






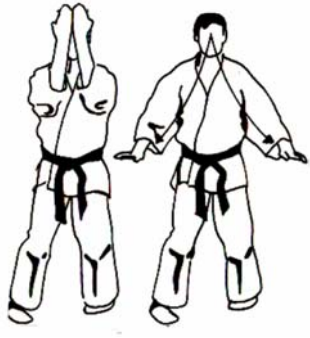



Postures	
TACHIKATA	

<p>Mains attaques</p> <p>HIRA KEN HIRAKEN</p> 		
	HIRA KEN TSUKI JODAN	HIRA KEN TSUKI CHUDAN

A l'exception de Koken Uchi Gedan, il y a de grandes similitudes d'exécution entre les formes Uchi et Uke.

<p>Mains attaques</p> <p>HIRA KEN HIRAKEN</p> 		
	HIRA KEN OROSHI UCHI	HIRA KEN MAWASHI UCHI

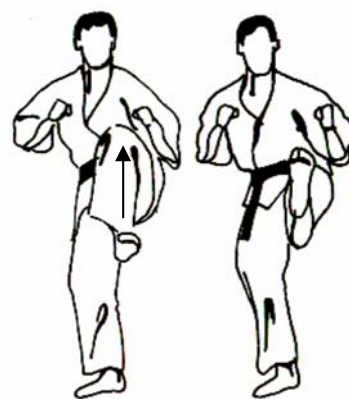
<p>Mains défenses</p> <p>SHUTO SHOTEI SHOTEI</p> 		
	GEDAN SHUTO MOROTE UKE	GEDAN SHOTEI MOROTE UKE

Techniques de
Pieds

KERI
KAKATO



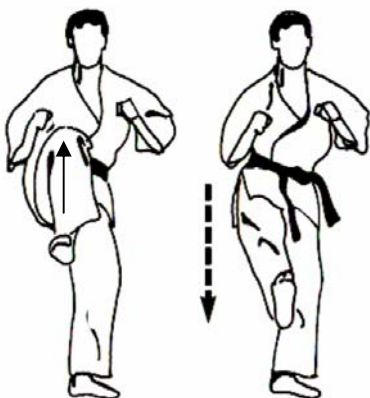
MAE KAKATO GERI JODAN



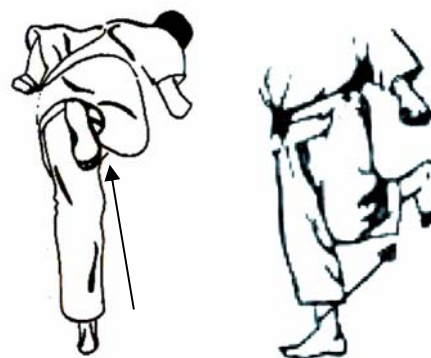
MAE KAKATO GERI CHUDAN

Techniques de
Pieds

KERI
KAKATO



MAE KAKATO GERI GEDAN



AGE KAKATO USHIRO GERI