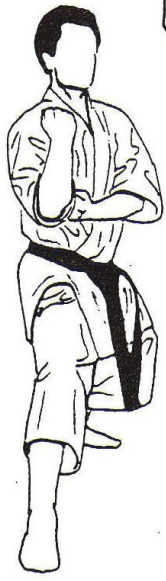
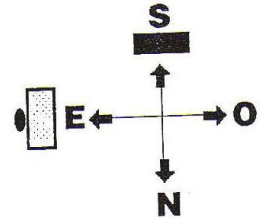


9 - Temps intermédiaire
Préparation du blocage

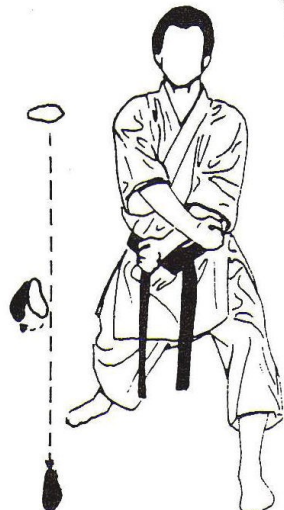


10 - Ko Kutsu Dachi droit
Chudan Morote Uke droit

10 bis



11 - Temps intermédiaire
Préparation du blocage



12 - Zen Kutsu Dachi gauche
Gedan Juji Uke

12 bis

