

Lezione #1

PREPARAZIONE (primi 19 minuti circa), fasi salienti rappresentate qui di seguito:



POSTURE (40 minuti circa)

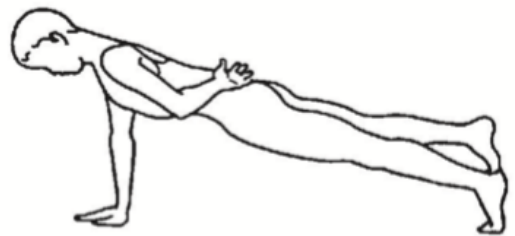


1. PALMA SOLLEVATA pugni dietro la testa

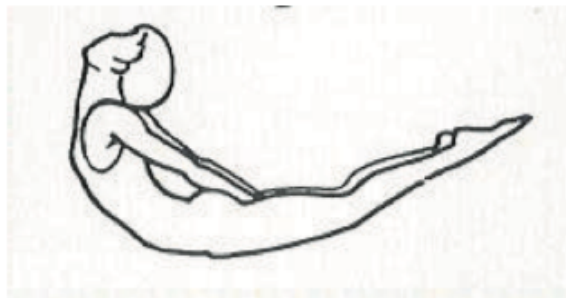
2. SENTINELLA



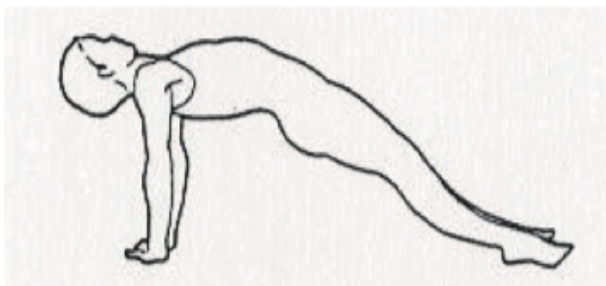
3. SENTINELLA, posizione bipede



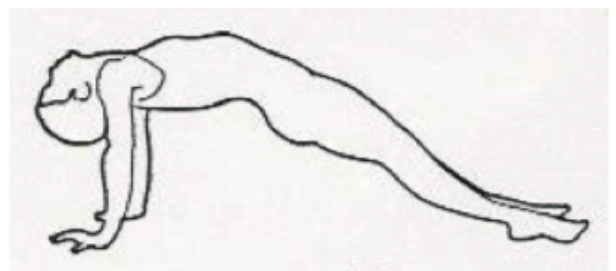
4. BARCA



5. STIRAMENTO DELL'EST



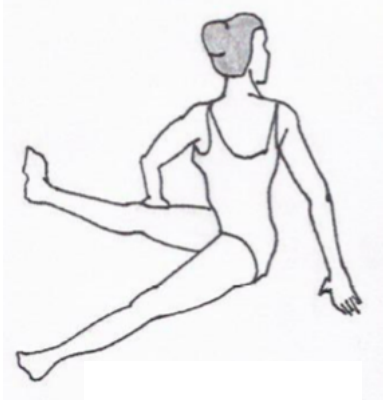
5 BIS. STIRAMENTO DELL'EST, testa rovesciata



6. FETO STRETTO



7. ROTAZIONE A GAMBE DIVARICATE



8. FETO LEGATO



RILASSAMENTO

