
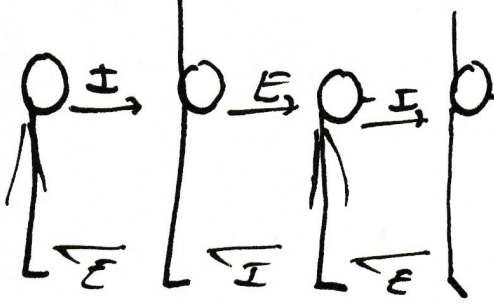
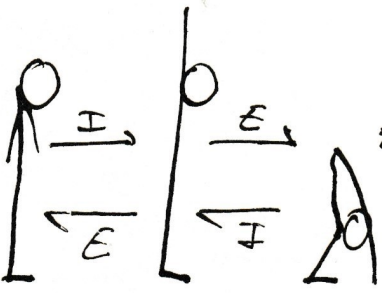
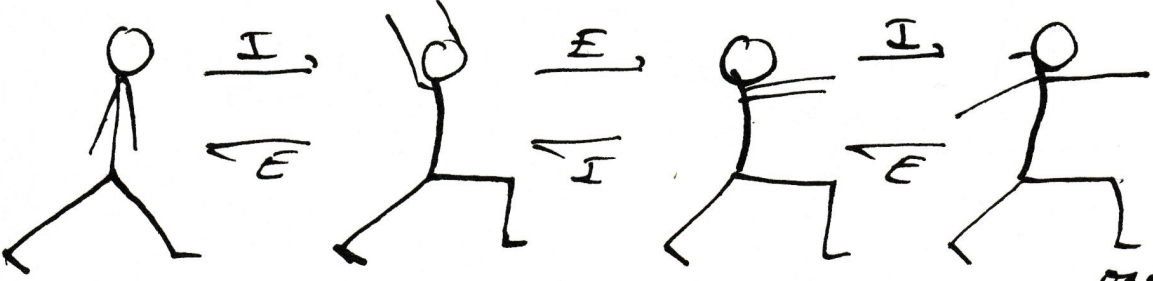
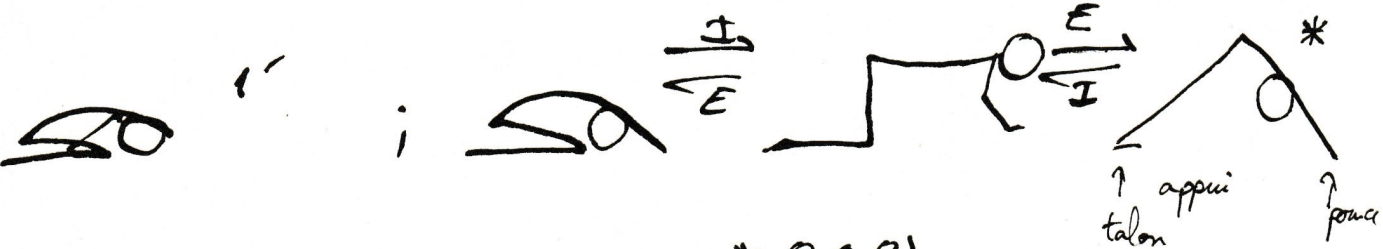


$\left\{ \begin{array}{l} I : \text{ouverture dans toutes} \\ \text{les directions} \\ E : \text{les appuis et la confiance} \end{array} \right.$

①  . appui, centre de gravité
 . R^0 $\left\{ \begin{array}{l} I : \text{espace autour de soi} \\ E : \text{confiance dans ses appuis} \end{array} \right.$

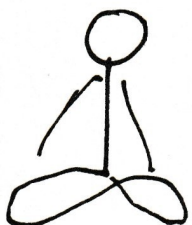
②  ③  * 1R $\left. \begin{array}{l} \times 3 \text{ écarts} \\ \text{de jambe} \\ \times 4 \end{array} \right\}$

④  CC
x 5

⑤  *
↑ appui talon ? pouce

⑥  * 1R
 * $\begin{array}{l} 0,0,0 \\ 1,1 \\ 2,2 \end{array} \left. \begin{array}{l} \\ \\ \end{array} \right\} R^0$
 espace à I

⑦  ⑧  3'

⑨  I par palier
 I : en 2 x 3-4
 I : en 3 x 3-4
 I : en 2 x 3-4
 accueil, se centrer sur 1 objet de son choix