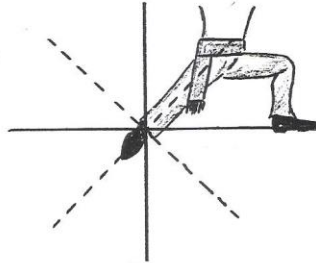
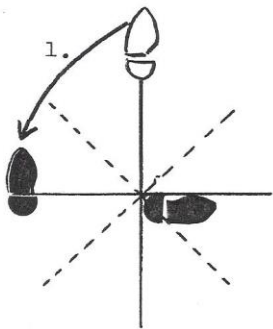


JOGO DO PAU

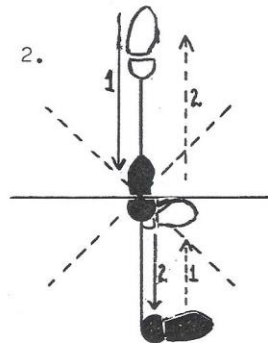
DESLOCAMENTOS BÁSICOS



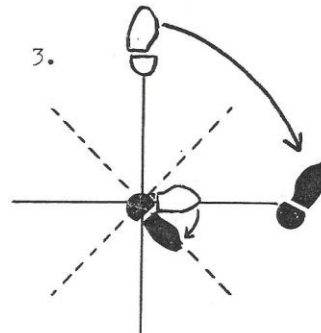
-POSIÇÃO BASE



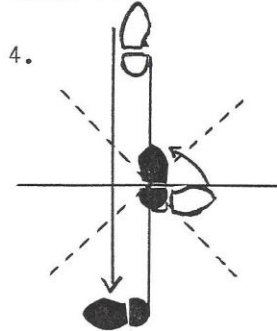
-LATERAL ESQUERDO



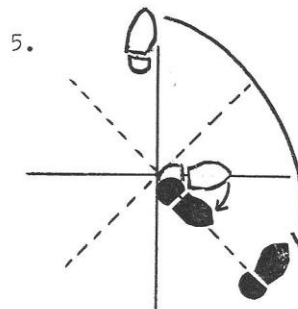
-RECUAR/CRESCER



-LATERAL DIREITO



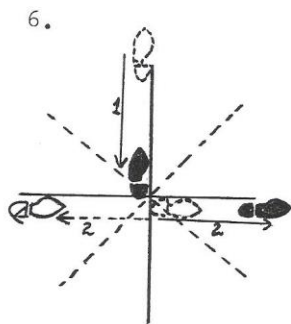
-SAÍDA PELA ESQUERDA



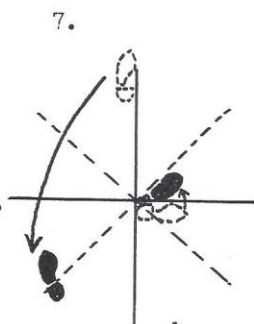
-SAÍDA PELA DIREITA

-TODOS ESTES DESLOCAMENTOS DEVERÃO SER TREINADOS COM AS DIFERENTES GUARDAS.

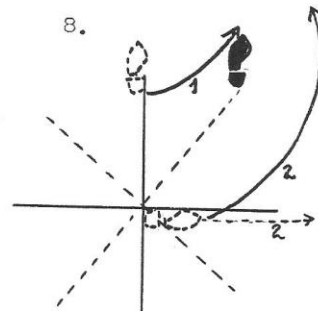
JOGO DO PAU
DESLOCAMENTOS



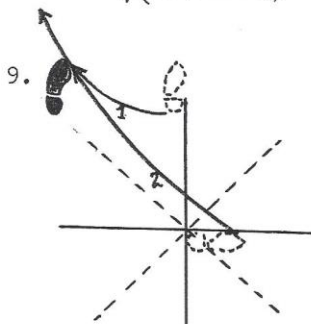
RECUADO LADEADO
P/(DIR. E ESQ)



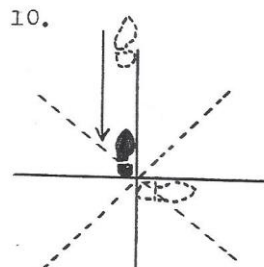
MEIA SAÍDA/P.
ESQUERDO



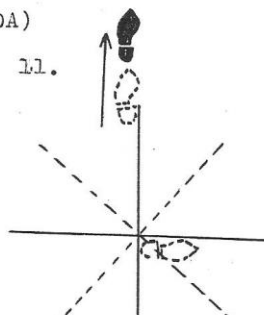
ENTRADA P/DIREITA
(PARA CORTE OU GUARDA AVANÇADA)



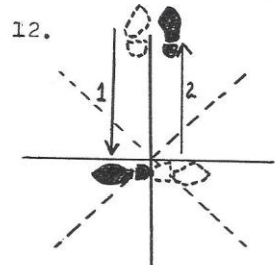
ENTRADA PELA ESQ:
(PARA CORTE OU G. AVANÇADA)



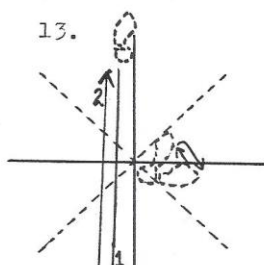
MEIO SAÍDO
(CORTE)



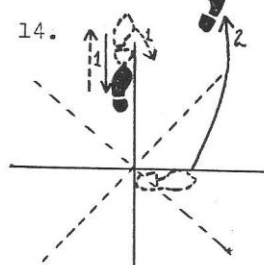
PASSO ACRESCENTADO



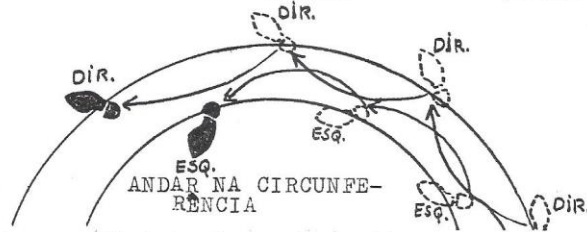
MEIO SAÍDO MEIO ENTRADO
(CORTE)



VOLTA AO MESMO TERRENO
(CORTE)



AVANÇAR
(CORTE OU G. AVANÇADA)



ANDAR NA CIRCUNFERÊNCIA