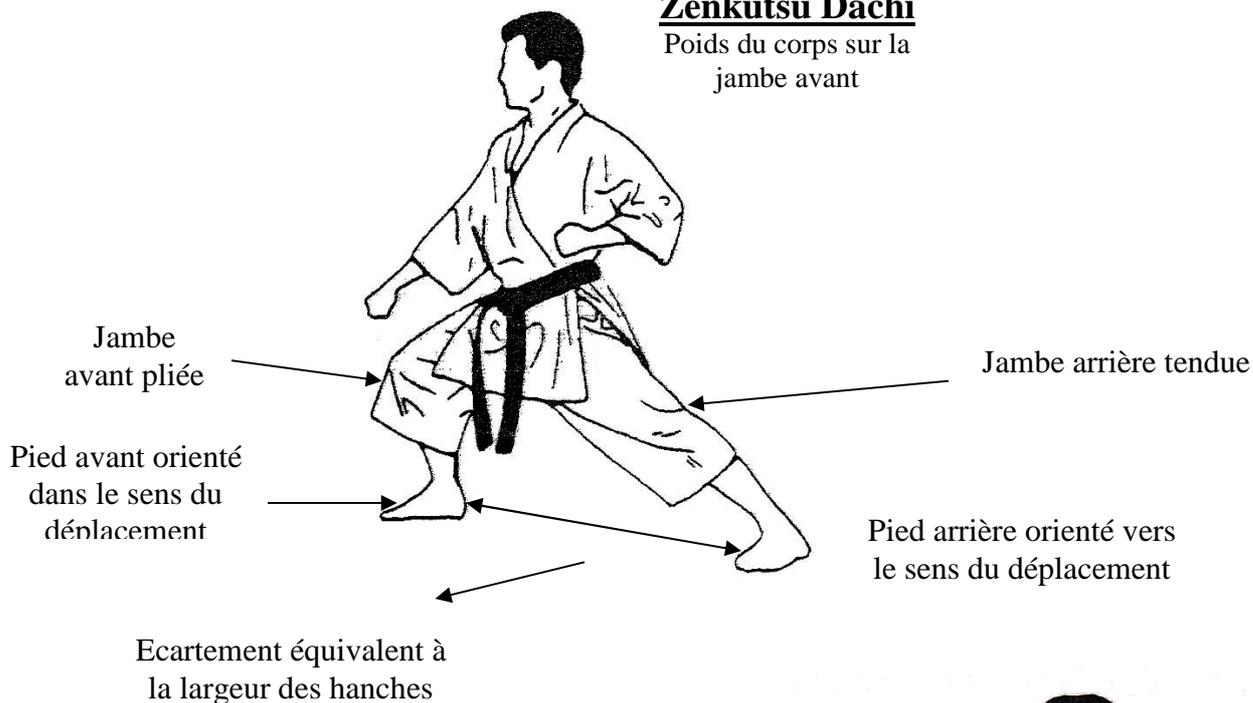


LES TECHNIQUES DE BASE

1. LES POSITIONS :

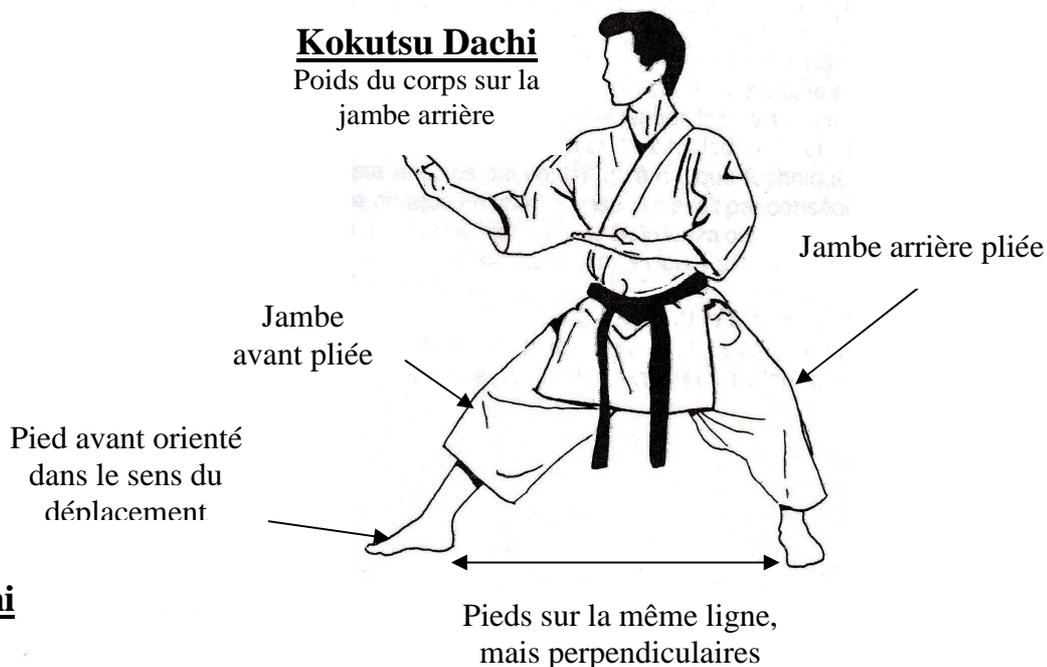
Zenkutsu Dachi

Poids du corps sur la
jambe avant

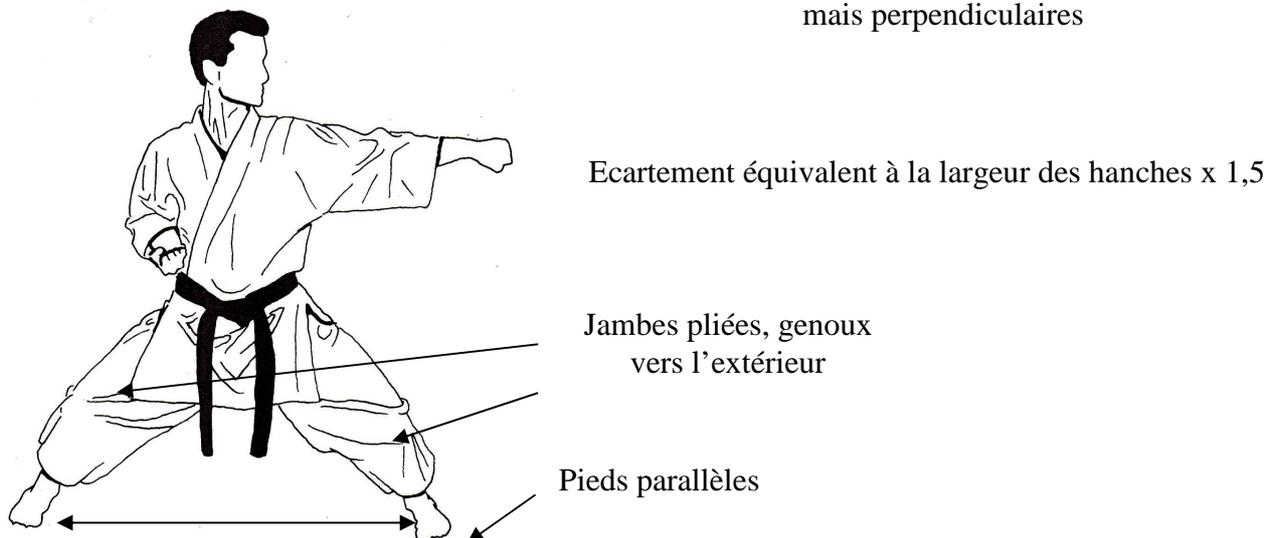


Kokutsu Dachi

Poids du corps sur la
jambe arrière



Kiba Dachi

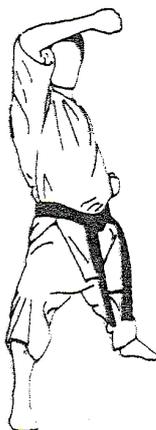


2. LES TECHNIQUES DE BRAS :

Gedan Barai



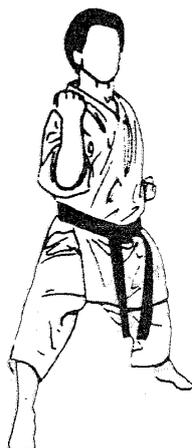
Jodan Age Uke

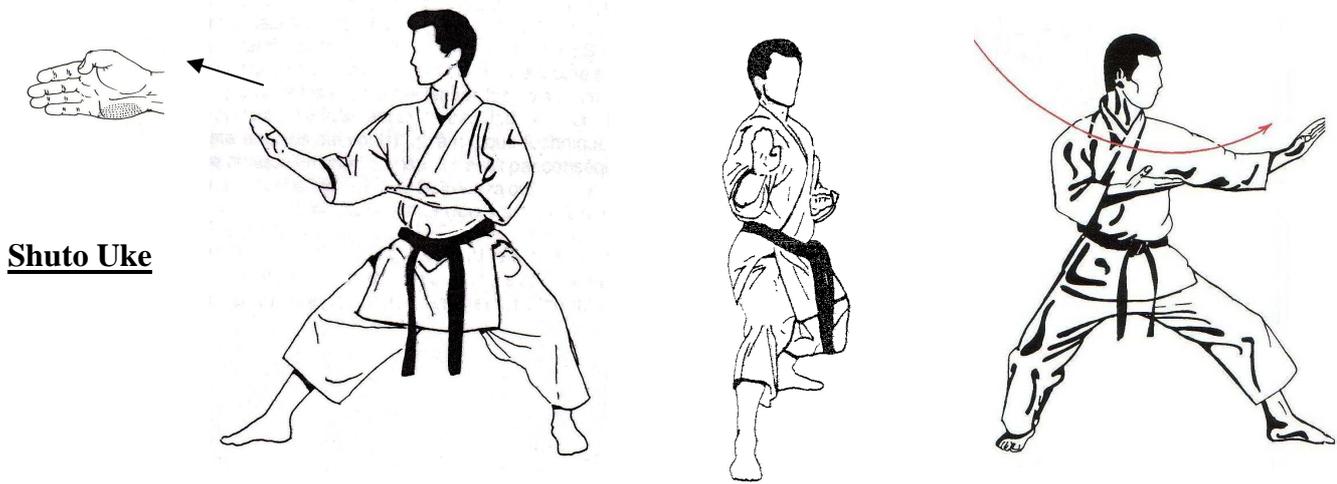


Soto Ude Uke

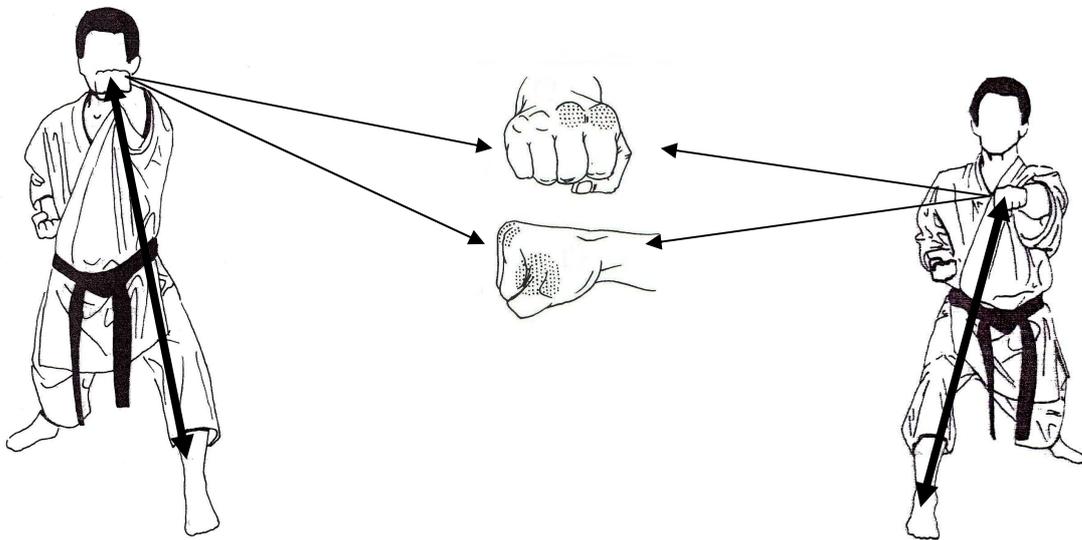


Uchi Ude Uke





Shuto Uke



Oï Tsuki

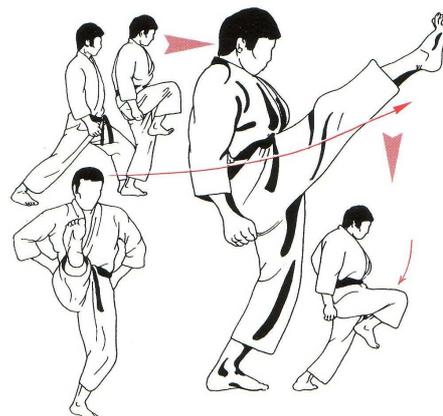
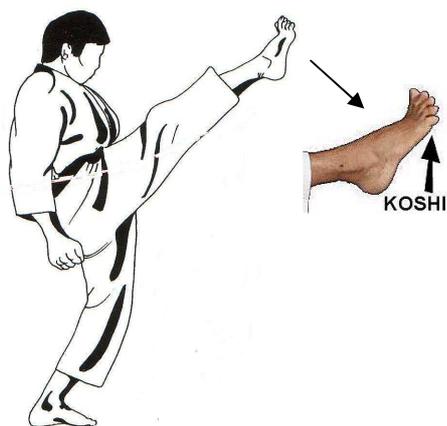
Poing du même côté que la
jambe avant

Gyaku Tsuki

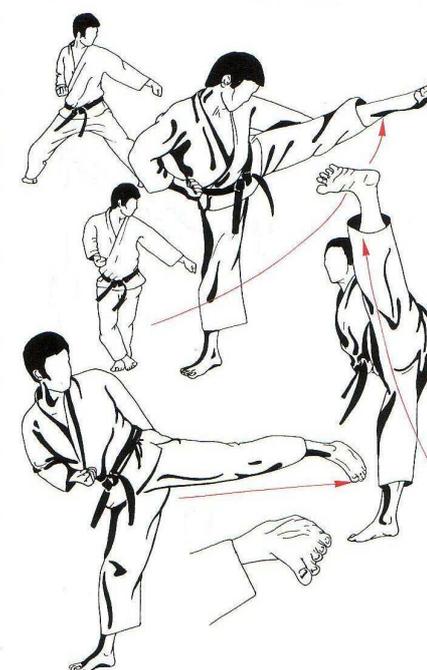
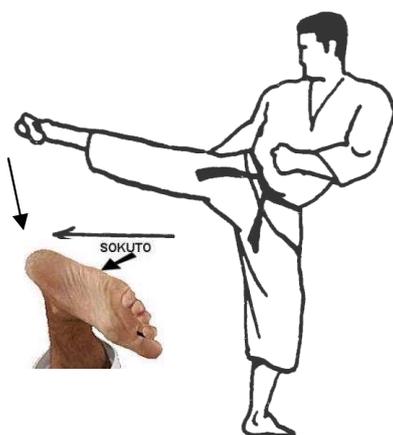
Poing du côté opposé à la
jambe avant

3. LES TECHNIQUES DE PIEDS :

Mae Geri



Yoko Geri



Mawashi Geri

