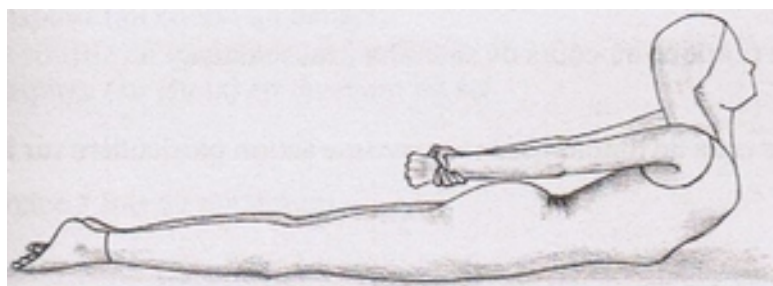


PROPOSITION DE PROGRESSION POUR LES POSTURES EN OUVERTURE :

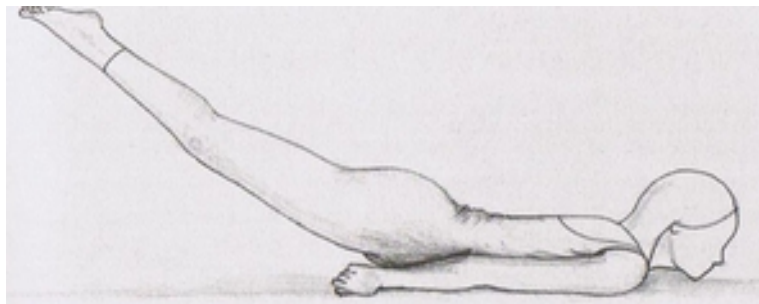
Niveau A



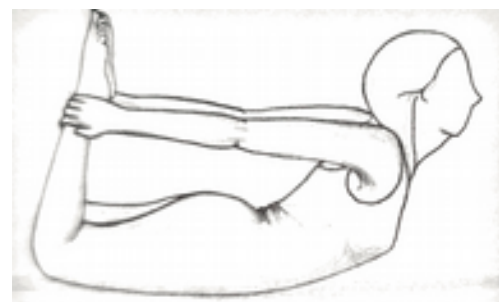
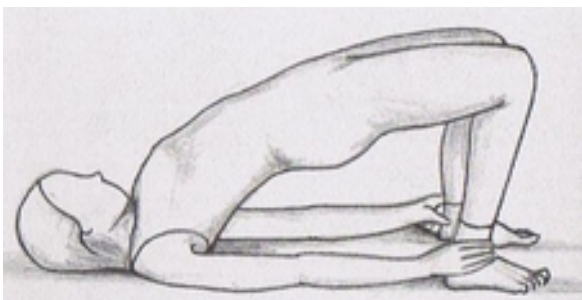
Posture du sphinx



Posture du serpent



Posture de la sauterelle



Demi pont sur le dos ou sur le ventre,

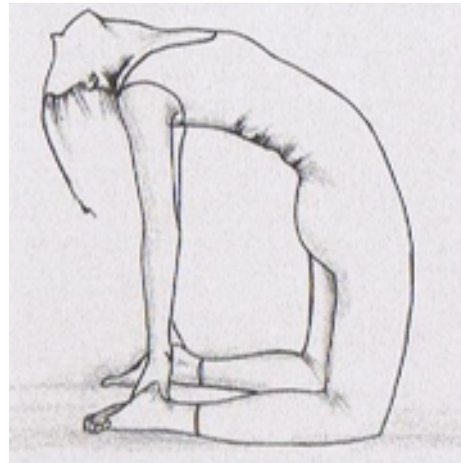
Niveau B



**Posture du poisson
(jambes tendues)**

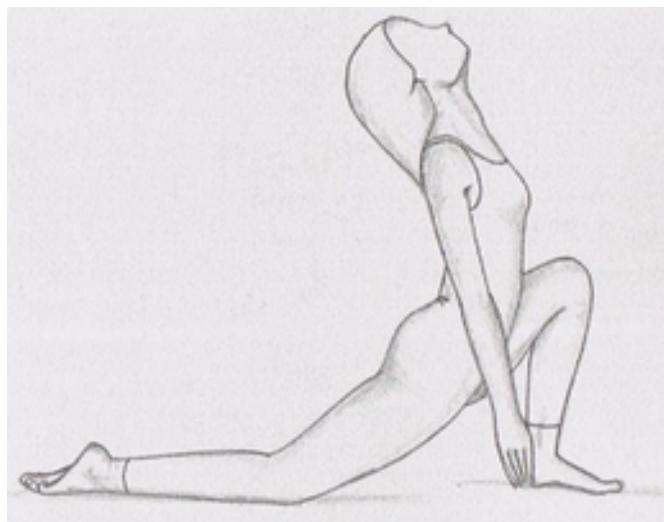


Posture du chameau « en dynamique »

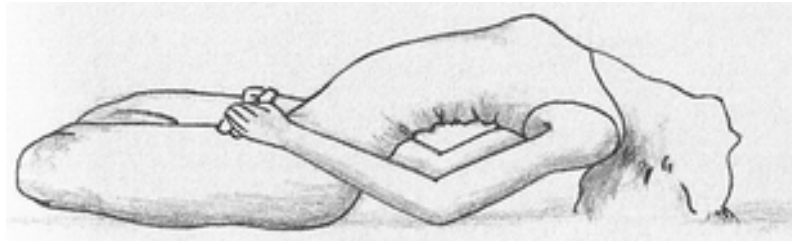


ou « en statique »

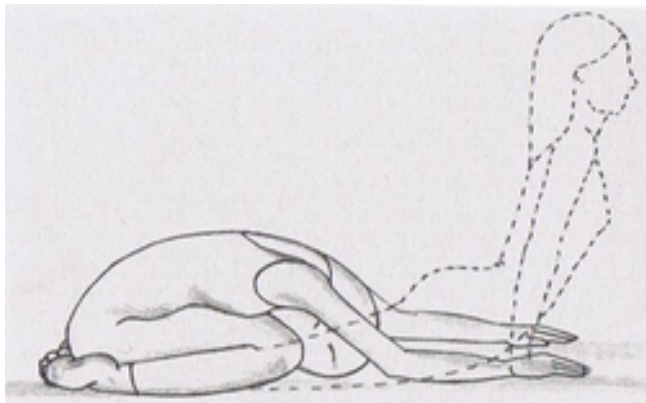
ou « Posture du héros »



Niveau C



**Posture du poisson
(jambes repliées)**



Posture du cobra en dynamique

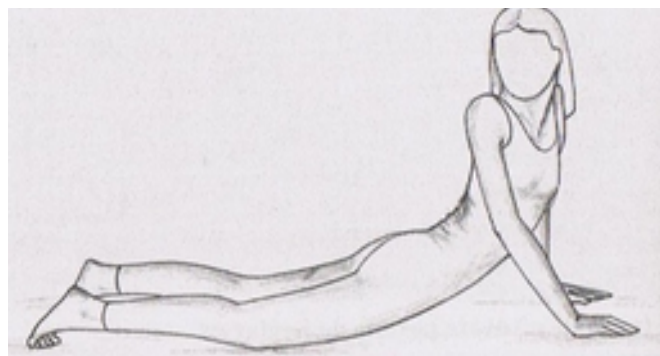
et



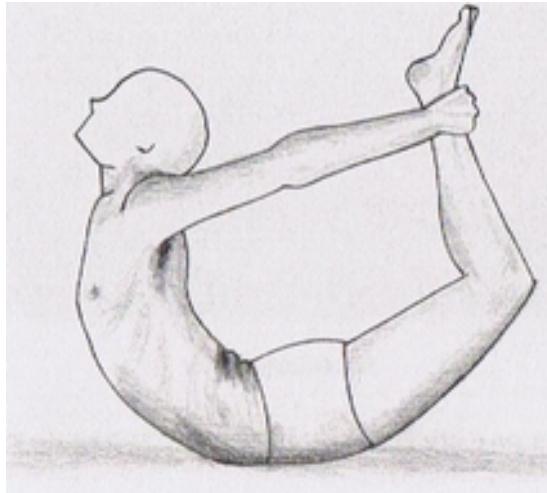
en statique

ou

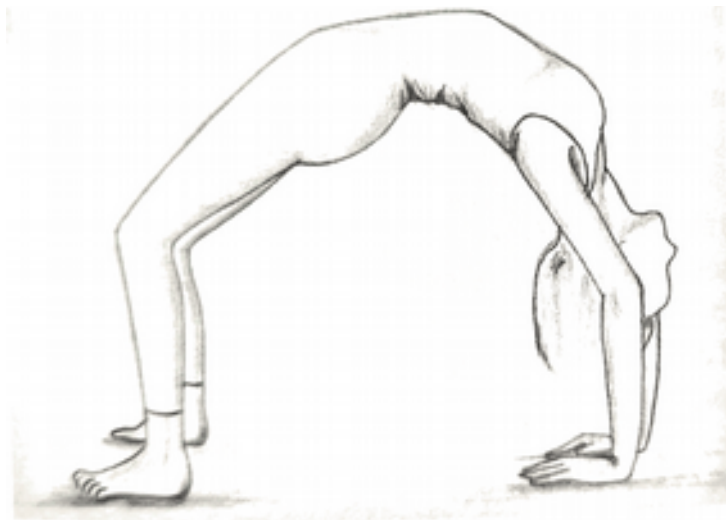
en torsion



Niveau D



Posture de l'arc



Posture du pont