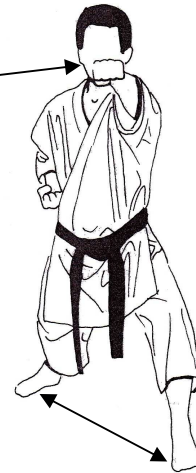


LES TECHNIQUES DE BASE



OÏ TSUKI
EN
ZENKUTSU DACHI

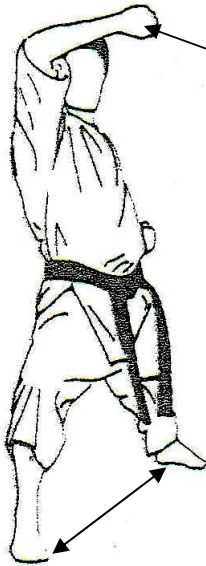


GYAKU TSUKI
EN
ZENKUTSU DACHI



GEDAN BARAI
EN
ZENKUTSU DACHI





**JODAN AGE UKE
EN
ZENKUTSU DACHI**



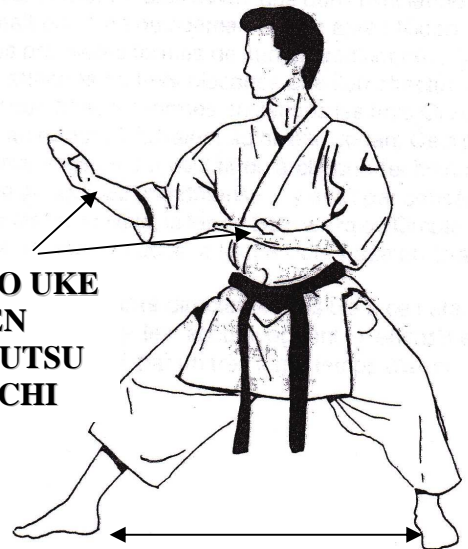
KIBA DACHI

**SOTO UDE UKE
(extérieur vers intérieur)
EN
ZENKUTSU DACHI**



**UCHI UDE UKE
(intérieur vers extérieur)
EN
KOKUTSU DACHI**

**SHUTO UKE
EN
KOKUTSU
DACHI**

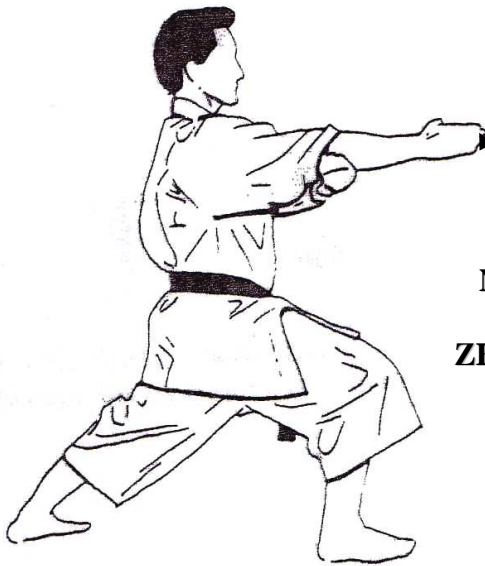




**JODAN
HAISHU UKE
EN
KOKUTSU
DACHI**



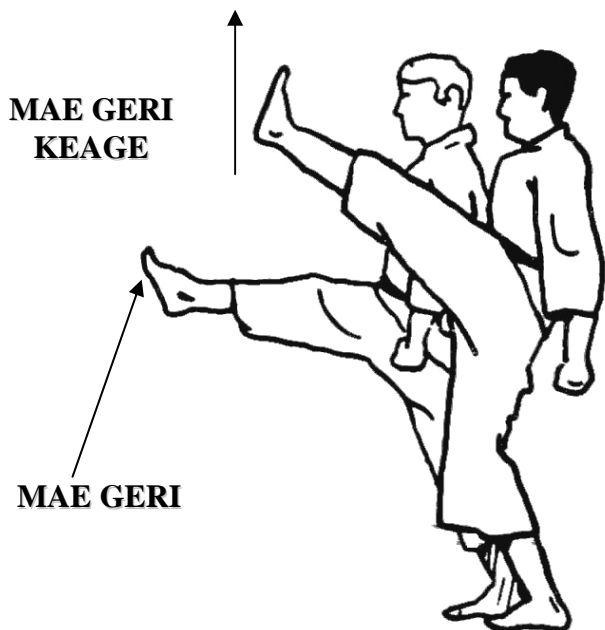
**MOROTE
UCHI UKE
EN
KOKUTSU
DACHI**



**NUKITE
EN
ZENKUTSU
DACHI**



**EMPI UCHI
EN
ZENKUTSU
DACHI**



**MAE GERI
KEAGE**

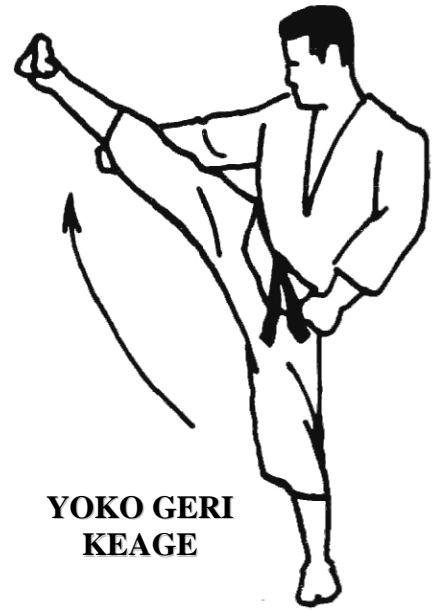
MAE GERI



**MAE GERI
KEKOMI**



**YOKO GERI
KEKOMI**



**YOKO GERI
KEAGE**



MAWASHI GERI



USHIRO GERI