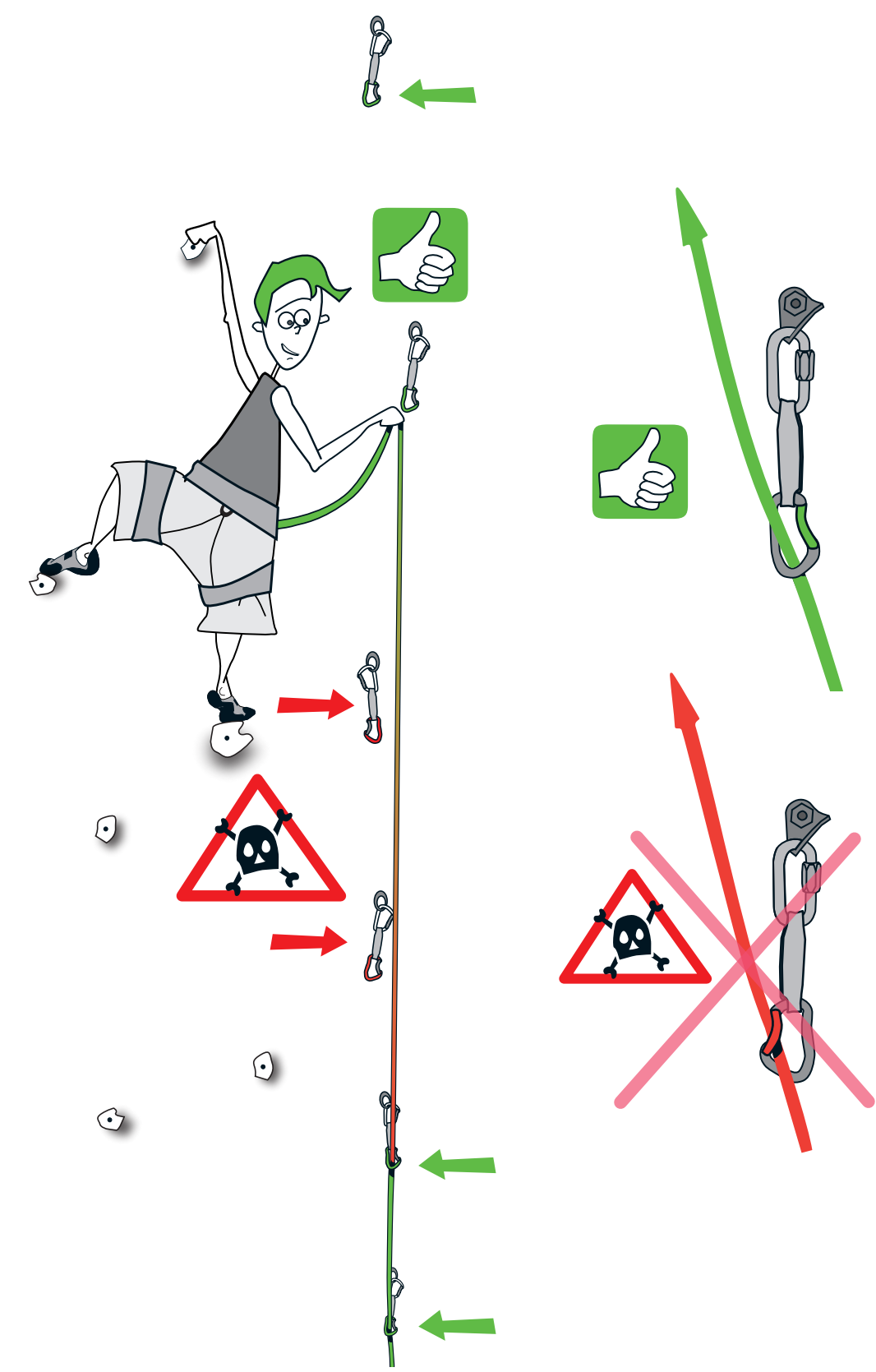
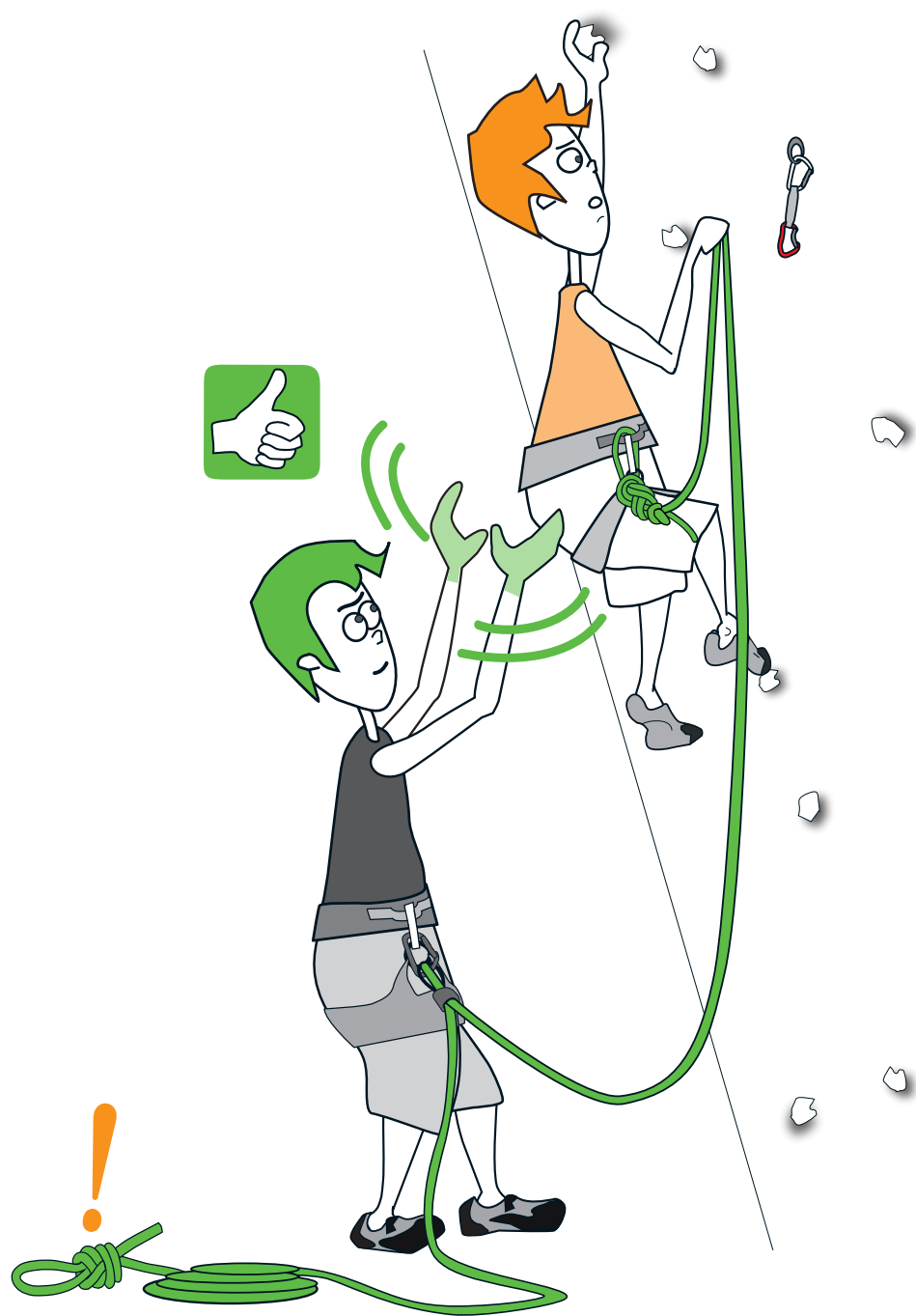


1 VÉRIFIEZ LES POINTS CLÉ !

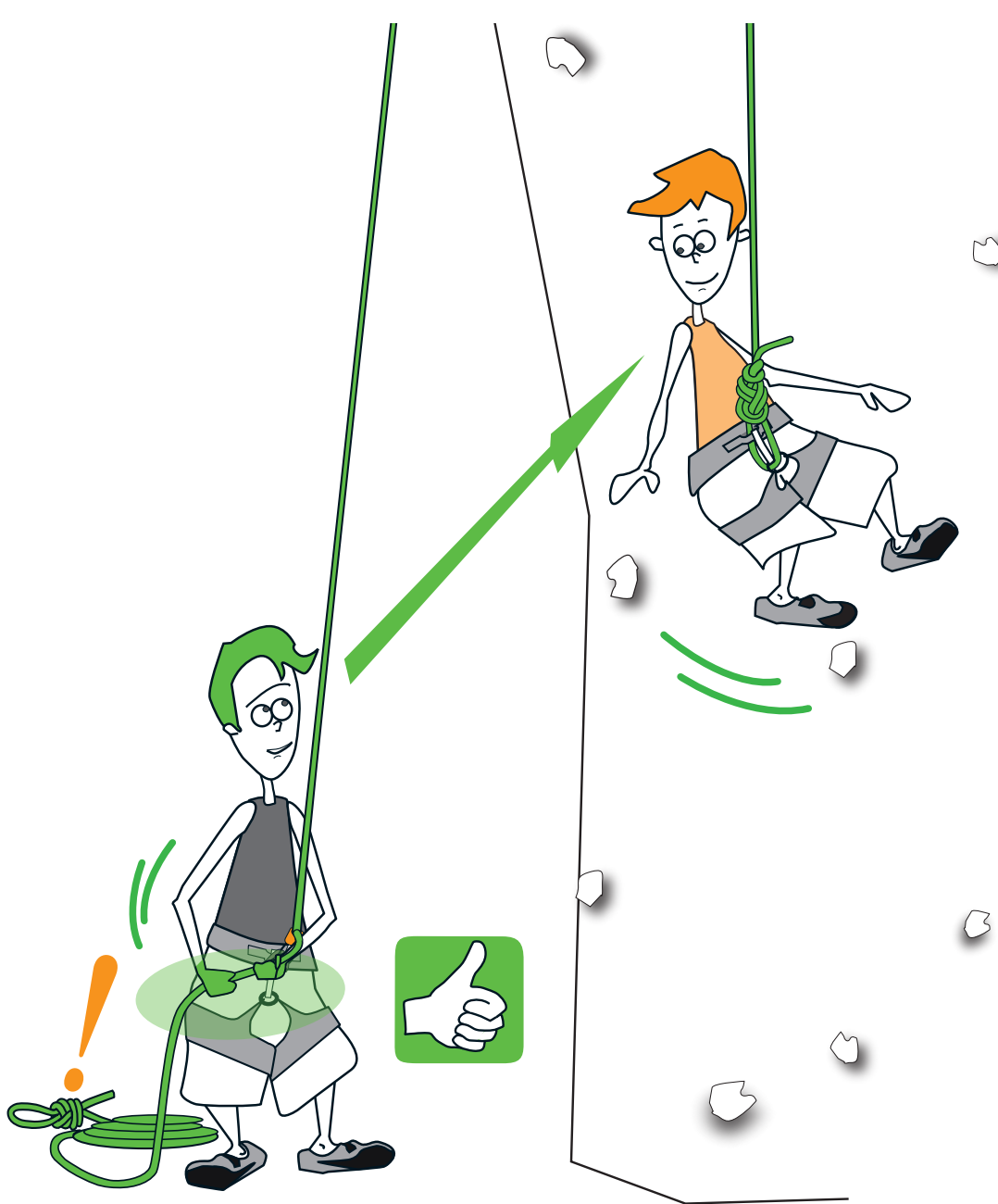
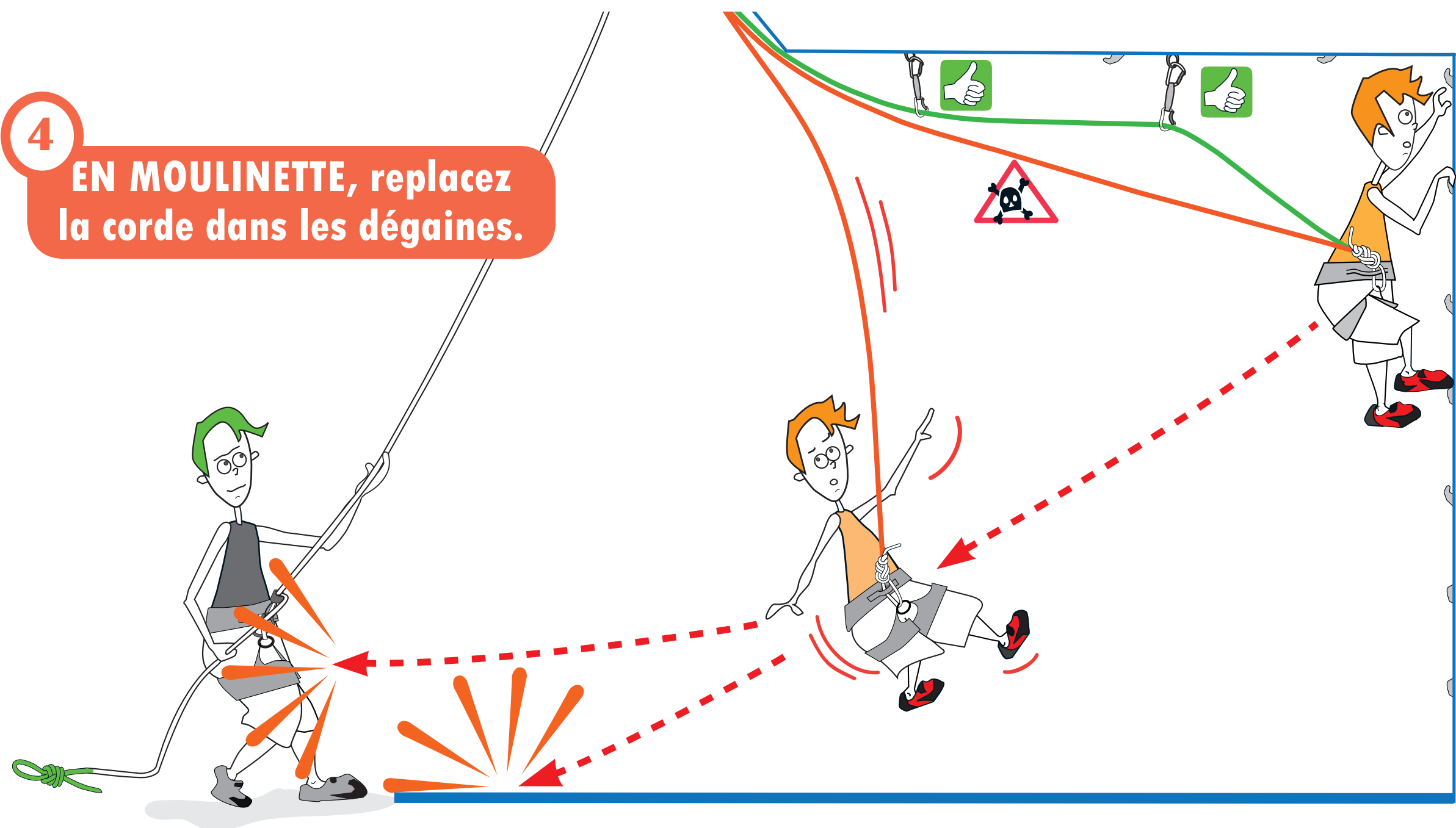


2 MOUSQUETONNEZ !

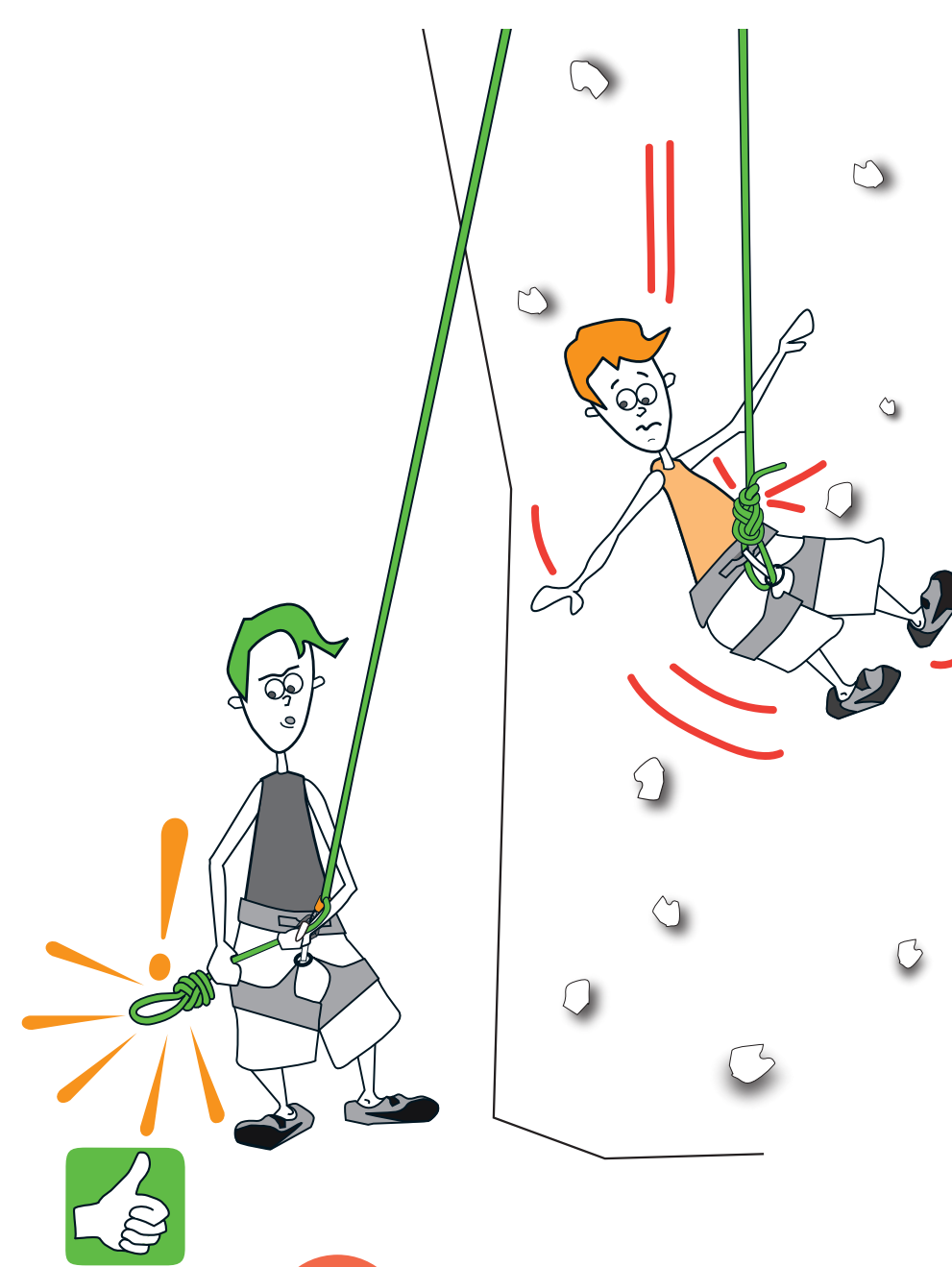


3 PAREZ.

4 EN MOULINETTE, remplacez la corde dans les dégaines.



5 MAÎTRISEZ LA VITESSE !



6 ANTICIPEZ.



7 ÉCARTEZ VOUS !

SAE/ACTIONS SECURITE ESCALADE de DIFFICULTE

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