

EXERCICES COORDINATION

Aller-Retour

EX 1

5 8 7 8 5 8 7 8

H V H V H V H V

5 8 7 8 5 8 7 8 5 8 7 8 5 8 7 8

H V H V H V H V H V H V H V H V H V

EX 2

4 7 5 7 4 7 5 7

H V H V H V H V

4 7 5 7 4 7 5 7 4 7 5 7 4 7 5 7

H V H V H V H V H V H V H V H V H V

EX 3

5 8 7 8 5 8 7 8 4 7 5 7 4 7 5 7

H V H V H V H V H V H V H V H V H V

by Roo Chapus