

Formes fondamentales de mouvement avec Gympo et Gympa



Gympo et Gympa



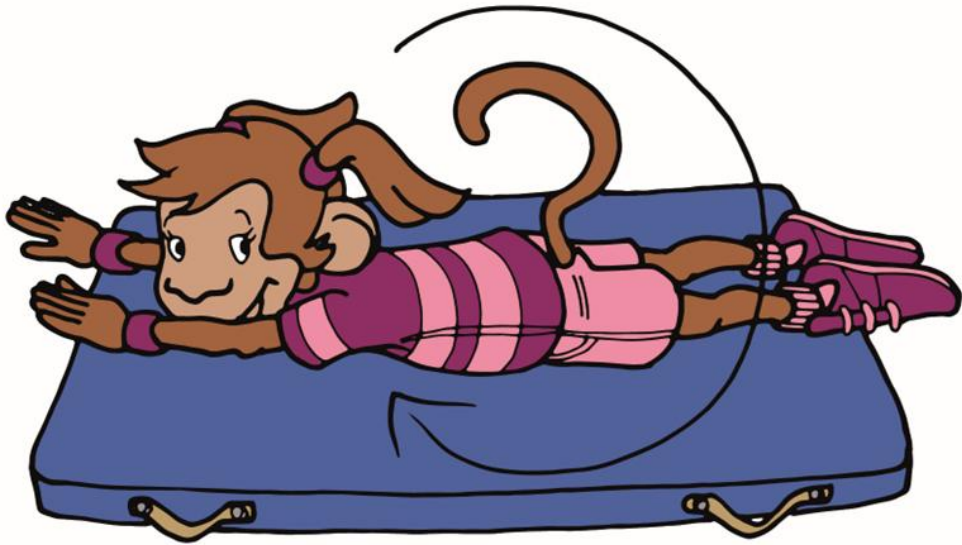
Courir



Sauter



Rouler



Rouler



Tourner



Rouler



Balancer



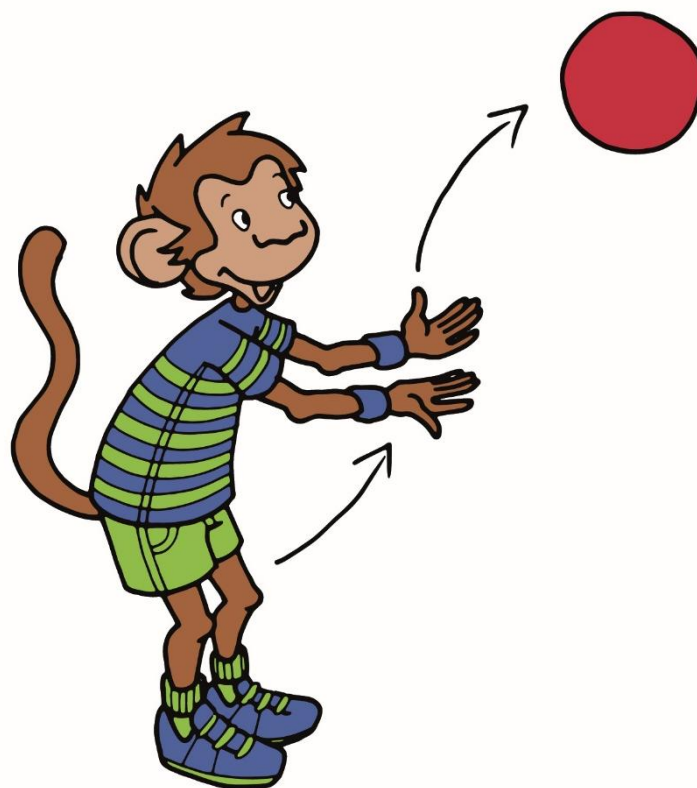
Balancer



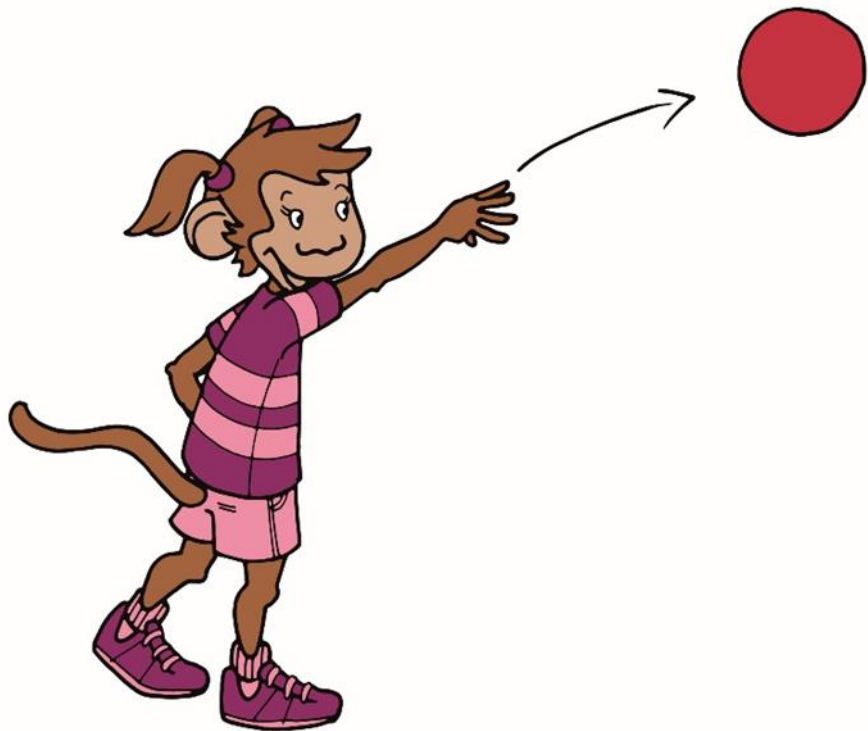
S'élancer



Lancer, deux mains



Lancer, deux mains depuis en bas



Lancer, une main



Attraper



Glisser



Déraper



Se tenir en équilibre



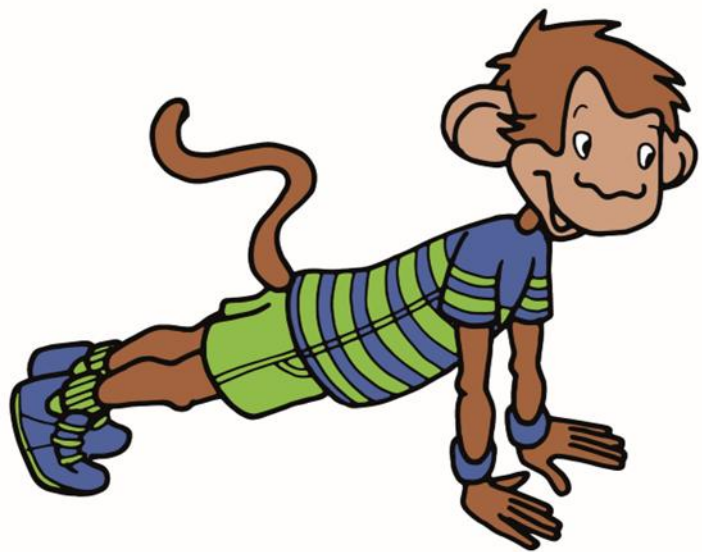
Tenir en équilibre



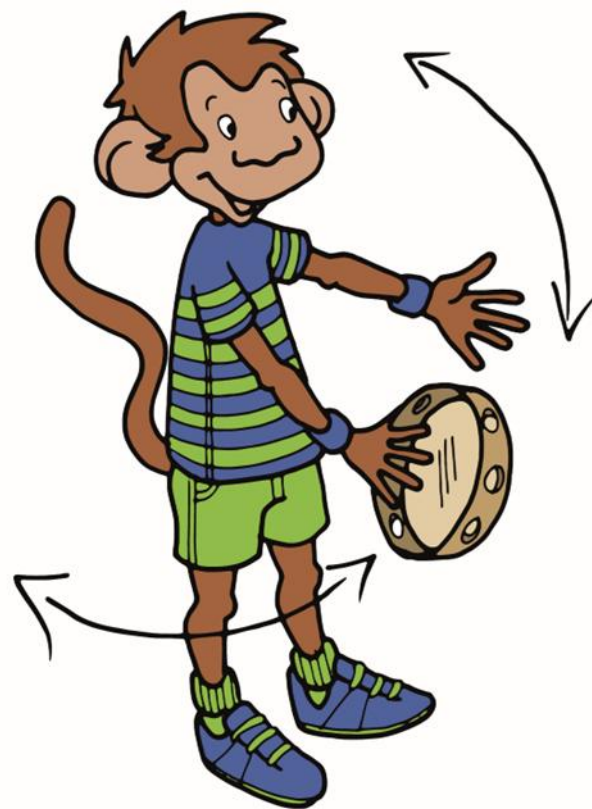
Grimper



Prendre appui



Prendre appui



Rhytmer



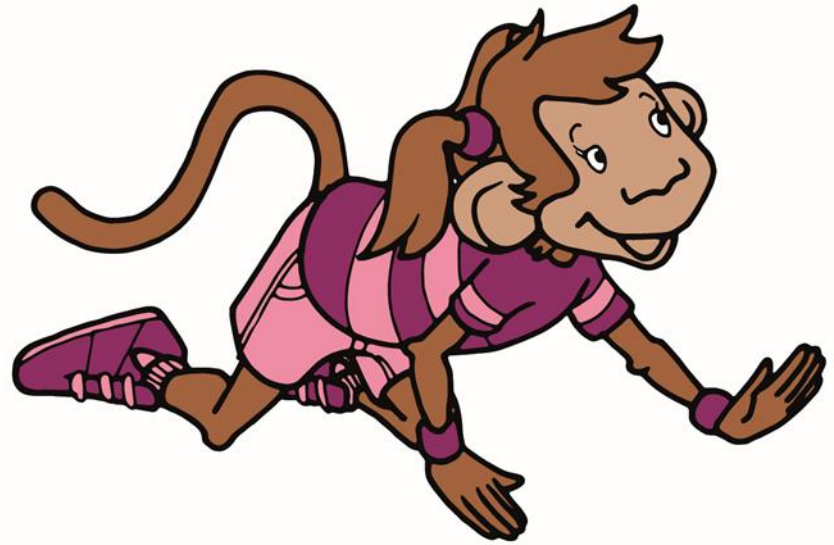
Danser



Se bagarrer



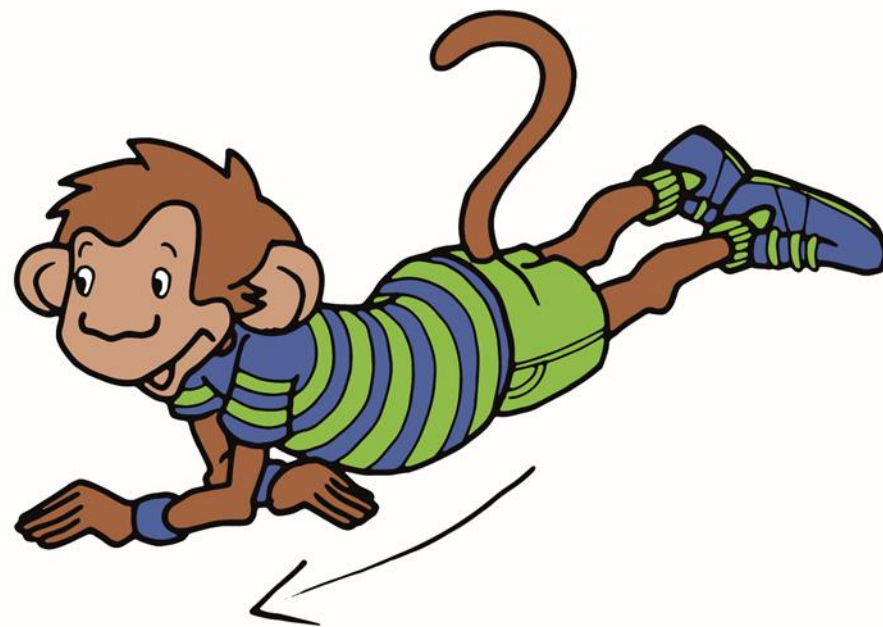
Lutter



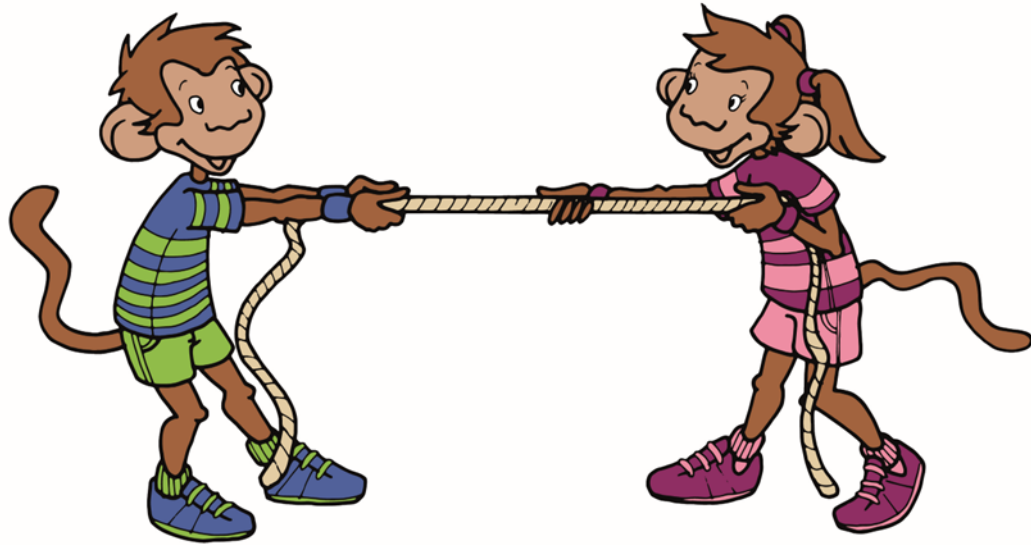
Ramper



Ramper, quatre pattes



Se faufiler



Tirer



Pousser



Soulever



Porter