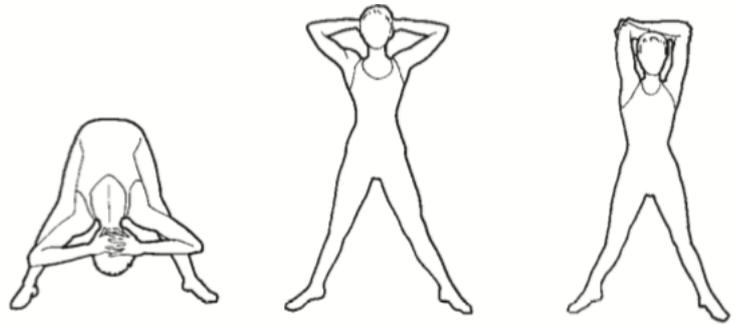
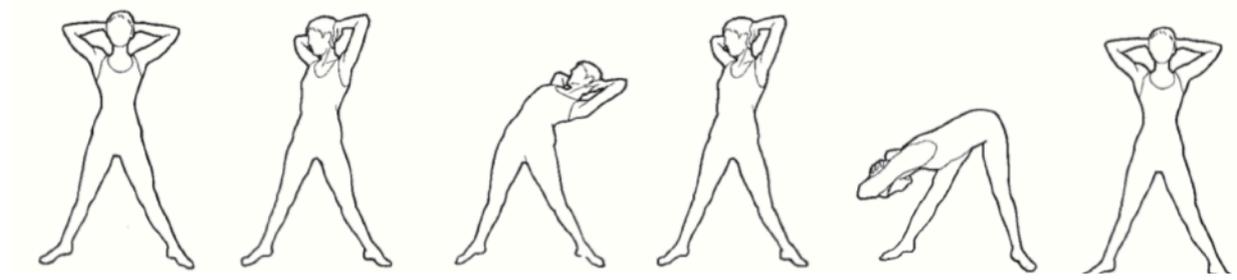


Lezione #8

PREPARAZIONE (primi 20 minuti circa), fasi salienti rappresentate qui di seguito:

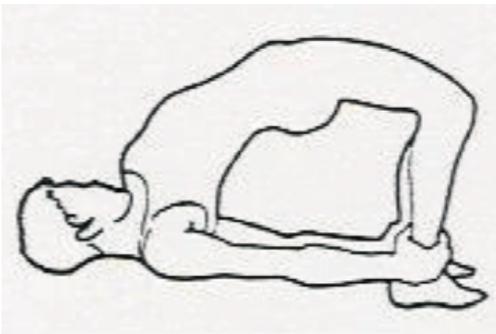
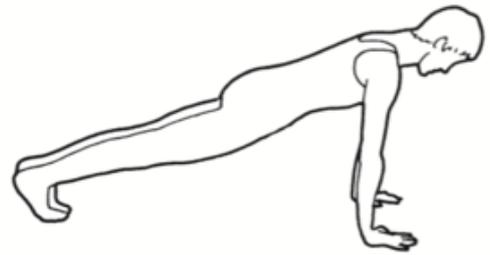
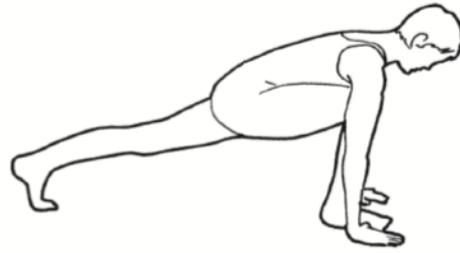
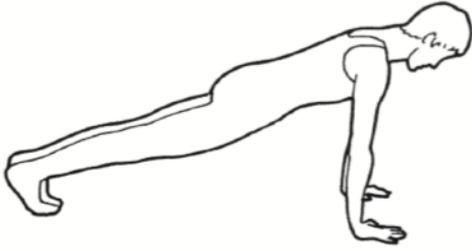


SEQUENZA DEI GRANDI SALUTI IN PIEDI (ridotta)

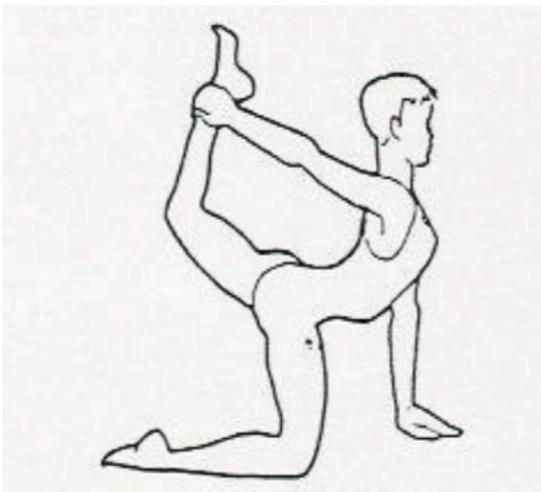


POSTURE (40 minuti circa)

1. SENTINELLA DINAMICA



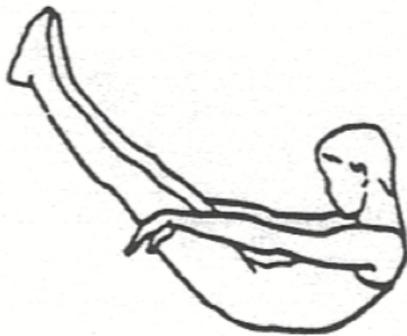
2. POSIZIONE DELLE SPALLE



3. 1/2 ARCO IN GINOCCHIO IN ROTAZIONE



4. GRANDE AFFONDO



5. POSIZIONE DEL MEZZO
BATTELLO



6. POS. DEL RIPOSO

RILASSAMENTO

