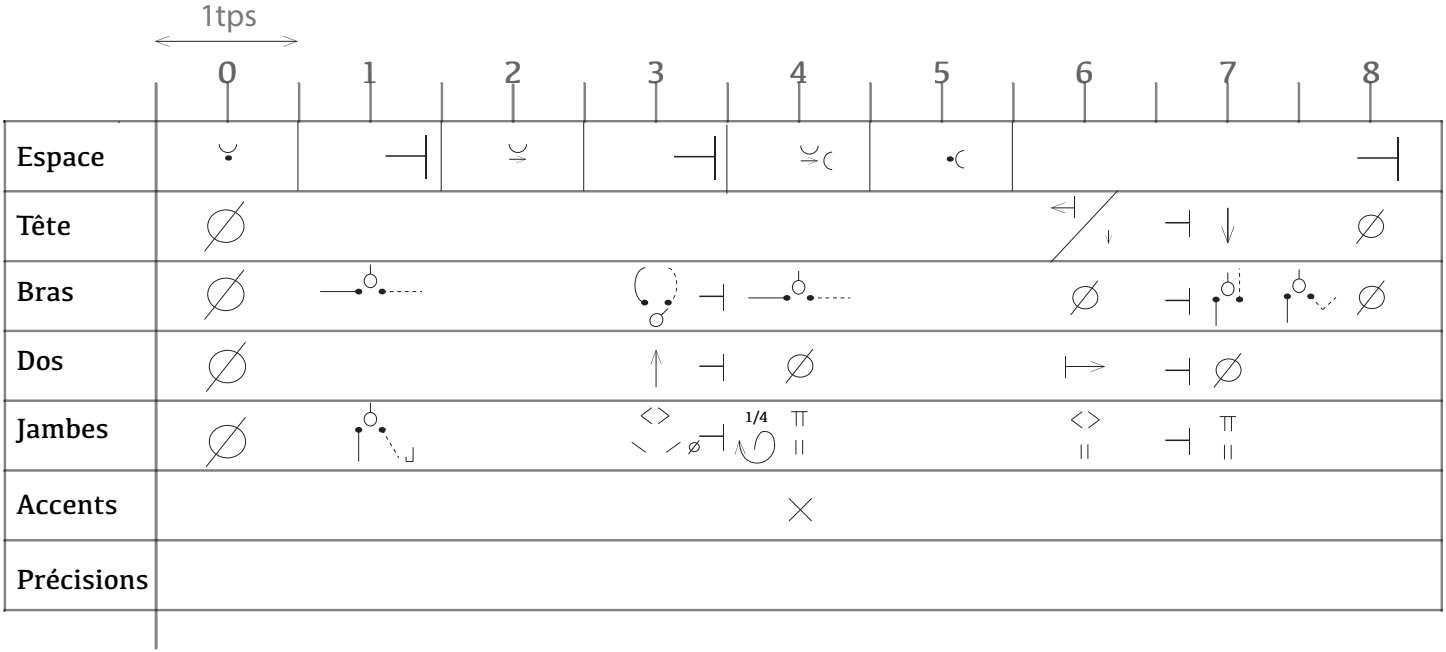6.Mouvement de bras et déplacement