

# 10 EXERCICES DE TECHNIQUE SUR PAD D'ENTRAINEMENT

## A VOS BAGUETTES

Exercice 1

Exercice 2

3

Exercice 3

5

Exercice 4

7

Exercice 5

9

Exercice 6

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Exercice 7

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Exercice 8

Exercice 9

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Exercice 10

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