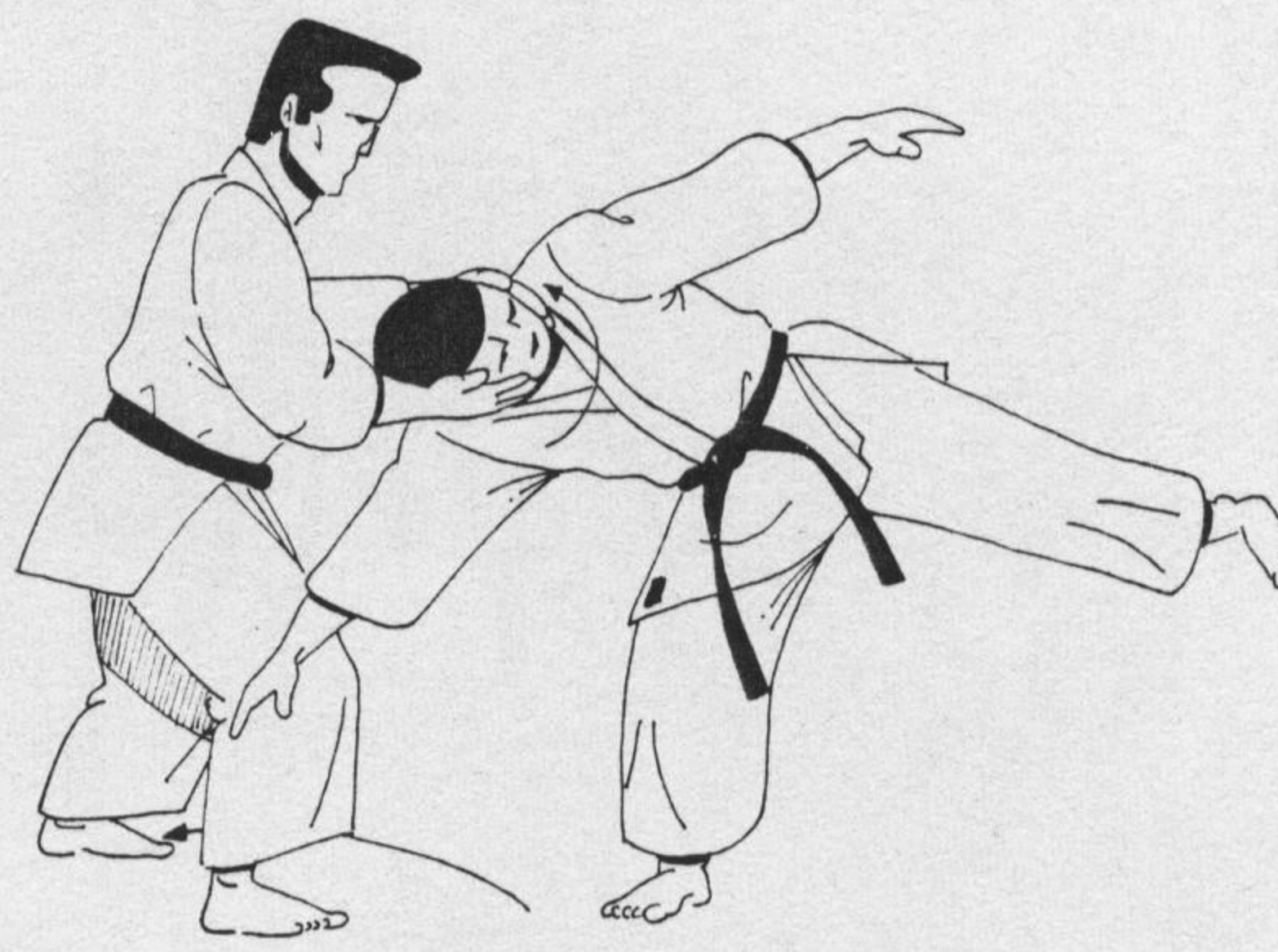
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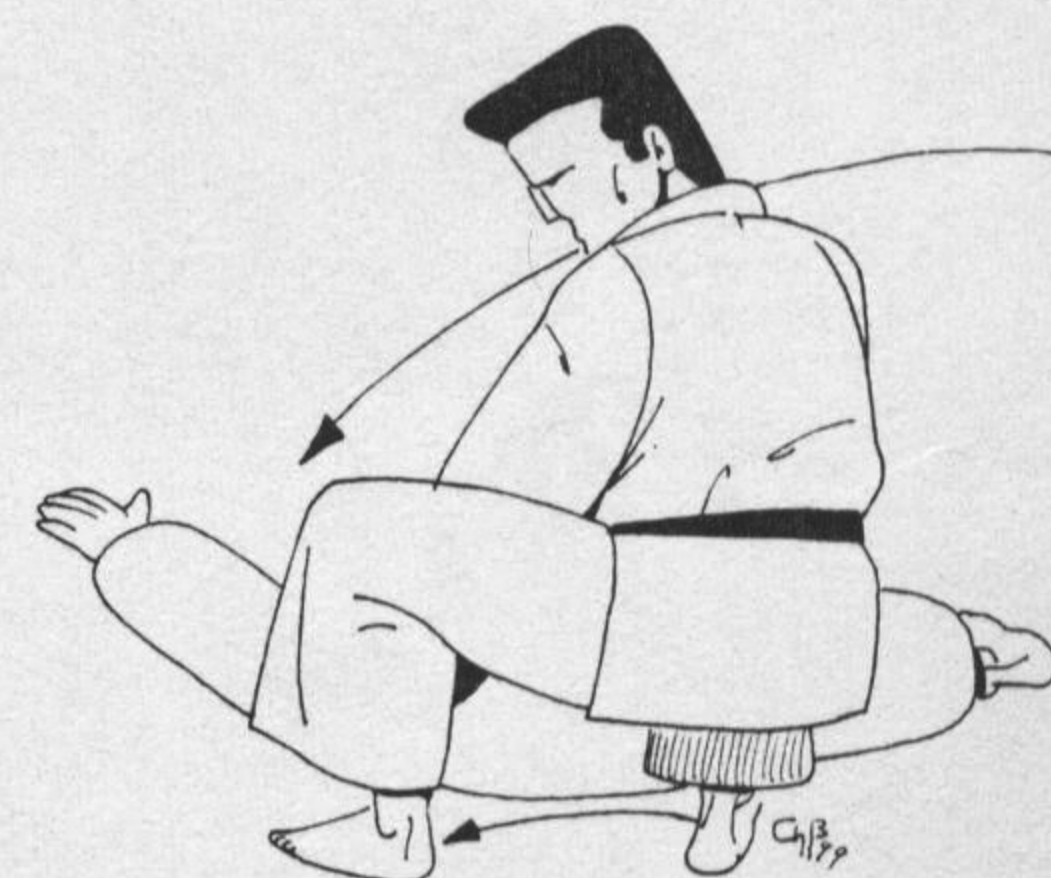
3



4



5



6

