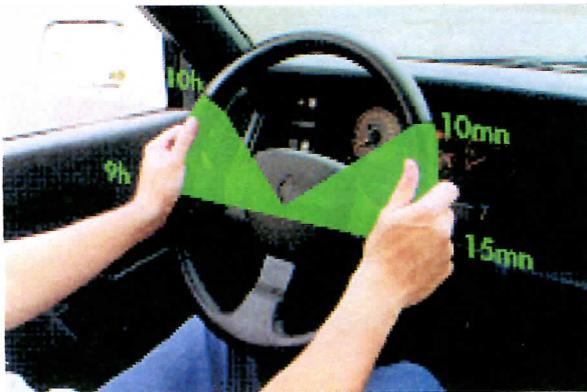


Position du corps

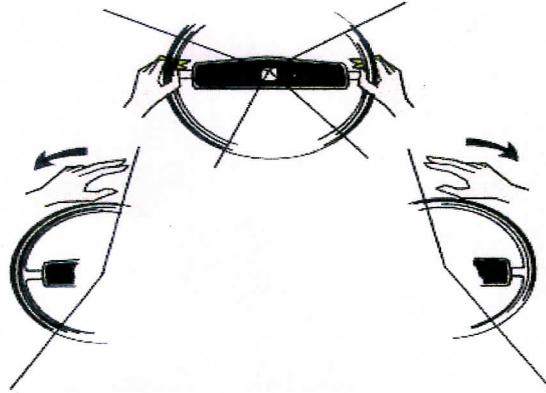


## Placement des mains sur le volant

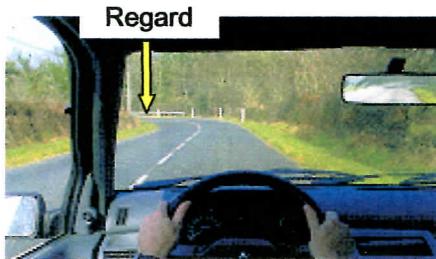


Technique du chercher – tirer – retour (laisser glisser) et,  
Technique du chercher - tirer – gratter – retour (laisser glisser)

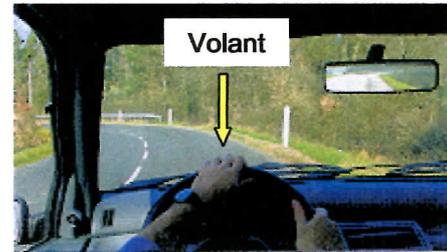
Tournant à gauche



Tournant à droite



Regard



Volant