
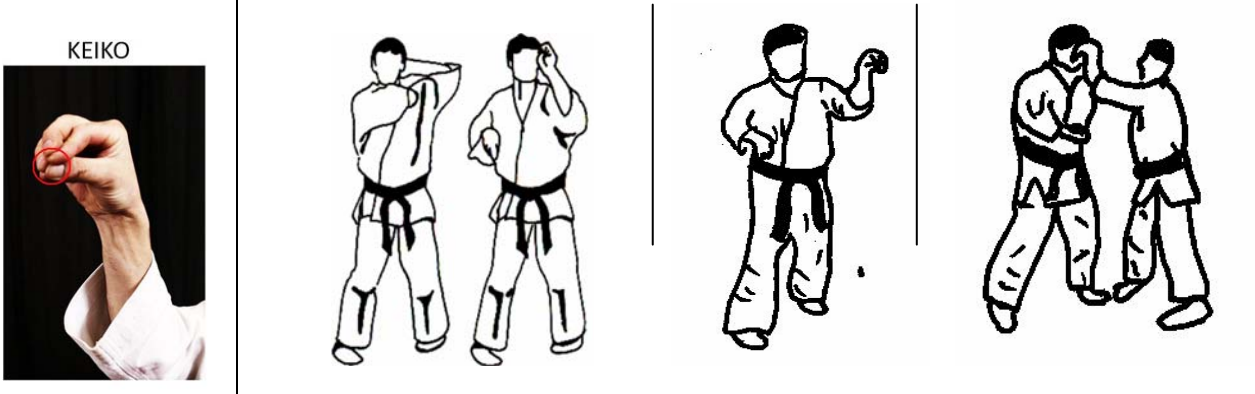

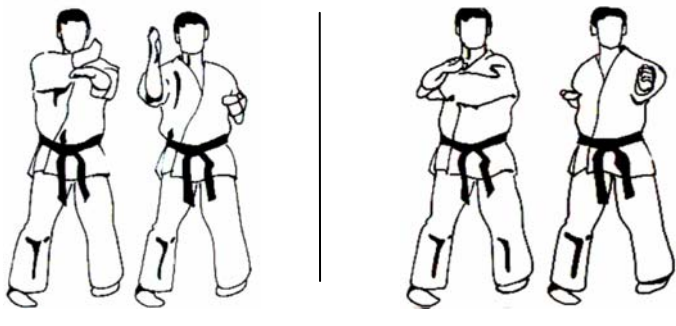


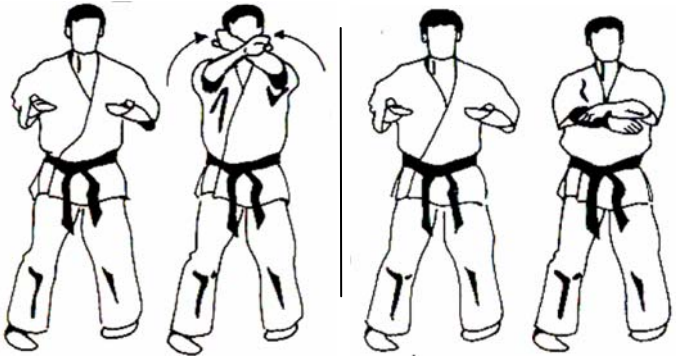





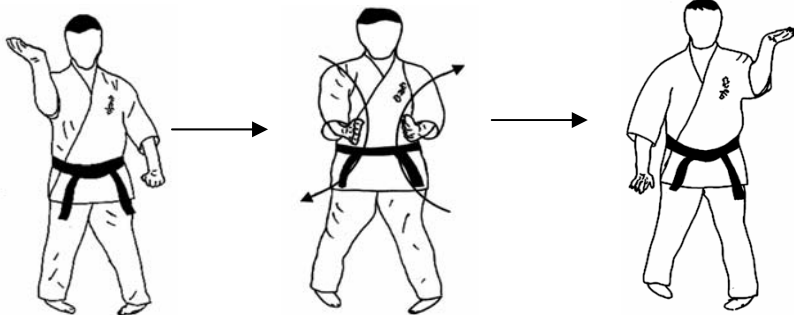
<b>Postures</b>	
<b>TACHIKATA</b>	


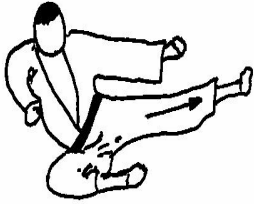

<b>Mains attaques</b>  <b>KEIKO</b> 	
	<b>KEIKO UCHI</b>


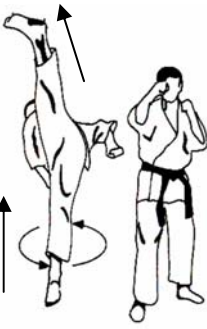
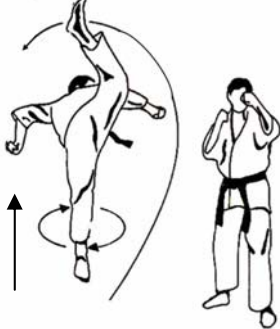
<b>Mains attaques</b>  <b>HAISHU</b> HAISHU 			
	<b>HAISHU UCHI JODAN</b>	<b>HAISHU UCHI CHUDAN</b>	<b>HAITO UCHI JODAN</b>

<b>Mains attaques</b>  <b>HAITO</b> HAITO 			
	<b>MOROTE HAITO UCHI JODAN</b>	<b>MOROTE HAITO UCHI CHUDAN</b>	<b>HAITO UCHI CHUDAN</b>

<p><b>Mains Défenses</b></p> <p><b>HAITO</b> HAITO</p> 	
	<span>CHUDAN HAITO UCHI UKE</span> <span>OSAE UKE</span>

<p><b>Mains défenses</b></p> <p><b>UKE</b></p>	
	<p><b>TSUKUI UKE</b></p> <p>On rencontre ce mouvement dans le kata saiha</p>

<p><b>Techniques de Pieds</b></p> <p><b>KERI</b></p> <p>Pour la partie du pied utilisée voir Yoko Geri et Mawashi Geri</p>			
	TOBI YOKO GERI	TOBI YOKO GERI	TOBI MAWASHI GERI

<p><b>Techniques de Pieds</b></p> <p><b>KERI</b></p> <p>KAKATO</p> 		
	TOBI USHIRO GERI	TOBI USHIRO MAWASHI GERI