

RAPPEL
LONG DES FILS 5.5M

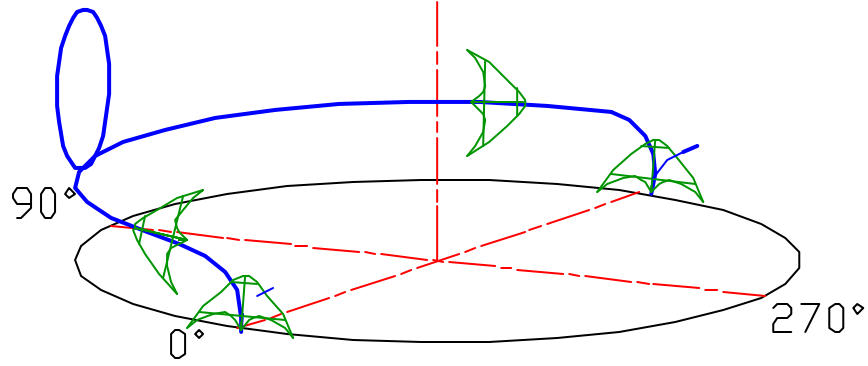
CHALLENGE INDOOR 2003

Figures imposées novices

2F

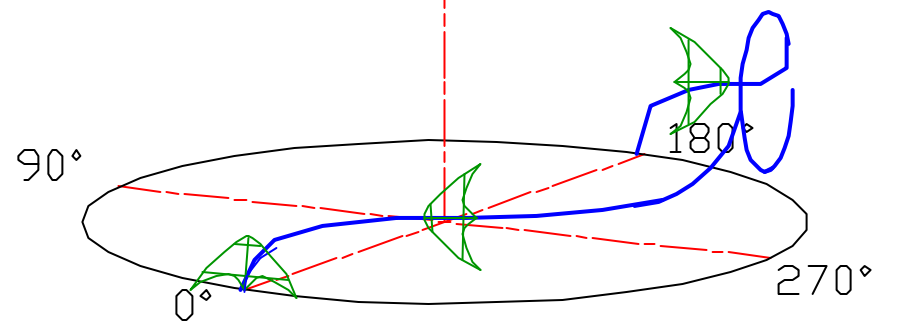
DEPART DEVANT LES
JUGES
90°
BOUCLE POINT BAS
180°
POSE 2 POINTES

A



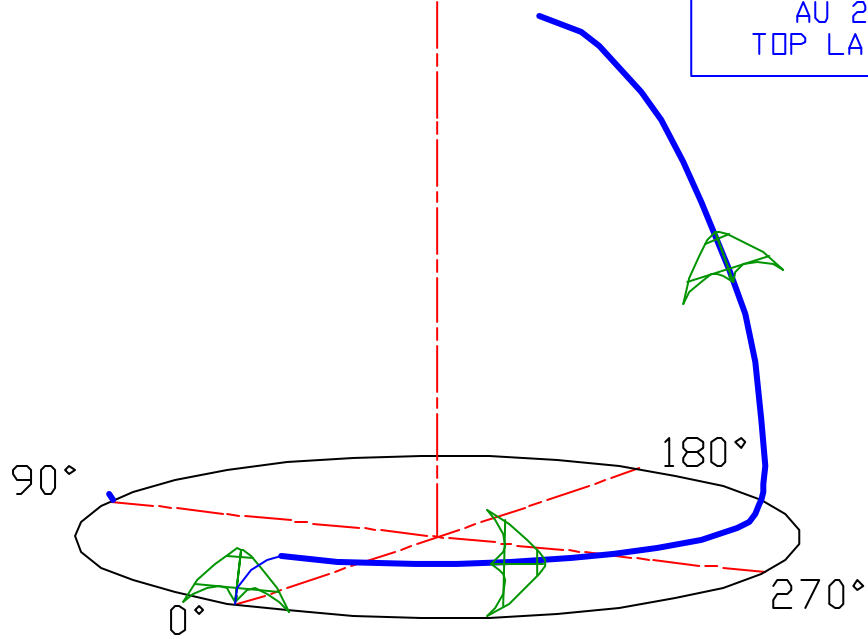
DEPART 180°
270°
BOUCLE POINT HAUT
0°
POSE 2 POINTES

B



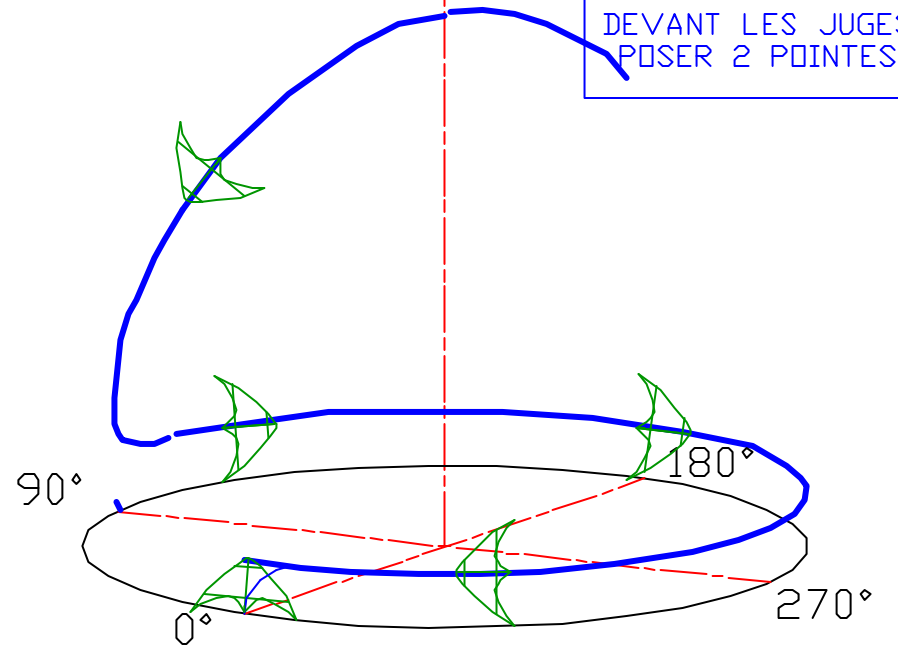
C

ALLER AU 270°
AU 270°
TOP LA TETE



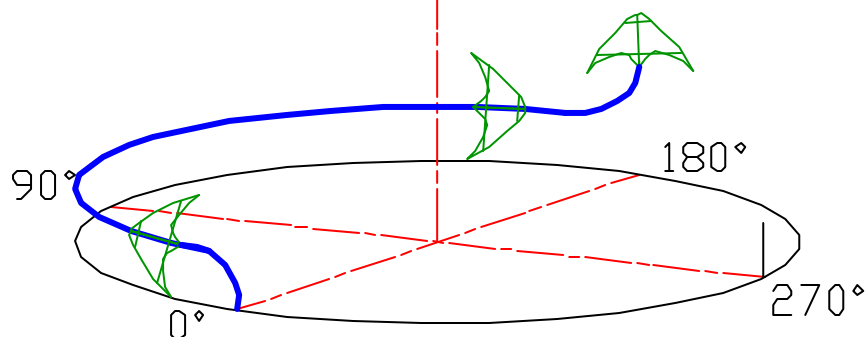
D

AU 90° VERS LA
DROITE
DEVANT LES JUGES
POSER 2 POINTES



A DROITE JUSQU'
AU 180°

E



TOP LA TETE
POUR
BELLY LANDING AU
0°

F

