

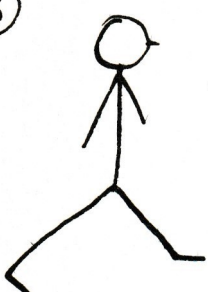






apaisante - soir -  
chercher à allonger les E  
~ 30-40 min.

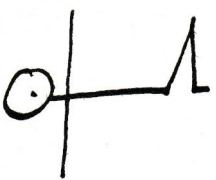
①    
 ° prise de conscience des appuis  
 ° prise de conscience de la R°  
 allonger l'E, freinage gorge "uji"

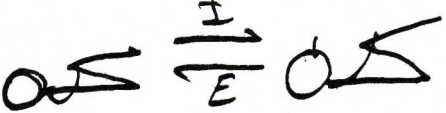
②    
 $\xrightarrow{I}$   $\xleftarrow{E}$  x6


③    
 $\xrightarrow{I}$   $\xleftarrow{E}$   $\xrightarrow{E}$   $\xleftarrow{I}$   $\xrightarrow{I}$   $\xleftarrow{E}$  x5  
 CC ; 

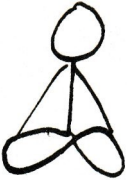
④    
 $\xrightarrow{E}$   $\xleftarrow{I}$  \* 1R x6 ;  1' appuis allonge -

⑤    
 $\xrightarrow{I}$   $\xleftarrow{E}$   $\xrightarrow{E}$   $\xleftarrow{I}$  x6

⑥    
 $\xrightarrow{E}$   $\xleftarrow{I}$  x6  
 CC alt

⑦    
 $\xrightarrow{I}$   $\xleftarrow{E}$

⑧  3'

⑨ 

I E I E  
 • ↑↑ ↓↓ ↑↑ ↓↓  
 G D  
 • accenti