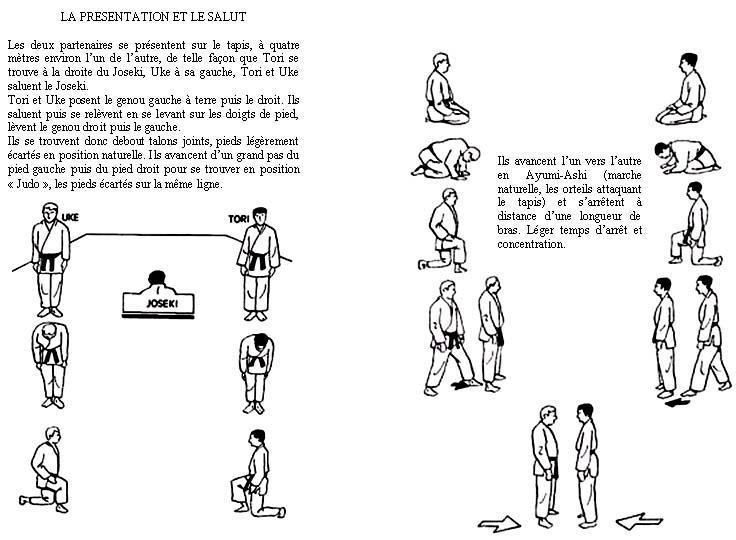
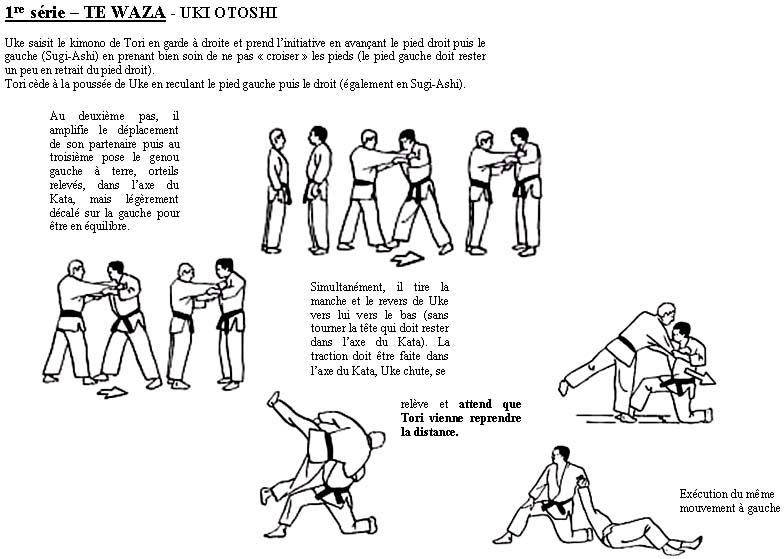
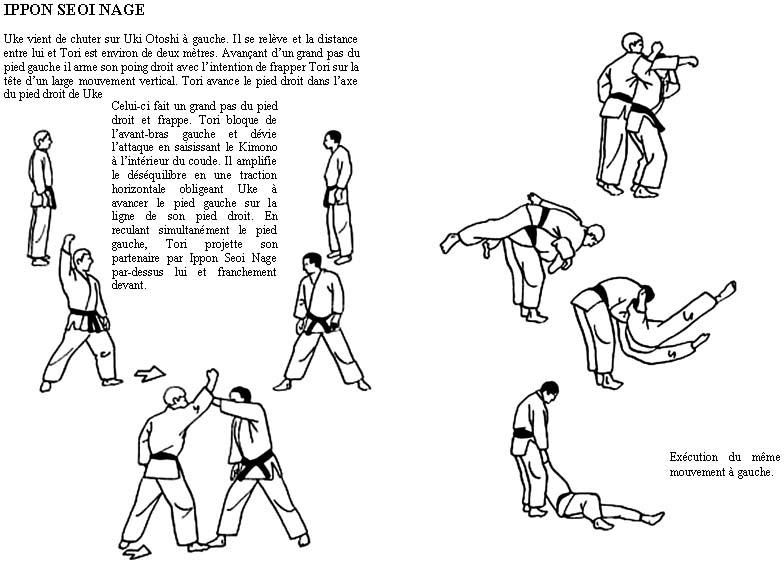
Salut d'ouverture

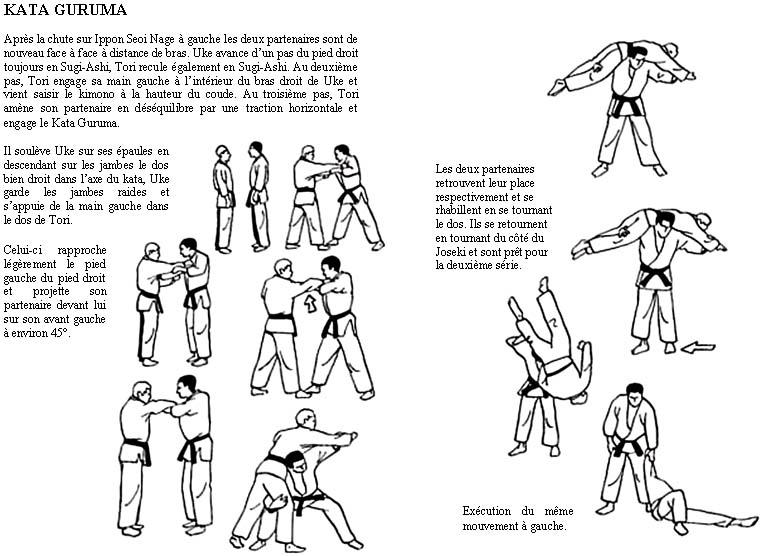
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**1ère série**

**Ce sont des techniques de mains**

****

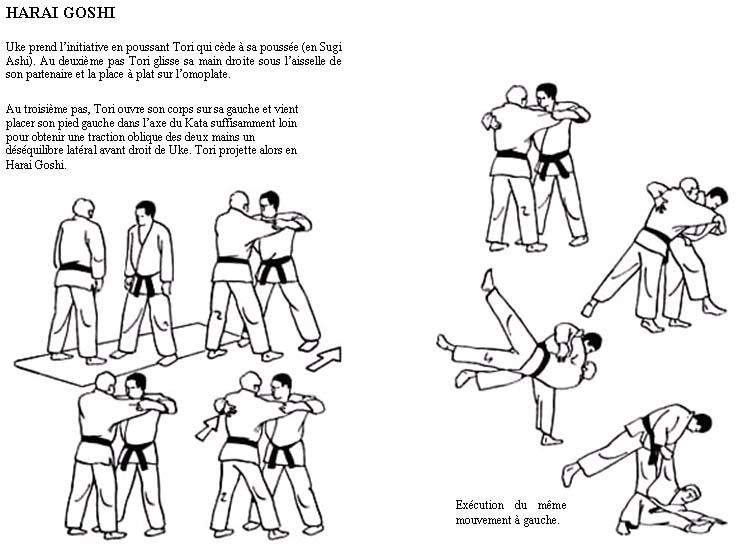


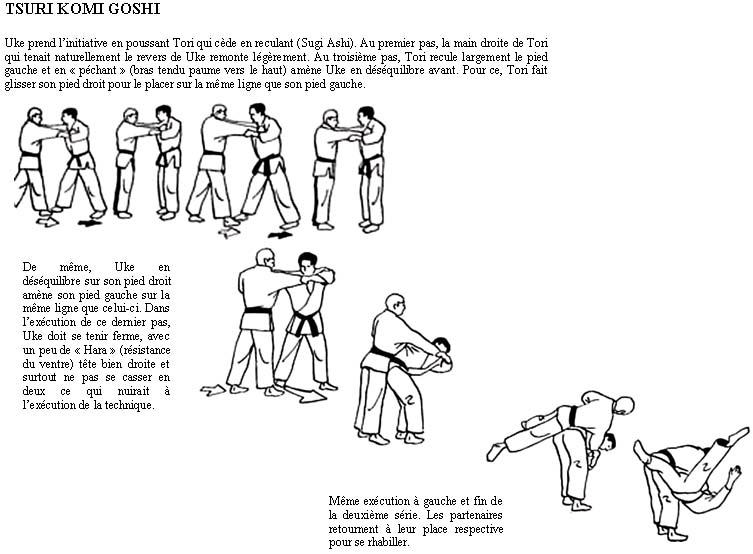
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**2ème série**

**Ce sont des techniques de hanches**

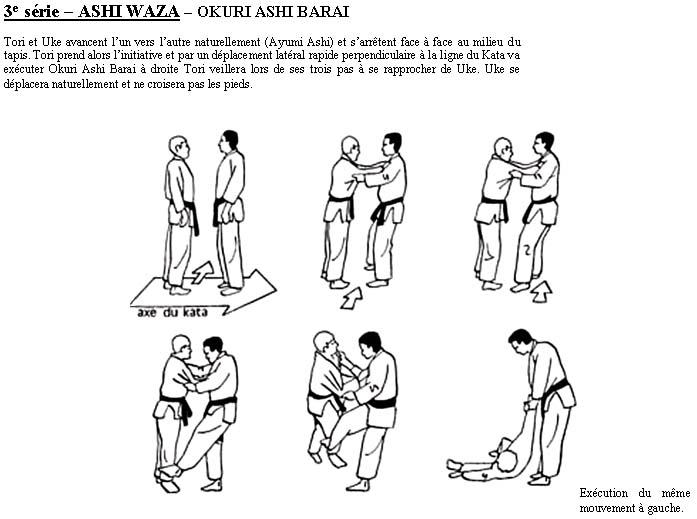
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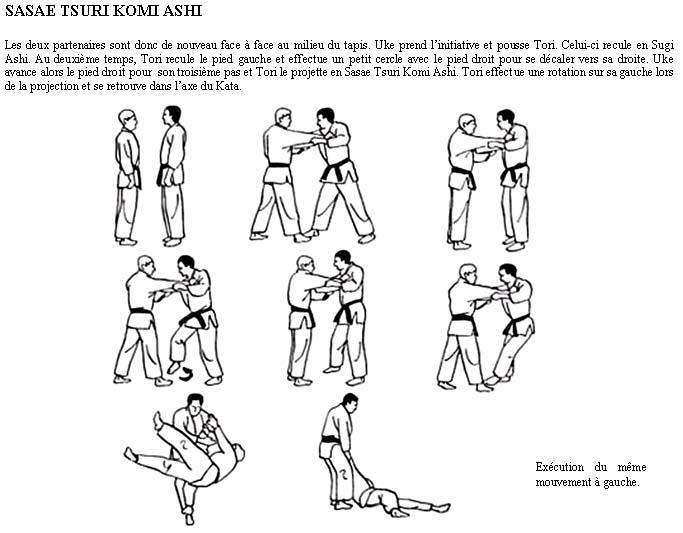
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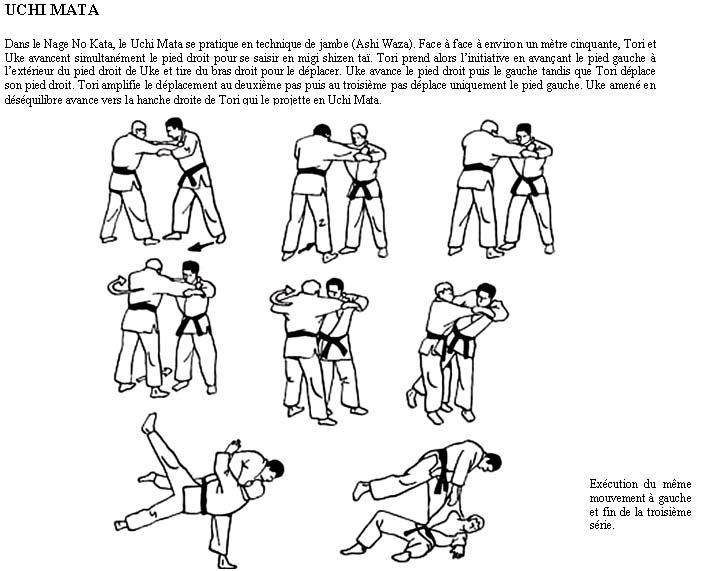
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3ème série

**Ce sont des techniques de pieds**

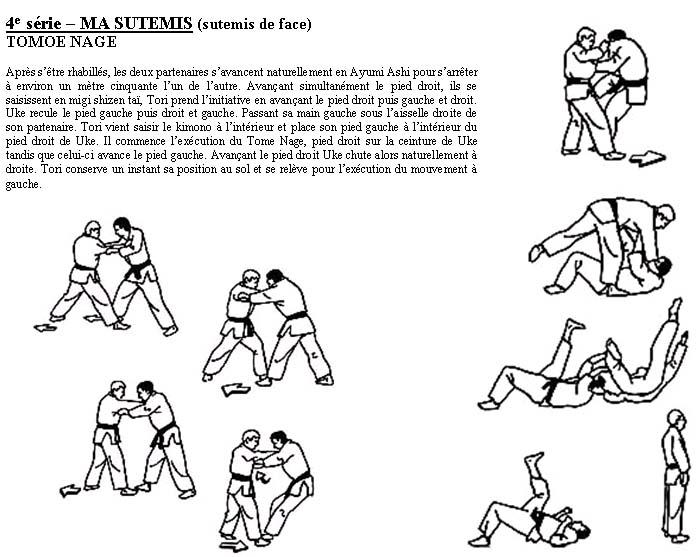
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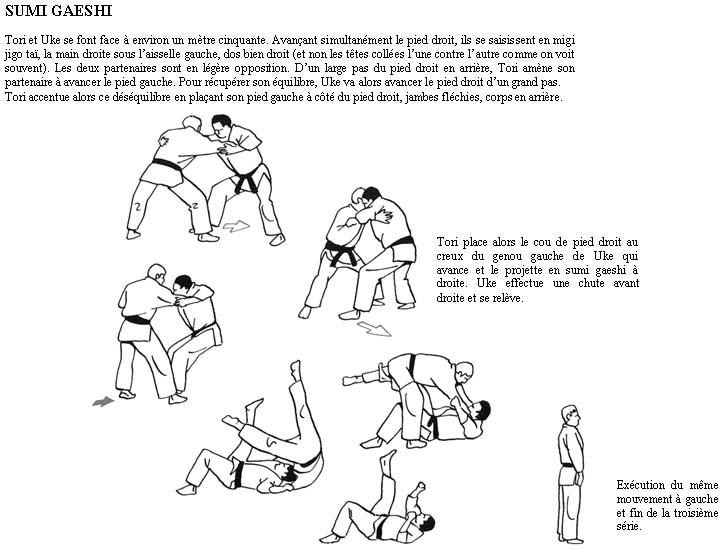
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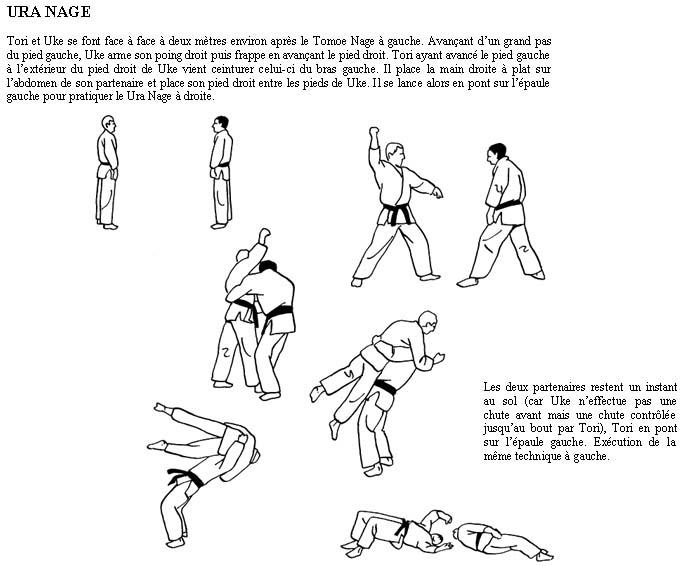
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**4ème série**

**La quatrième série est une série de sacrifice arrière**

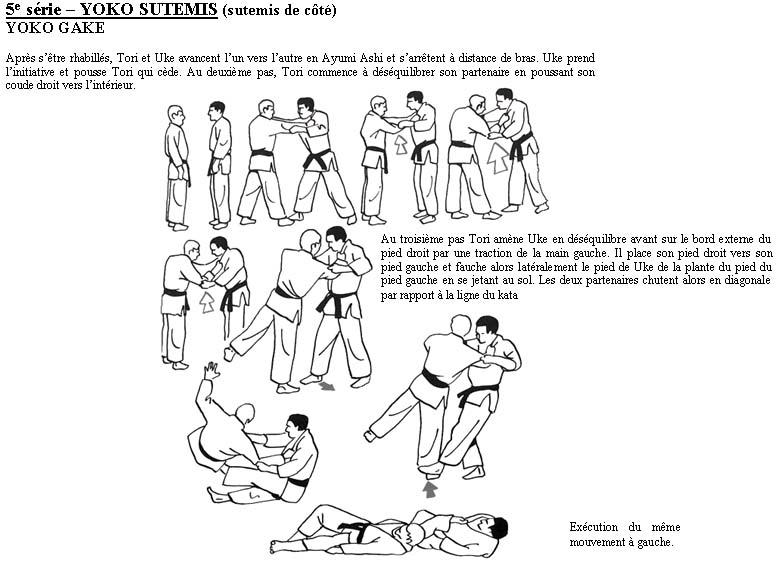


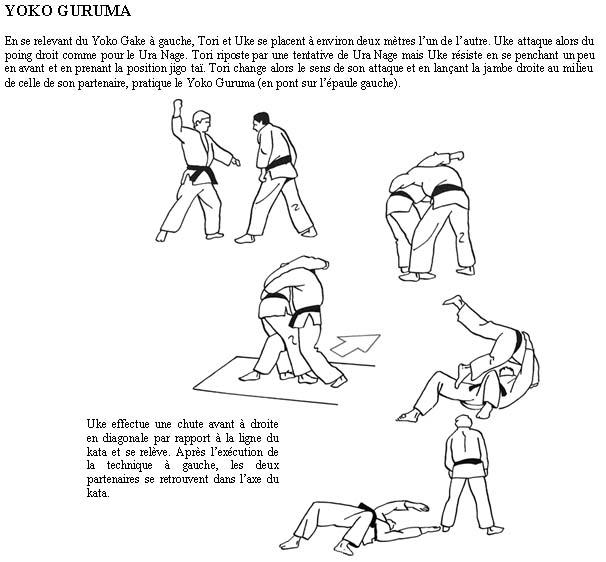


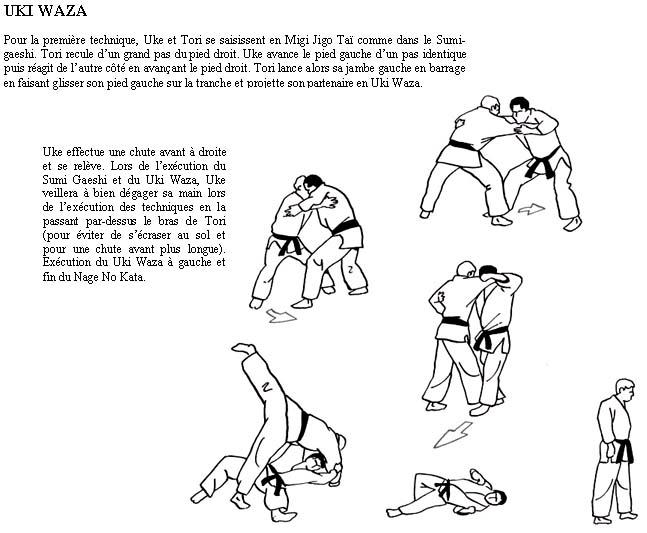


**5ème série**

**La dernière série du Nage No est une série de sacrifice latérale**







**Salut de fermeture**

