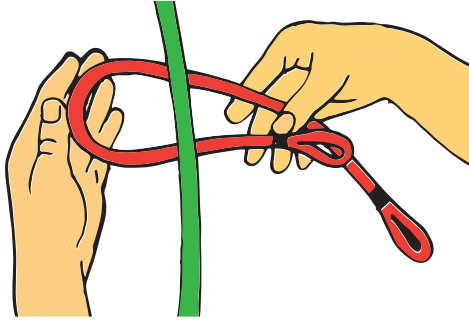
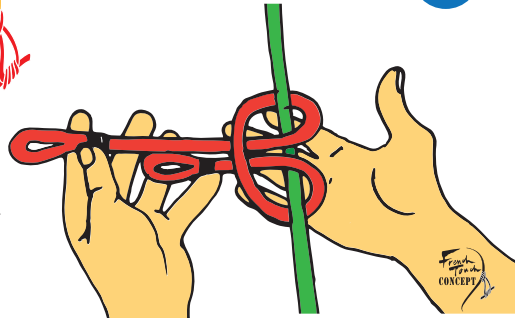


prussik assymétrique

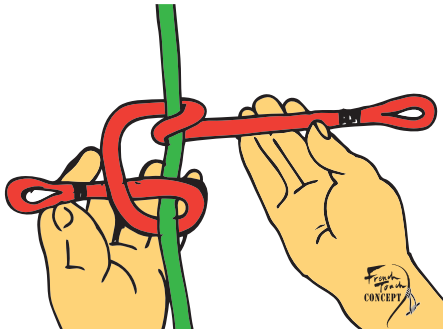
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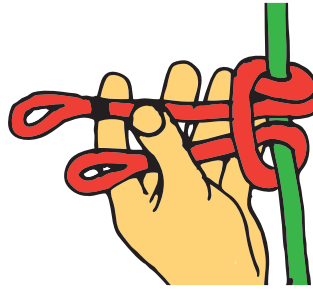
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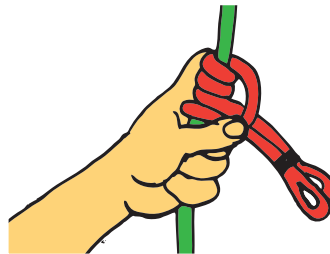
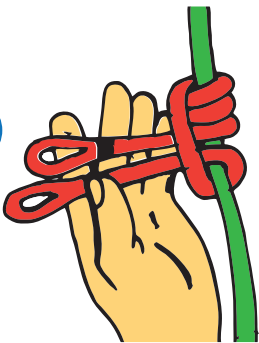
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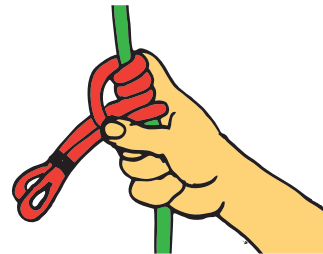
4



5

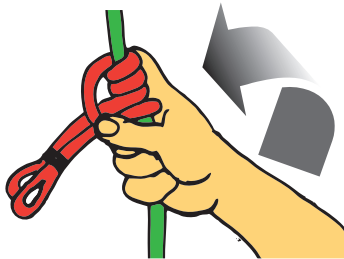


prussik gauche

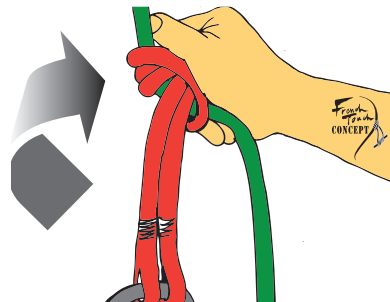


prussik droit

pour plus de freinage
rajouter un tour :
4 en haut, 1 en bas



pour débloquer
libérez l'étranglement
en poussant avec le pouce.



pour verrouiller
étranglez en serrant
avec la paume ou le pouce.