

**Fouetté bas jambe avant**



**Fouetté bas jambe arrière**



**Fouetté médian jambe avant**



**Fouetté médian jambe arrière**



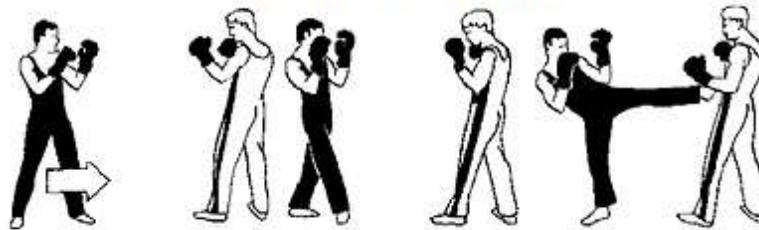
**Fouetté haut jambe avant**



**Fouetté haut jambe arrière**



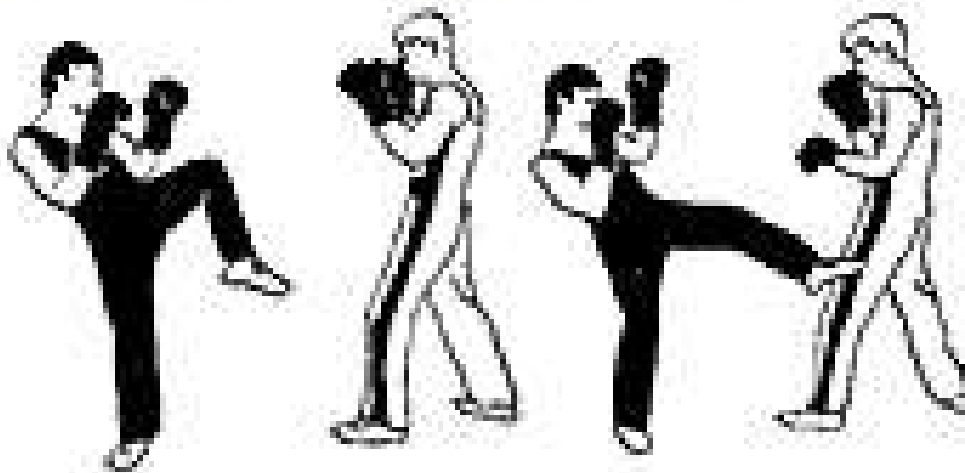
**Fouetté croisé médian**



## Le chassé frontal



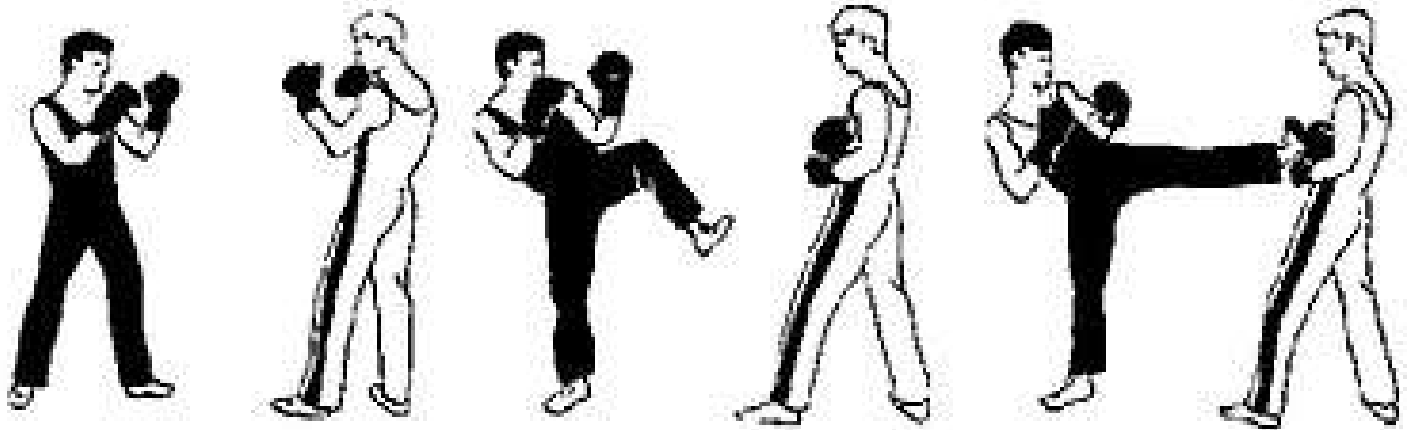
## Le chassé frontal bas



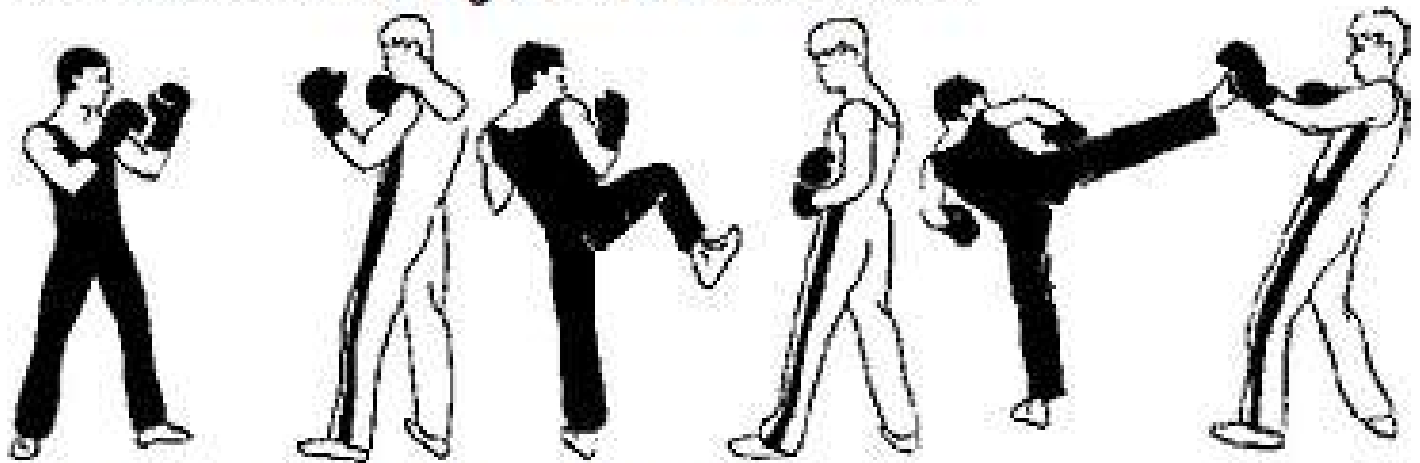
## Chassé haut jambe avant



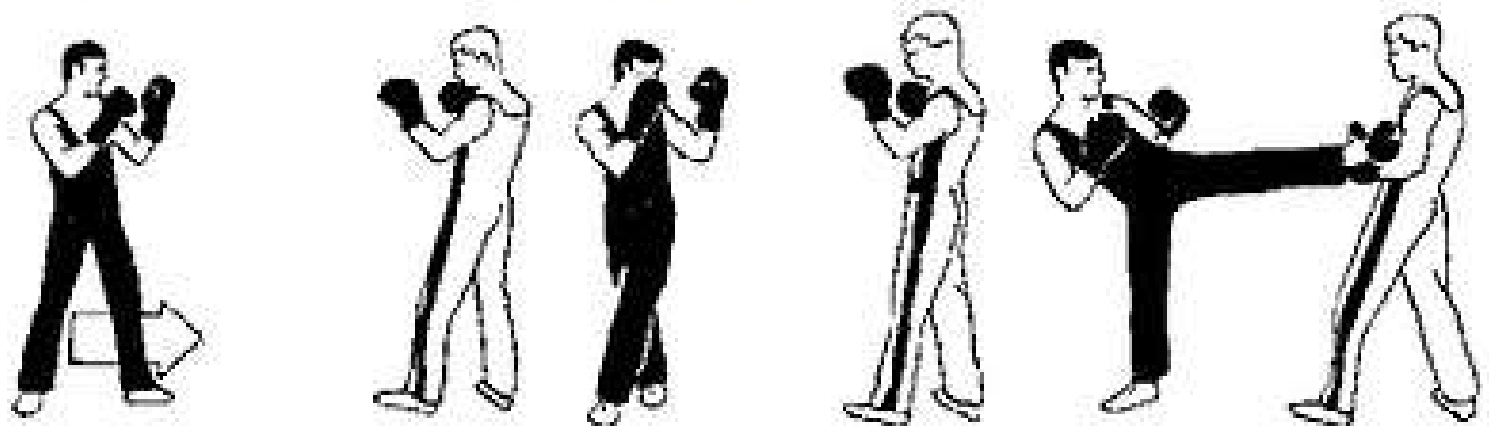
## Chassé médian jambe avant



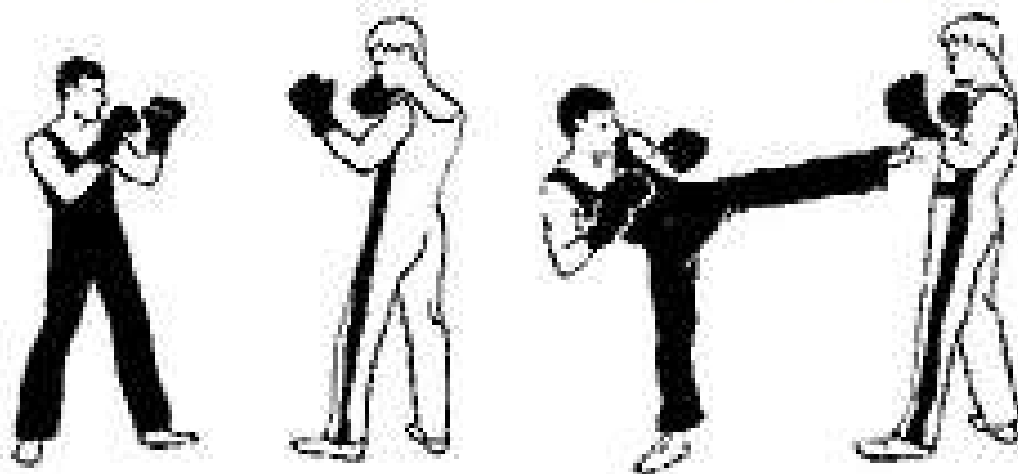
## Chassé haut jambe arrière



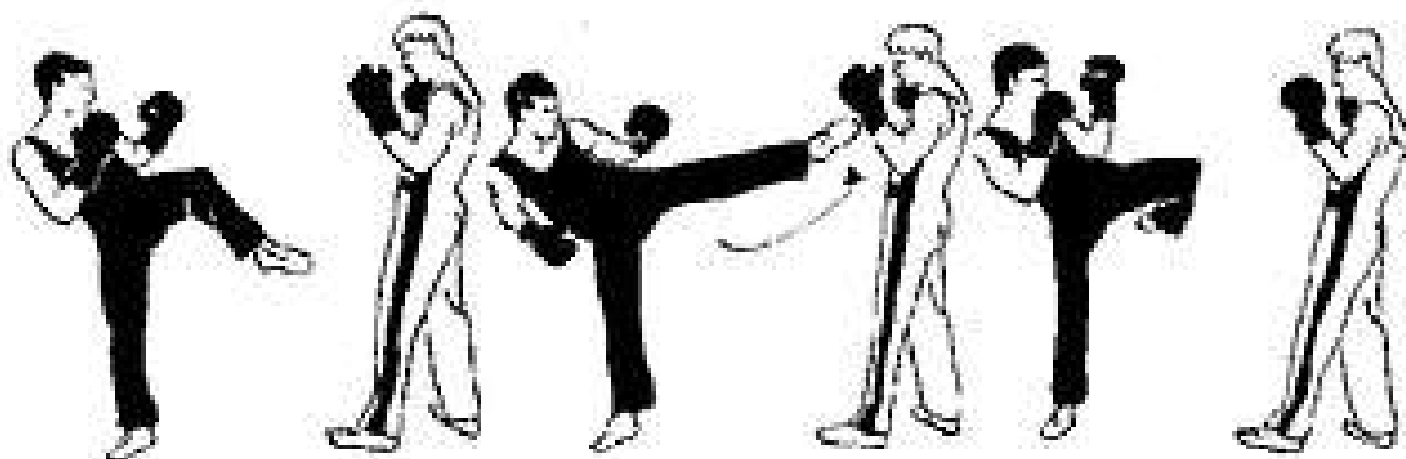
## Chassé croisé médian



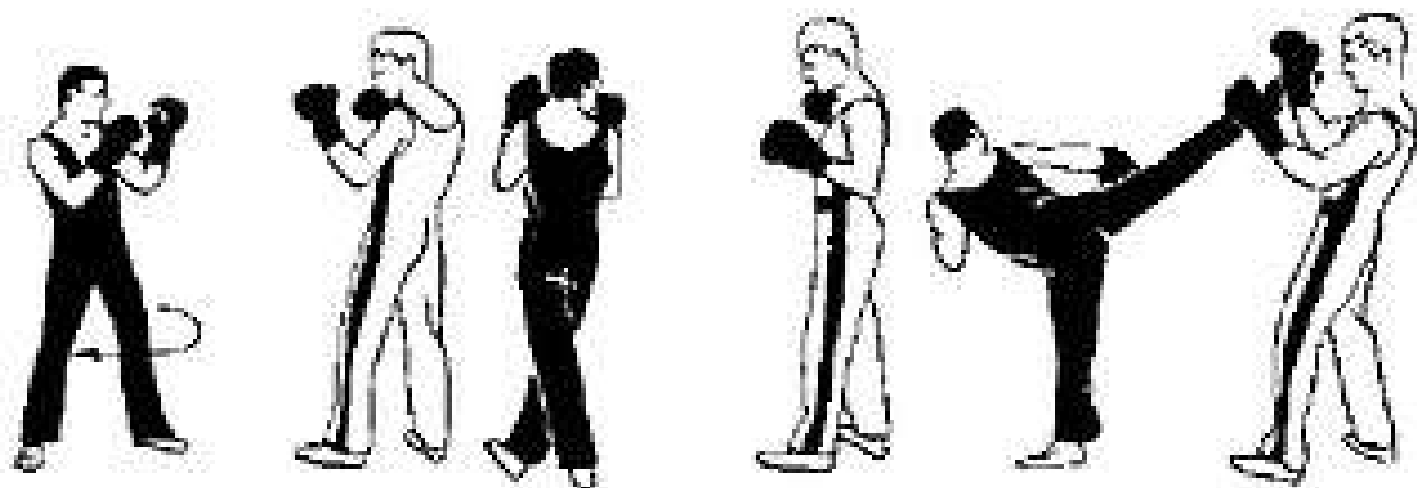
## Revers jambe tendue



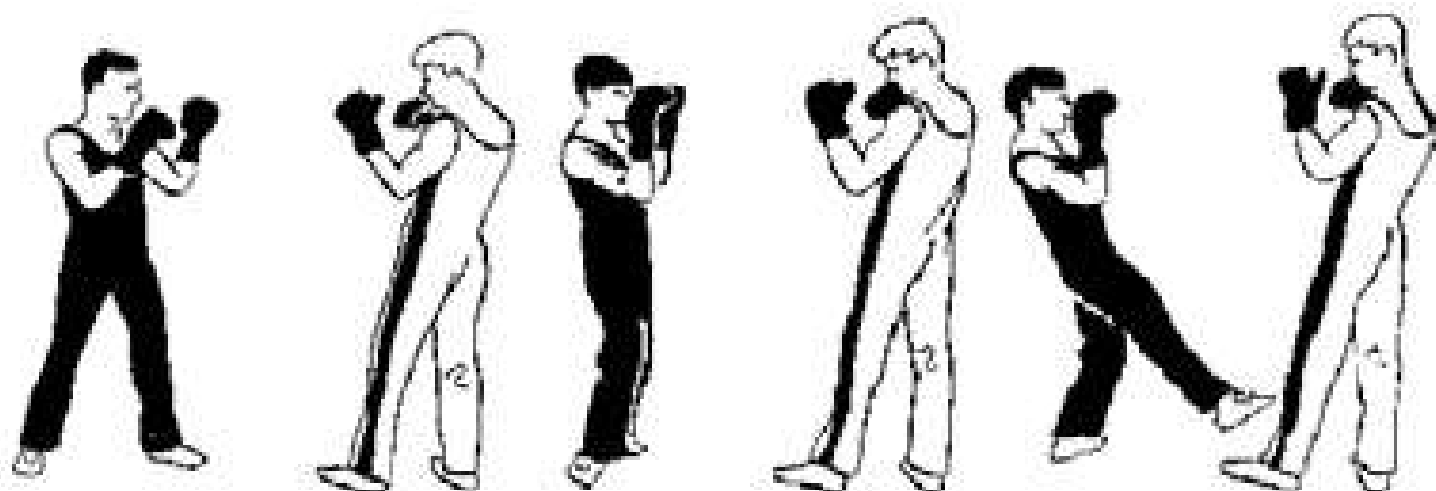
## Revers fouetté



## Revers tournant



## Coup de pied bas



**Le balayage**

Technique particulière portée en ligne basse afin de faire chuter l'adversaire.

