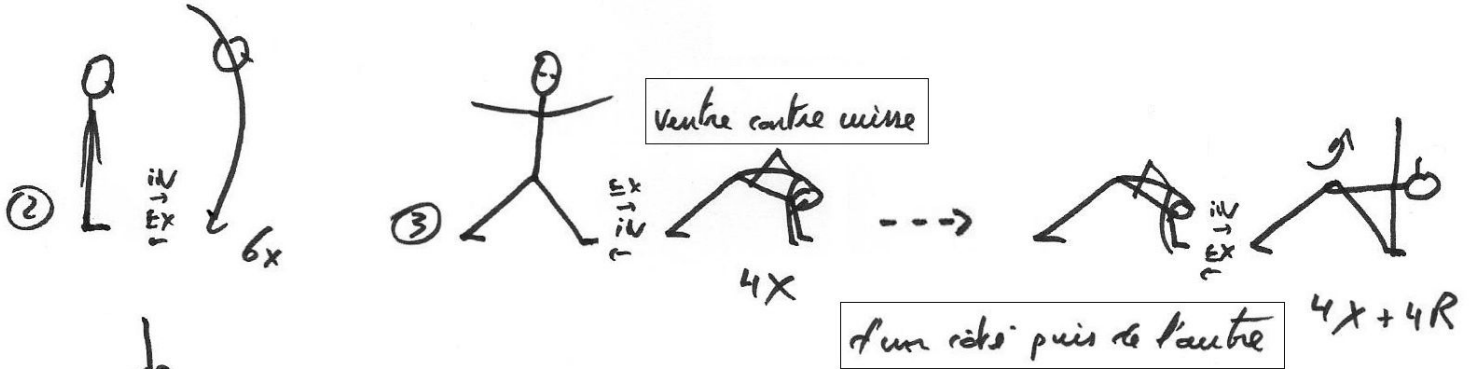
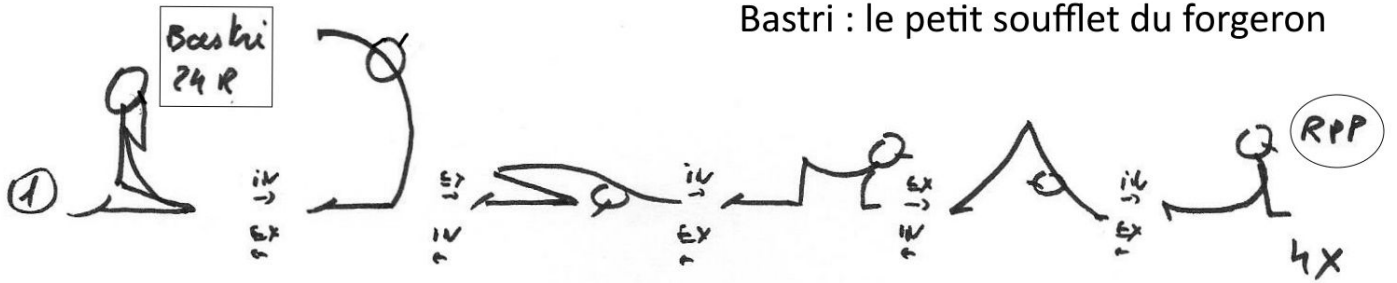
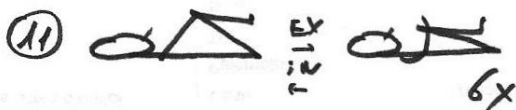
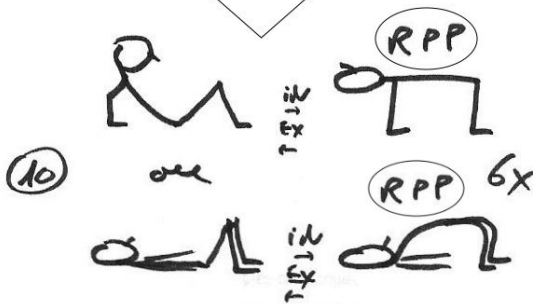
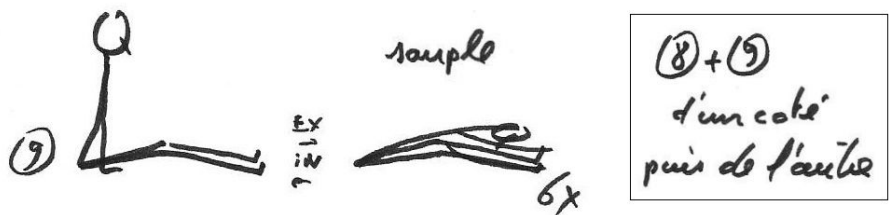
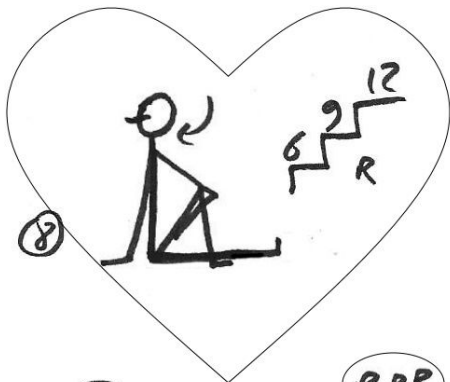


Bastri : le petit soufflet du forgeron



coude et genoux s'écartés



⑫ Nadi shodana

	IN	RP	EX	RV
4R	1	1/2	1	1/2
4R	1	1	1	1/2
4R	1	1	1	1
4R	1	1 1/2	1	1
4R	1	2	1	1
4R	libre	0	libre	0