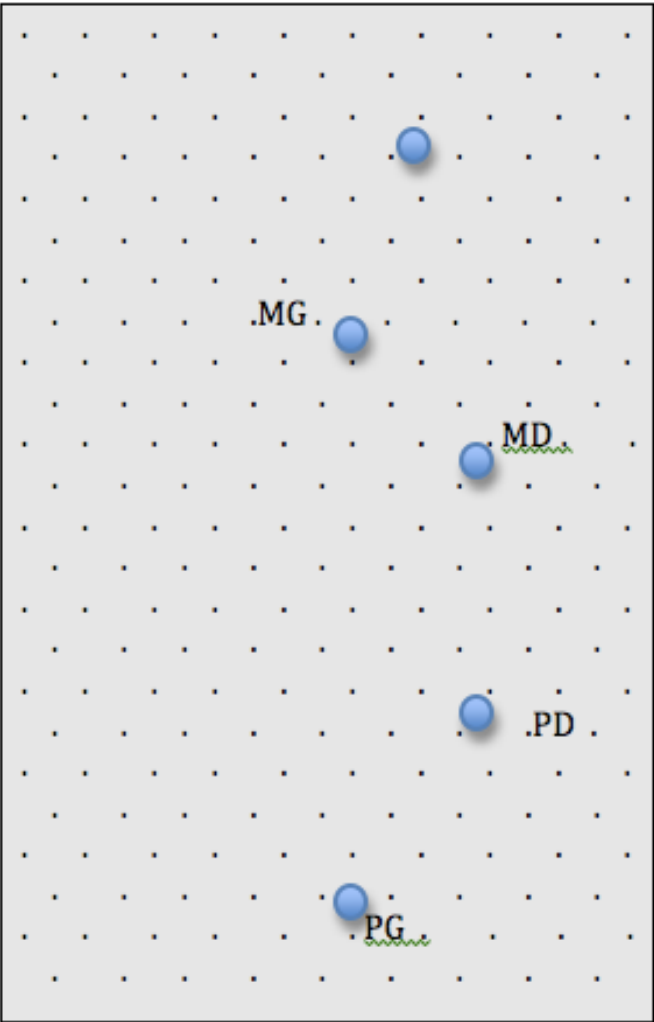

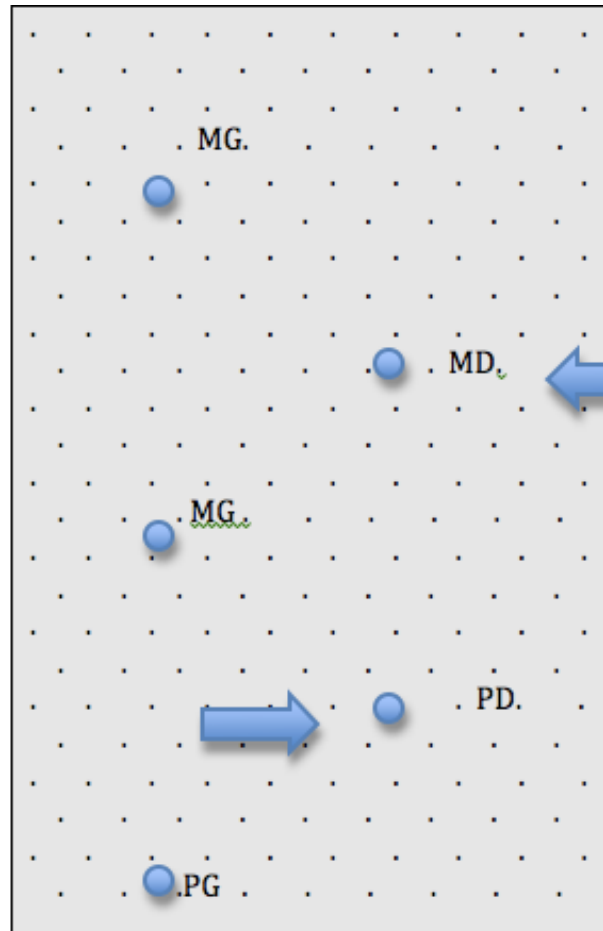


Types de mouvement	Schéma possible sur le mur	
<p>Développement</p> <p>Pied droit / main gauche</p>	 <p>The diagram shows a 15x15 grid of dots on a light gray background. Four blue spheres are placed on the grid, each with a label and a small green wavy line underneath it. The labels are: .MG. (top-left), .MD. (middle-right), .PD. (bottom-right), and .PG. (bottom-left).</p>	 <p>A photograph of a woman with long brown hair, wearing a white tank top and black leggings with white stripes on the side, climbing a green wall. She is using blue holds. Two red arrows point to specific holds: one points to a hold on her right hand, and the other points to a hold on her right foot.</p>

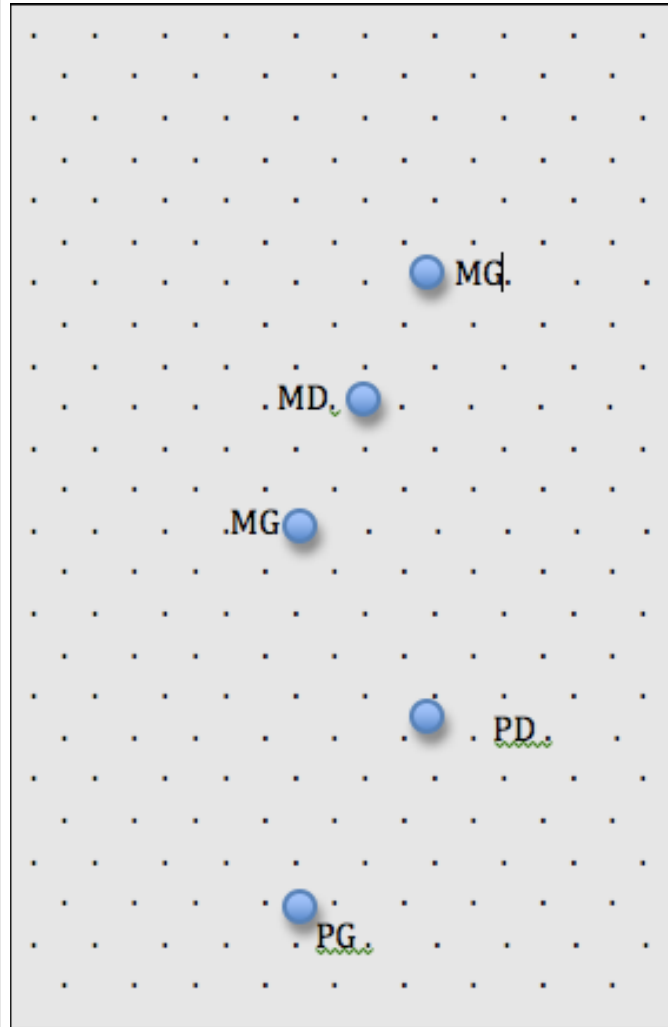
Groupé dégroulé



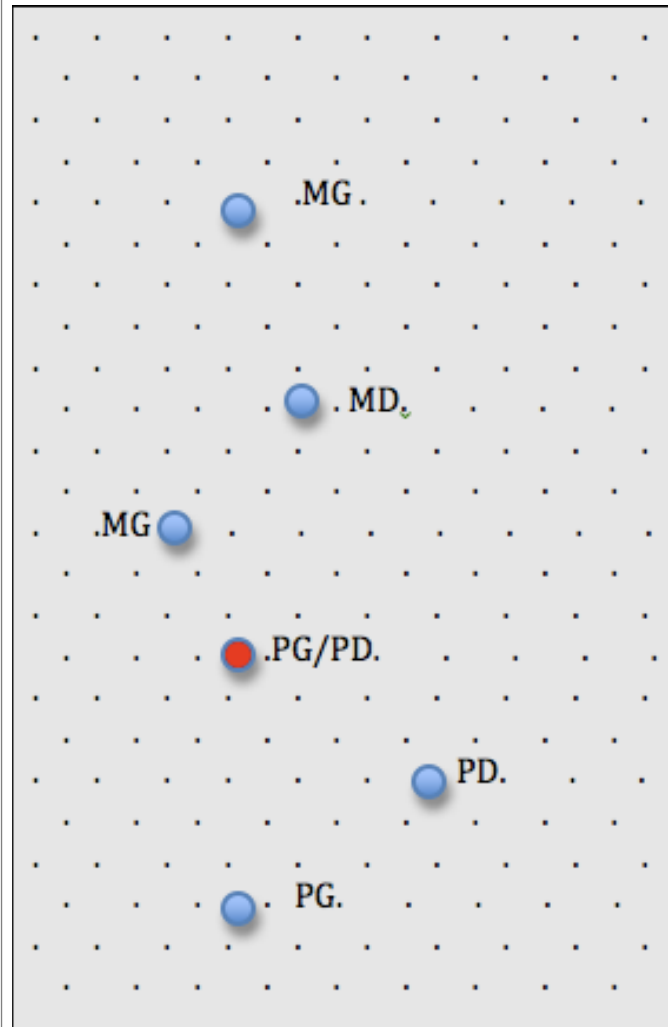
Opposition
pied droit /
main droite



Croisement de mains



Changement de pieds



Transfert du centre de gravité

