

Position de la sellette



Il s'agit ici de profiter de l'élan pour participer à l'élévation de la charge. L'élan est donné par l'impulsion de la jambe, une fois le contact établi entre la cuisse et la charge, accompagnant le poids de cette dernière.

Position du chevalier servant



Utilisée pour travailler au niveau du sol. Un genou à terre, le pied replié. L'autre pied est posé au sol. Le genou et les pieds dessinent au sol un triangle, gage de stabilité.

La Geste Dosseiuml

Alexis Lefrançois



La Geste Dosseiuml:

La Geste Alexis Lefrançois, 1967

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