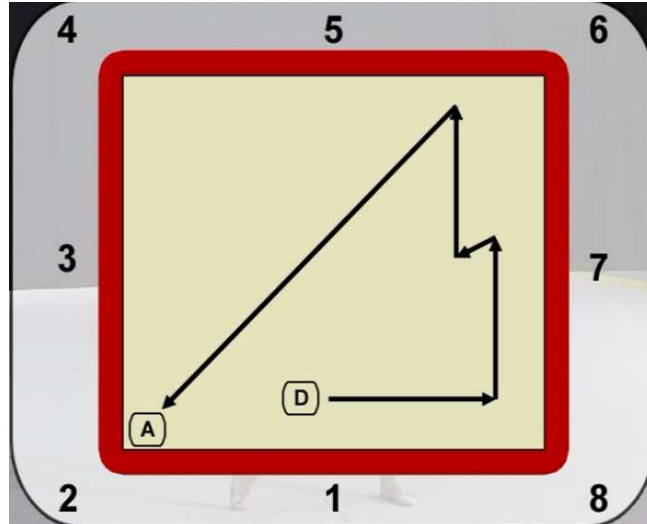









LES M-L JEUNESSES

POSSIBILITE DE MIXER LES 2 NIVEAUX POUR TOUS LES ML








A. ML BENJA 45 secondes



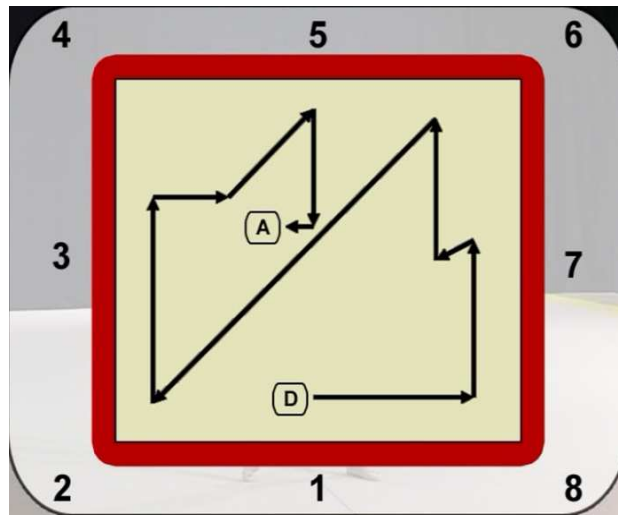
1) 1^{er} niveau

-  **0,10** direction 1
-  **0,10** direction 1 finie en 3
-  mains au sol **0,10** direction 3
-  **0,20** direction 2
- Tour sur fesse
-  **0,20** direction 2
- Roue direction 2
- 
-  **0,10** direction 2

2) 2^{ème} niveau

-  **0,10** direction 1
-  **0,30** direction 8 finie en 3
-  **0,20** direction 3 mais se relève sans les mains en planche
-  **0,20** direction 2
- Tour sur fesse
-  **0,30** direction 2
- Roue direction 2
- 
-  **0,30** direction 2


B. ML AVENIR 1'30



1) 1^{er} niveau

➤  **0,10** direction 1

➤  **0,10** direction 1 finie en 3


➤  mains au sol **0,10** direction 3

➤  **0,20** direction 2

➤ Tour sur fesse


➤  **0,20** direction 2


➤ Roue direction 2

➤ 

➤  **0,10** direction 2


➤ Crevette direction 2


➤  direction 1

➤  **0,40** appel 2 pieds direction 3

➤ Souplesse arrière direction 3

➤  **0,20** direction 1

➤  **0,10** direction 4 finie fondu arabesque finie en 4

➤  **0,10** sur pied plat direction 3


➤ Roulade costale direction 1

➤ Fin direction 1

2) 2^{ème} niveau

➤  **0,10** direction 1

➤  **0,30** direction 8 finie en 3


➤  **0,20** direction 3 mais se relève sans les mains en planche

➤  **0,20** direction 2

➤ Tour sur fesse


➤  **0,30** direction 2

➤ Roue direction 2

➤ 



 **0,30** direction 2


Crevette direction 2


➤  direction 1

➤  **0,50** appel 2 pieds direction 3

➤ Souplesse arrière direction 3

➤  finie en  **0,40** direction 1

➤  **0,30** direction 8 finie fondu arabesque finie en 3

➤  **0,20** sur pied plat direction 3

➤ Roulade costale direction 1

➤ Fin direction 1

