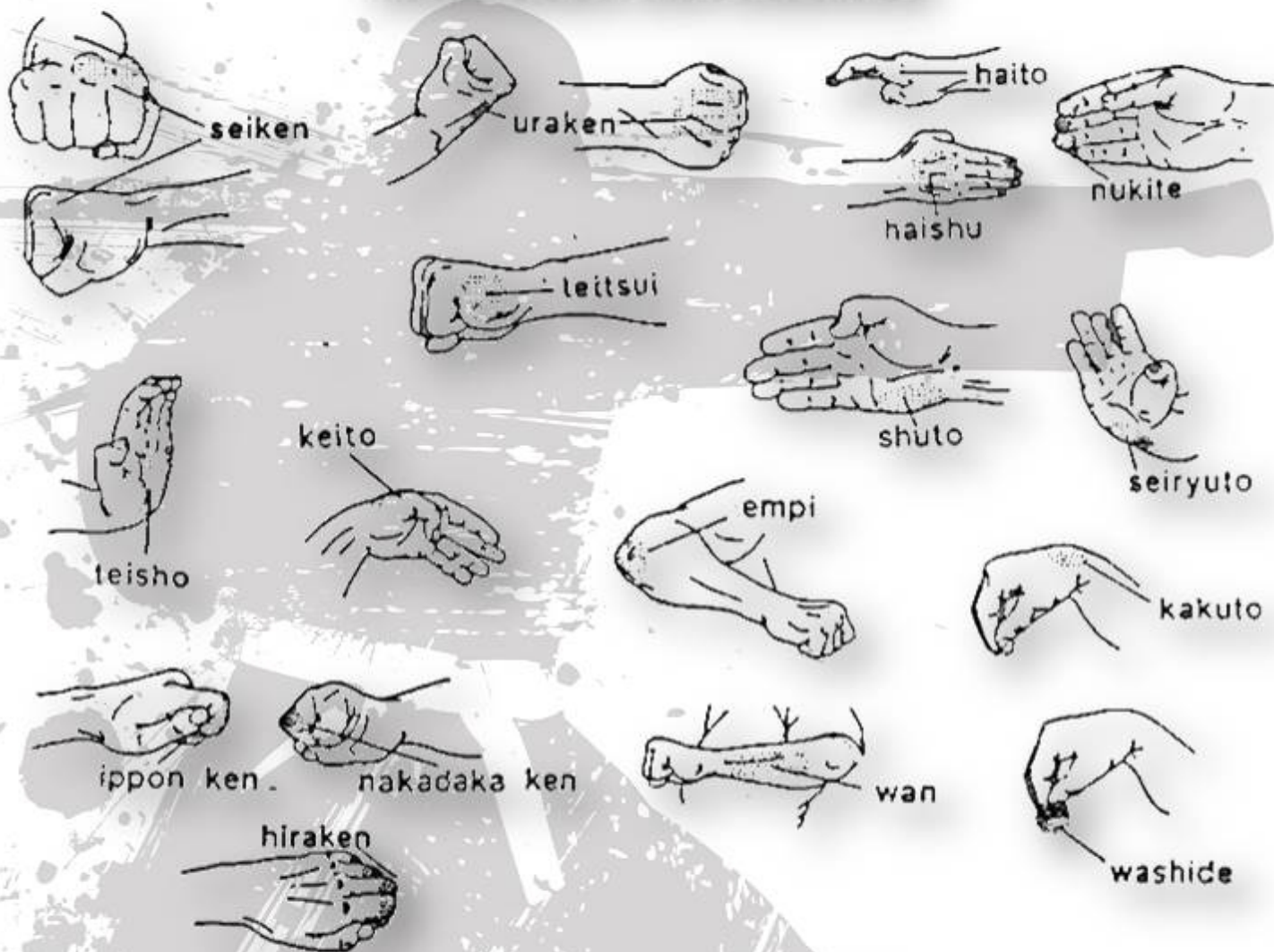


LES POINTS D'IMPACT

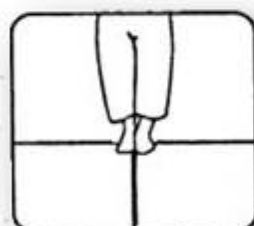
MEMBRES SUPÉRIEURS



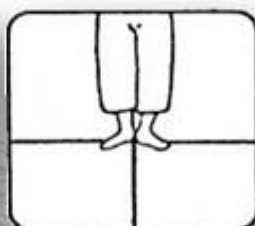
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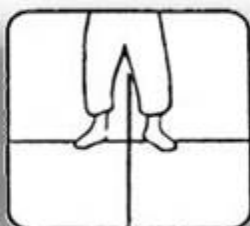
LES POSITIONS



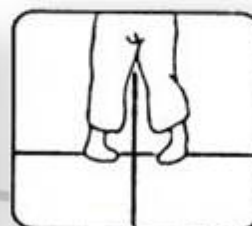
Heisoku Dachi



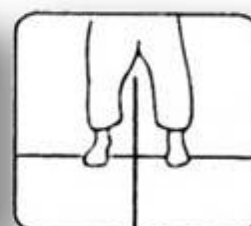
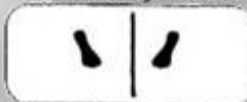
Musubi Dachi



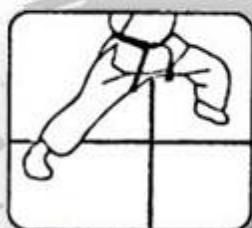
Hachiji Dachi



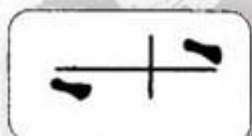
Uchi Achiji Dachi



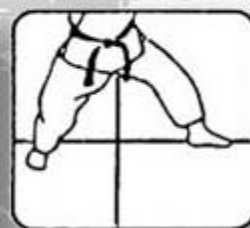
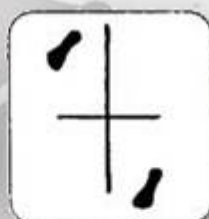
Heiko Dachi



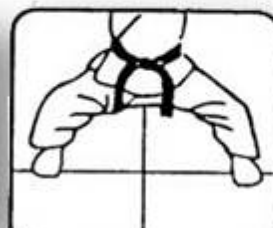
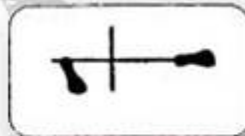
Zen Kutsu Dachi



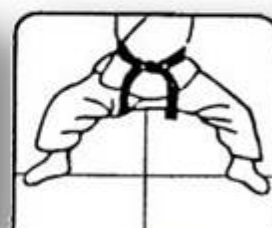
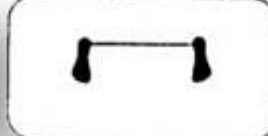
Fudo Dachi



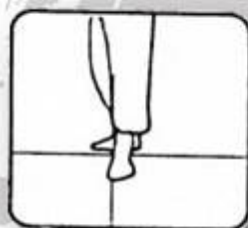
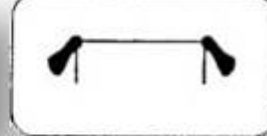
Kokutsu Dachi



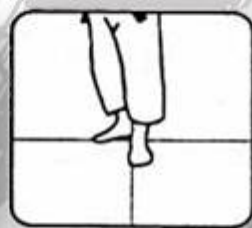
Kiba Dachi



Shiko Dachi



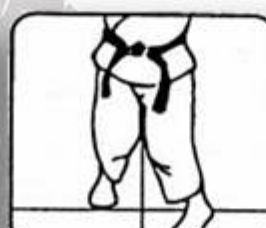
Teiji Dachi



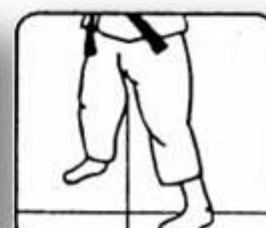
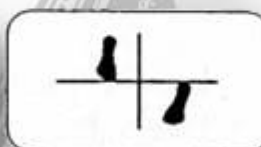
Renoji Dachi



Neko Ashi Dachi



Sanchin Dachi



Hangetsu Dachi



LES TECHNIQUES DE BLOCAGES



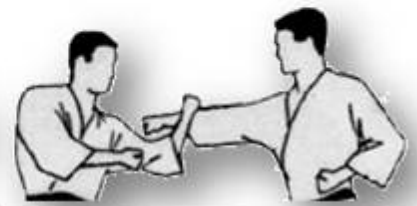
Age-Uke



Soto-Uke



Uchi-Uke



Morote-Uchi-Uke



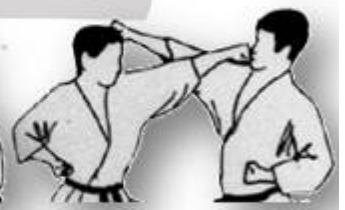
Shuto-Uke



Otoshi-Uke



Kakiwake-Uke



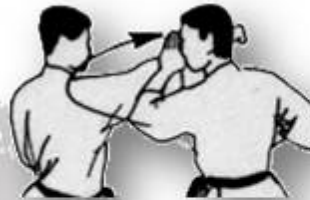
Tsuki-Uke



Te-Osae-Uke



Jodan-Juji-Uke



Nagashi-Uke



Tate-Shuto-Uke



Haiwan-Nagashi-Uke



Kakuto-Uke



Sokumen-Awase-Uke

LES TECHNIQUES DE BLOCAGES



Gedan-Barai



Teisho-Awase-Uke



Nami-Ashi



Gedan-Uke avec Haiwan



Sukui-Uke



Sukui-Uke (extérieur)



Gedan-Juji-Uke



Sukui-Uke (tranchant de main)



Mikazuki-Geri-Uke

LES TECHNIQUES DE BLOQUES



JODAN - AGE
UKE



GEDAN - BARAI



UCHI - UKE
/ UDE - UKE



SOTO - UKE



SHUTO - UKE



OSAE - UKE



TEISHO - UKE



NAGASHI - UKE



GEDAN - JUJI
UKE



JODAN - JUJI
UKE



HAISHU - UKE



SUKUI - UKE



MOROTE - UKE



SOKUMEN - AWASE
UKE

LES TECHNIQUES D'ATTAQUES



Uraken-Uchi



Tettsui-Uchi



Haito-Uchi



Shuto-Uchi



Shuto-Uchi (Externe)



Uraken-Uchi Chudan



Haishu-Uchi



Shotei-Uchi



**Mae-Empi-Uchi
/Naiwan /Shuwan**



**Tate-Empi-Uchi
/Nukite /Shuto**



Yoko-Empi-Uchi



Ushiro-Empi-Uchi

LES TECHNIQUES D'ATTAQUES



Mae-Geri Keage



Yoko-Geri Keage



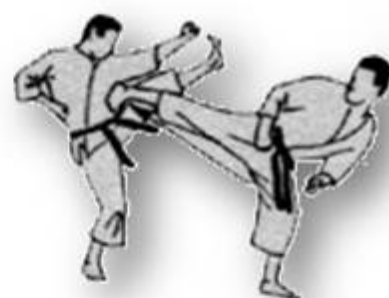
Ushiro-Geri Keage



Mae-Geri Kekomi



Yoko-Geri Kekomi



Ushiro-Geri Kekomi



Mawashi-Geri



Ura-Mawashi-Geri



Gyaku-Mawashi-Geri

LES TECHNIQUES D'ATTAQUES



Mikazuki-Geri



Fumikomi de face



Fumikomi de dos



Fumikomi de côté



Fumikomi Geri



Fumikomi vers l'intérieur



Hiza-Geri



Mawashi-Hiza-Geri



Mae-Tobi-Geri



Yoko-Tobi-Geri