

to revise chapters;

I, a little of Chapters ~~II~~, ~~III~~, ~~IV~~, (especially the to know the muscular system) a little of Chapter ~~VIII~~.

Then Chapter, X, XI not, dive or archery,

XII not the mechanical actions, and I will only know the most important muscle groups, not all the

small muscles, otherwise I must study my anatomy all over again, besides that I only know the names in French,

XIII ← only a little part of this chapter, I could describe pulling + pushing,

XV only some stunts, the worm walk, single squat and balance

XVIII part of this chapter,

XIX I will know very well, Chapter XIX

Posture training.

we also had deformations like scoliose, lordose lombaire, and Cyphose, and exercises for this,