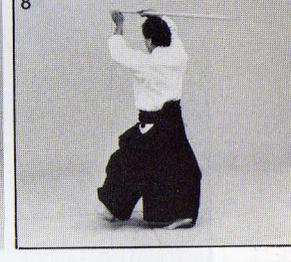
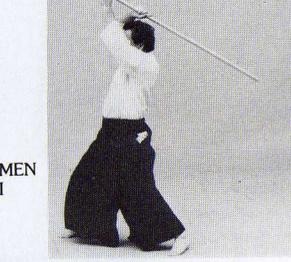
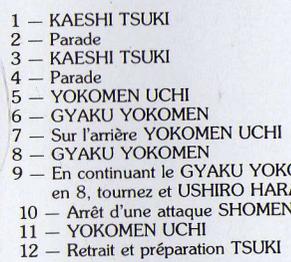
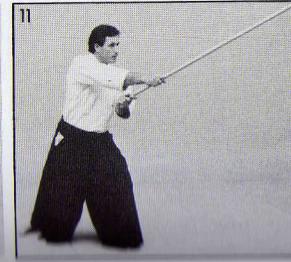
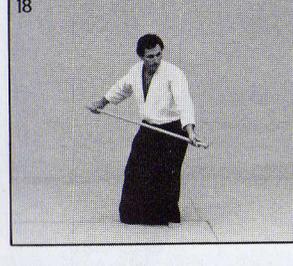
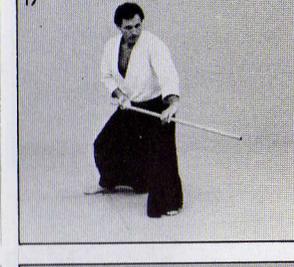
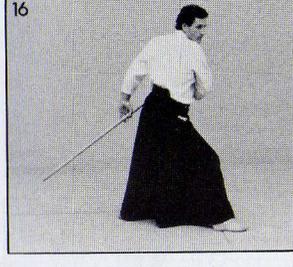
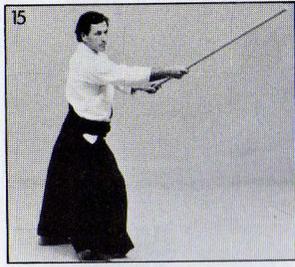
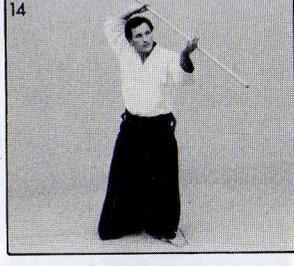


KATA des 31 frappes au ralenti

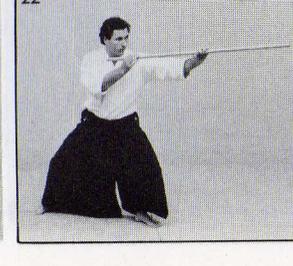
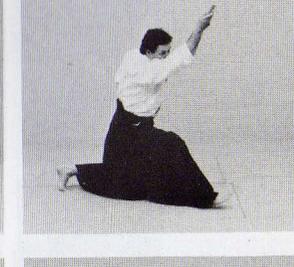
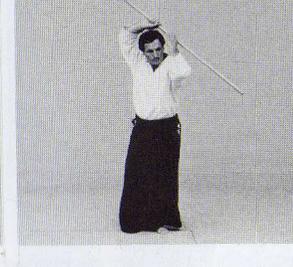
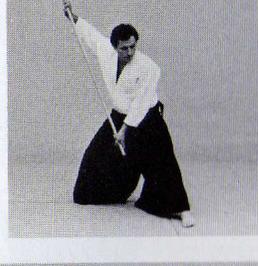


- 1 — KAESHI TSUKI
- 2 — Parade
- 3 — KAESHI TSUKI
- 4 — Parade
- 5 — YOKOMEN UCHI
- 6 — GYAKU YOKOMEN
- 7 — Sur l'arrière YOKOMEN UCHI
- 8 — GYAKU YOKOMEN
- 9 — En continuant le GYAKU YOKOMEN en 8, tournez et USHIRO HARAI
- 10 — Arrêt d'une attaque SHOMEN
- 11 — YOKOMEN UCHI
- 12 — Retrait et préparation TSUKI

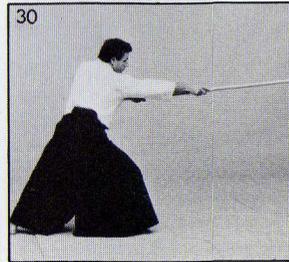




13 — TSUKI
 14 — Parade
 15 — YOKOMEN UCHI
 16 — USHIRO TSUKI niveau GEDAN
 17 — GEDAN GAESHI
 18 — Retrait et préparation TSUKI
 19 — TSUKI niveau GEDAN
 20 — YOKO UCHI niveau GEDAN
 21 — Avec l'idée de parade d'une attaque
 JODAN TSUKI (60) reculez et piquez
 USHIRO TSUKI niveau GEDAN
 22 — TSUKI haut
 23 — Retrait et préparation TSUKI



KATA des 31 frappes au ralenti (suite)

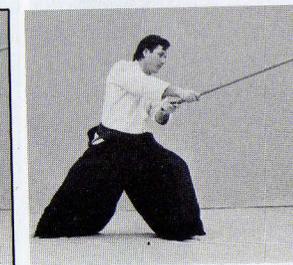
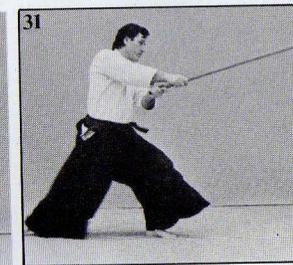
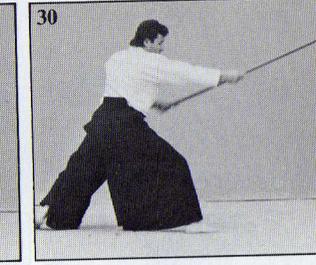
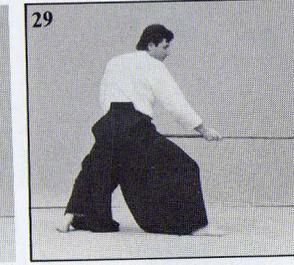
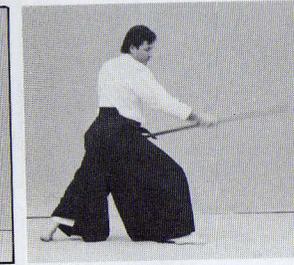
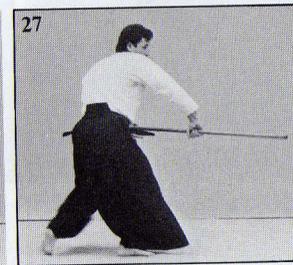
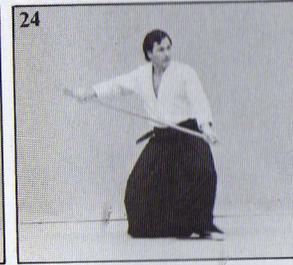
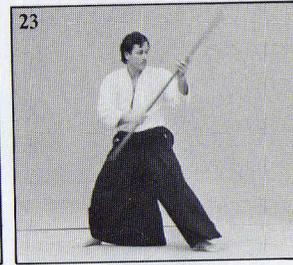
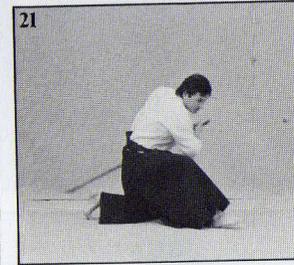
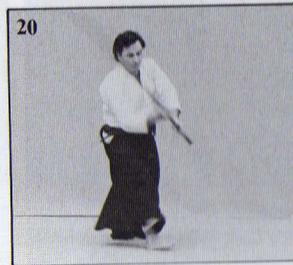


- 24 — TSUKI CHUDAN
- 25 — TSUKI JODAN
- 26 — USHIRO TSUKI GEDAN
- 27 — GEDAN GAESHI
- 28 — Avec esquivé en partant sur votre gauche TSUKI plongeant.
- 29 — Changement de main, retrait et préparation TSUKI
- 30 — TSUKI
- 31 — GYAKU YOKOMEN

KATA des 31 frappes - Vitesse normale



KATA des 31 frappes - Vitesse normale (suite)



KATA des 14 frappes au ralenti