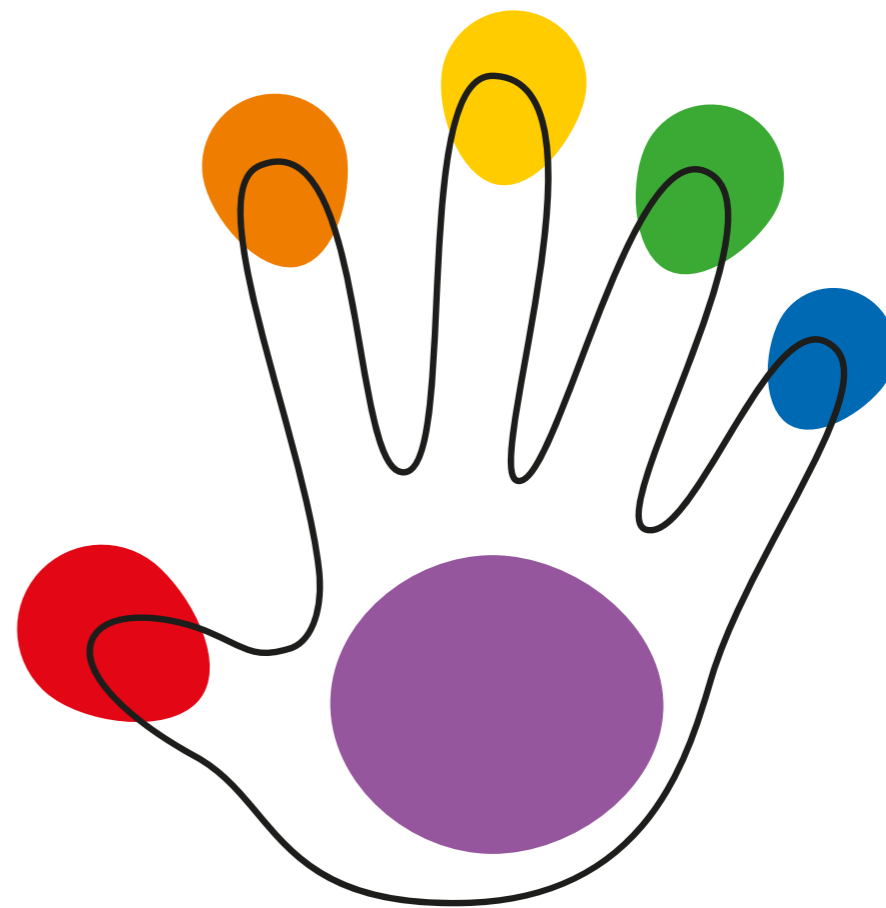
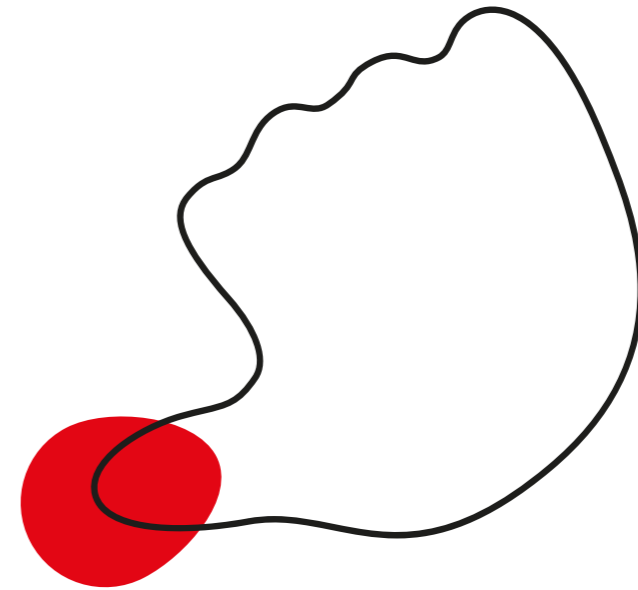
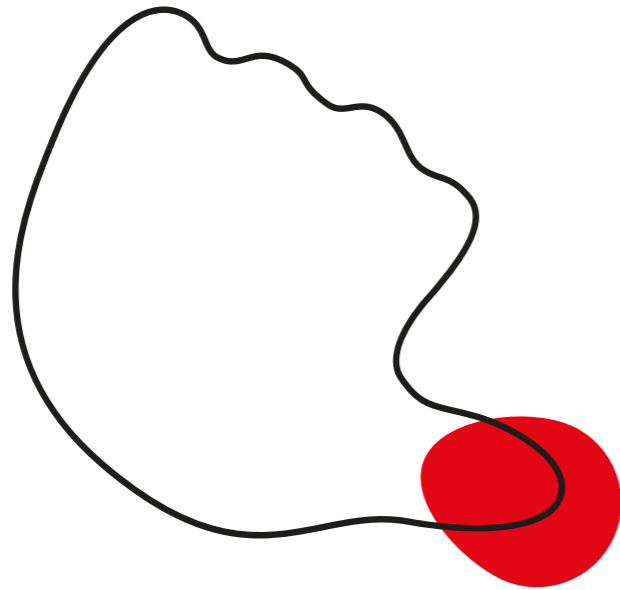




Pose ta main **gauche** ici...

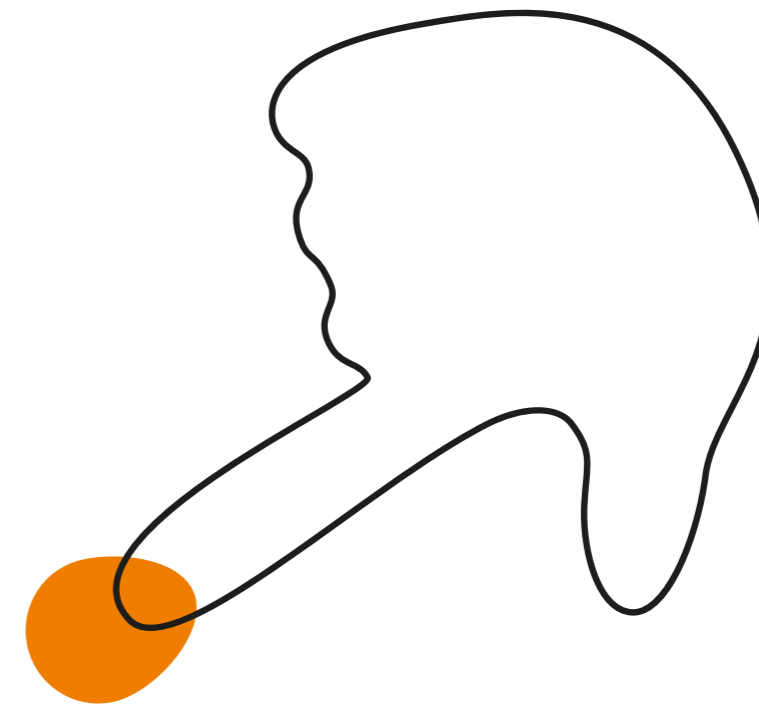
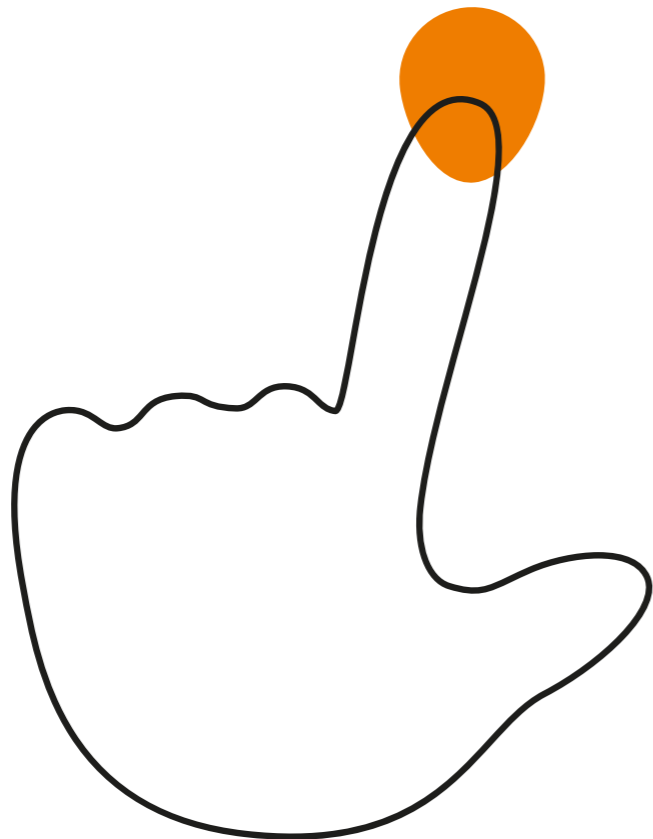


et en même temps ta main **droite** là.
Repère bien les couleurs!

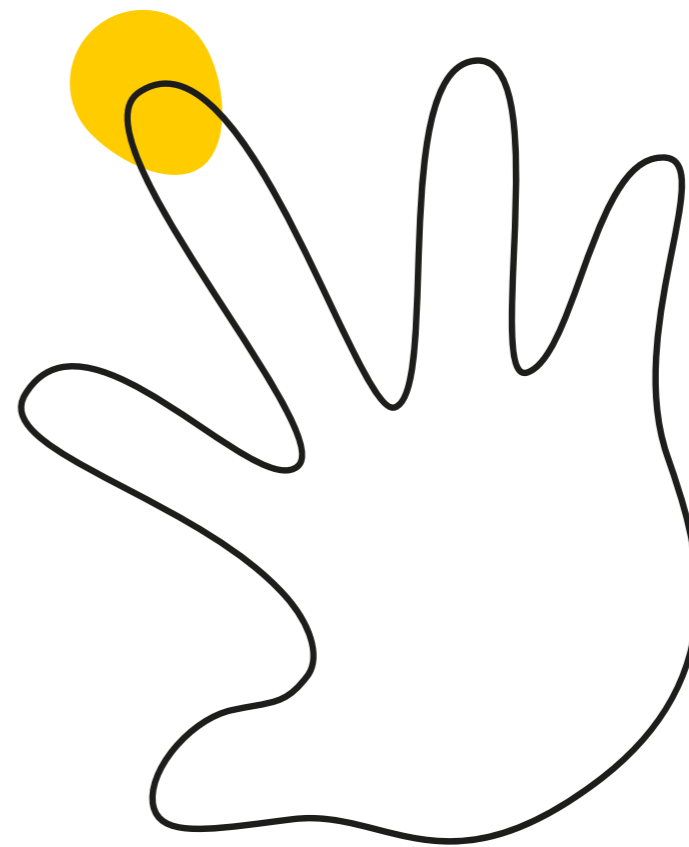
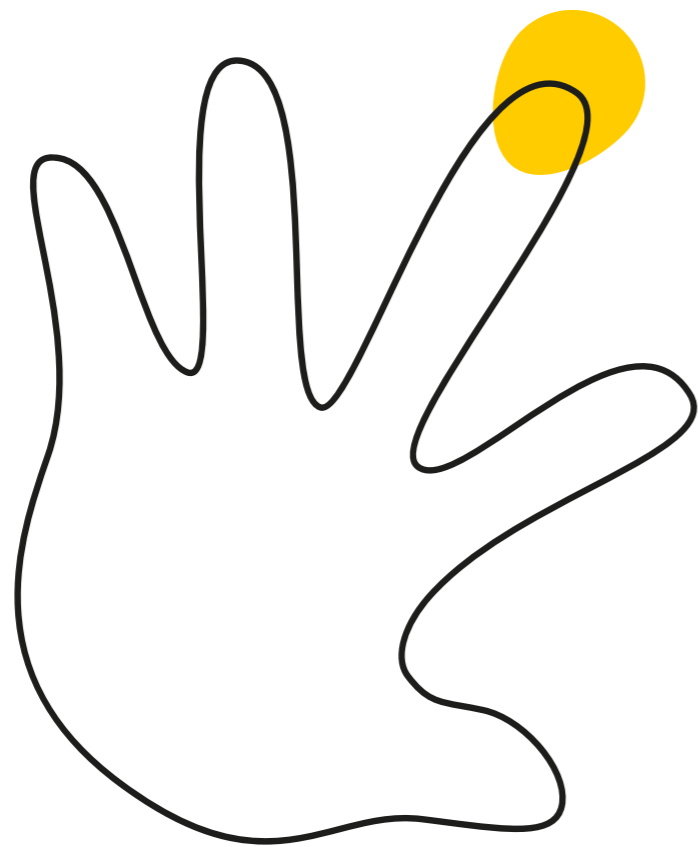


Pose tes deux **pouces** sur les points rouges.

Pose ton **index** gauche ici...



et ton **index** droit là.



Ça, c'est plus difficile!
Pose juste tes **majeurs** sur les points jaunes.