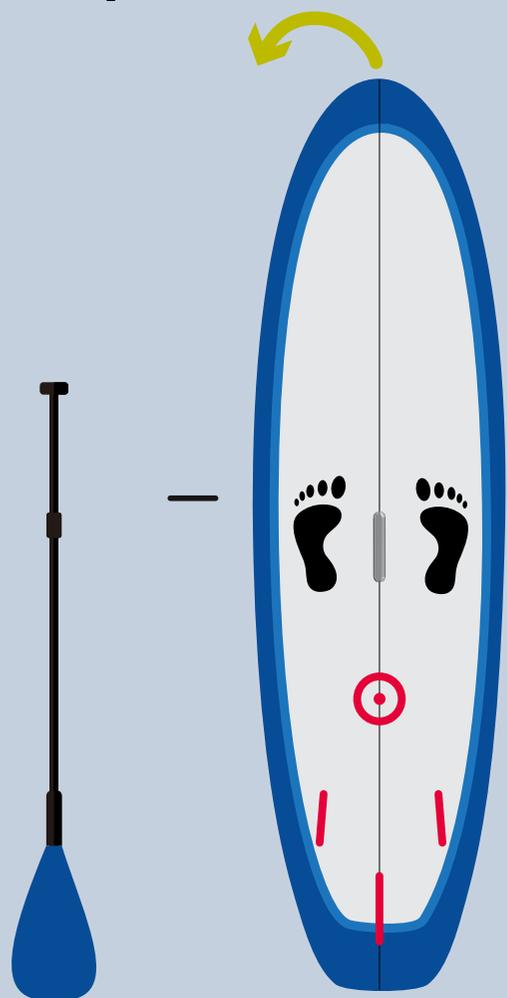
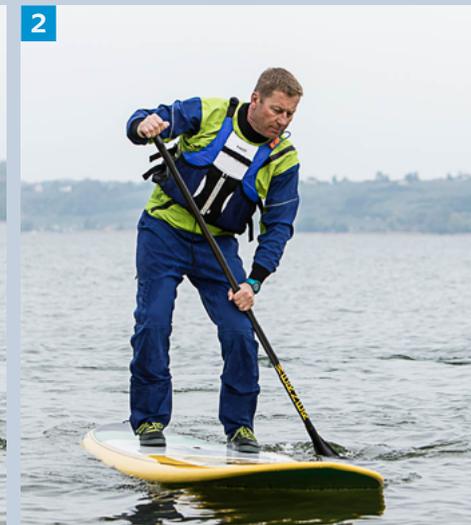
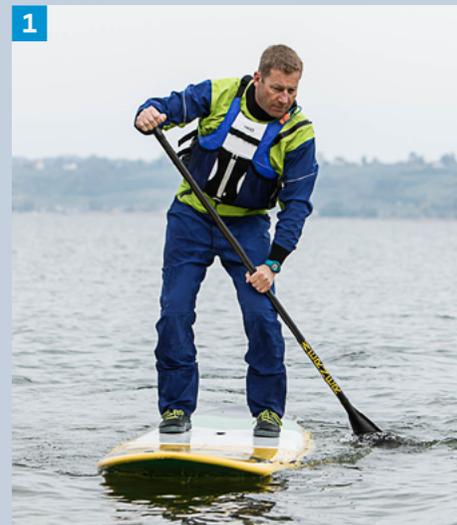


Stop stroke



Pale dans l'eau (catch)

Direction/Changement de direction



Points-clés

- Appuyer la pagaie au-dessus du genou.
- Mobiliser la musculature du tronc.