Bloc 1 (simple)

BASIC X2

BASIC FENTE

A x2

KICK ARRIERE X2

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Bloc 2 (moyen -)

L talon Chasse

Genou + V

V + Talon fesse

3 Genoux

**Bloc 3 moyen+**

Croise + chasse traverse

Kick x2

Chasse traverse + Squat

Poney + basic sauté