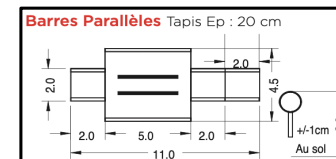




# Barres Parallèles

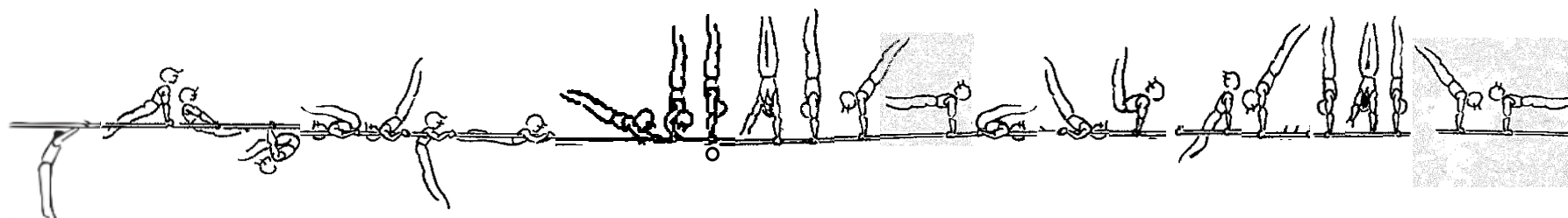


MOUVEMENT BASE ELITE U 18



U18

GO



f

m

v

1/2

↑<sup>AR</sup>

✓

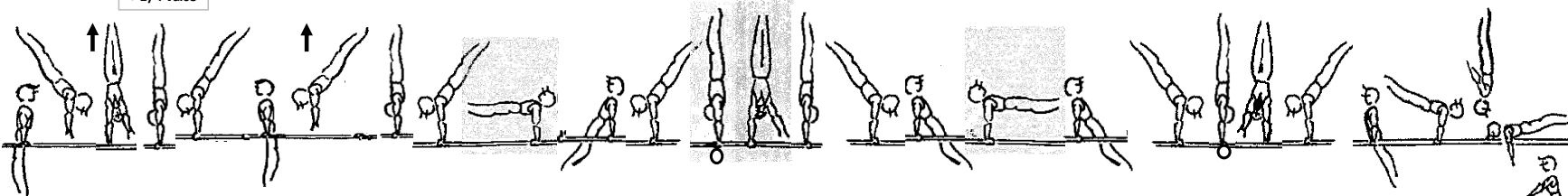
3m ←

✓

ψ<sub>av</sub>

✓ ↑ ↓

Sauté 1/4  
+ 1/4 valse



ψ<sub>av</sub> 1/4  
ψ<sub>av</sub> 1/4

v 1/4 ↓

✓

1/2

↑<sup>AR</sup>

✓

1/2

ψ<sub>av</sub>

✓

↓

STOP