







































































# POUTRE













mise à jour octobre 2021

















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	1  saut passer 1 jbe	2  sauter accroupi ou écart avec appui des mains	3  saut à cheval bout P	4  passer les jbes entre les bras	5  équerre bout de P 2''	6  entrée appel 1 pied sur le côté de la poutre	7  renvt avt	8  entrée écart facial 2''	10  saut libre 2 pieds	11  st libre 1 pied	12  saut à l'équerre tenue 2''	13  entrée roulade avant	14  franchissement costal	16  équerre renv. tenue 2s	17  saut 1/2 tour 2 pieds	19  saut à l'ATR	22  entrée roue	23  renvt avant libre	25  salto avant











Sauts	0.1		0.2		0.3		0.4			0.5		0.6		0.7		
	37  saut en progr.	40  cabriole	44  saut groupé	45  saut de chat	49  saut antéro 180°	52  1/2 tour	55  sissonne	58  3/4 de tour	56  saut de chat 1/2 tour	57  cosaque 2 pieds	62  enjambé	63  saut antéro 1/2 tour	66  saut carapé	67  chgt de jambes	68  tour en l'air	70  chgt de jbes 1/4 de tour
	38  soubresaut avec ou sans chgt de pieds	46  soubresaut double chgt de pieds	53  saut ciseaux	54  cosaque appel 1 pied	59  cosaque chgt de jbe	60  saut antéro 1/4 de tour	61  saut groupé 1/2 tour	64  cosaque 1/2 tour	65  cosaque 1 pied 1/2 tour	69  enjambé avec 1/2 tour	71  chgt de jambe avec 1/2 tour					






















Pirouettes	0.1		0.2	0.3	0.4	0.5	0.6			0.7	
	73  1/2 tour 2 pieds	74  1/2 tour accroupi	76  1/2 tour sur 1 jambe	79  1/2 tour arabesque	82  1 tour	85  1 tour et demi	88  double tour	89  1/2 pivot jbe à l'horiz	90  1/2 pivot pied dans main	91  pivot accroupi	94  pivot pied dans la main

Maintiens	0.1		0.2				0.3			0.4		0.6	
	97  équilibre fessier	98  station sur 1 jbe	100  planche à l'horiz	101  Y tenu	102  couchée dorsale libre	103  chandelle tenue	104  équerre écart tenue	106  Y sur demi-pointe	107  i à 180° tenu	108  planche au-dessus de l'horizontale	109  Y jambe libre	110  équerre renversée	115  ATR transv ou latéral s'abaisser à l'app facial horiz libre en position transversale ou latérale 2''

Roulés	0.2		0.3	0.4		0.5	0.5					
	124  roulade avt écart	125  roulade arrière	127  roulade avt 1 ou 2 pieds	130  roulade avt sans mains	131  roulade dépt du siège	133  roulade arr piquée	164  rondade	165  saut de mains	166  flip 2 pieds	167  flip poisson	168  flip décalé	169  ATR stalder

Renversements	0.1	0.2		0.3			0.4				0.6		0.7			
	146  ATR 1 jambe	150  ATR passé	152  roue en N8 et N7	151  ATR roulé au siège	152  roue	153  soupl. arr	154  ATR tenu 2''	155  ATR latéral	157  ATR roulé debout	158  roue sautée	159  soupl. avant	160  tic-tac	161  ATR 1/2 valse	172  valse	173  flip 1/4 de tour	174  de l'équerre ATR en force 2''

Sauti	0.5				0.6			0.7		
	181  salto avt au siège appel 1 pied	182  salto avt au siège appel 2 P	184  costal	185  facial	186  salto avant	187  salto arr groupé	188  salto arr carapé	190  japonais	191  salto arrière tendu	192  salto arrière tendu décalé

Sorties	0.1		0.2		0.3		0.4			0.5				0.6		0.7					
	193  saut vertical	194  saut groupé	196  rondade	197  saut de mains	199  salto arr de l'arrêt	200  costal	201  salto avant	202  salto avt tendu appel 1 pied	203  salto avt avec 1/2 tour	204  salto arr d'un élt acro	205  auerbach sur le côté	208  "petrick vrille"	209  salto avt tendu 2 p aussi + 1/2 tour	210  salto arr tendu aussi + 1/2 tour	211  twist	212  vrille avant appel 1 pied	213  auerbach groupé bout de poutre	214  vrille avant appel 2 pieds	215  vrille arrière	216  auerbach carapé ou tendu bout de poutre	217  vrille et demie ou plus