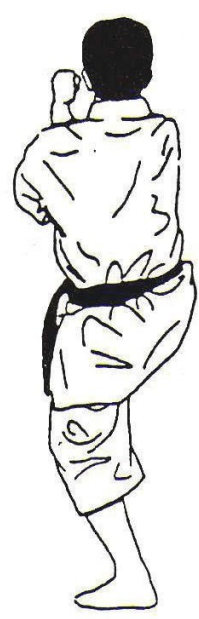


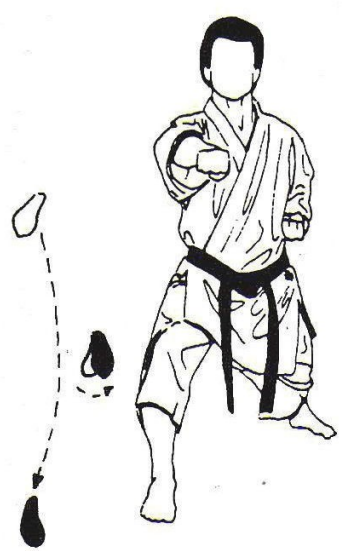
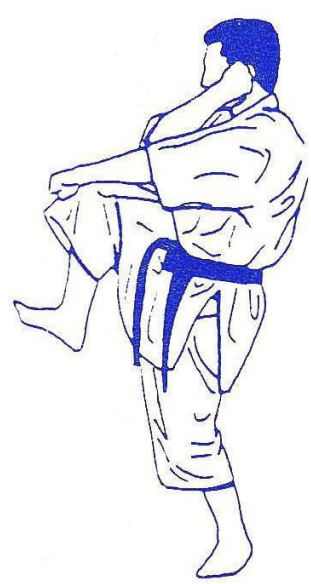
19 - Sur place  
Chudan Haishu Uke

19 bis



18 - Temps intermédiaire  
Elévation du genou  
Préparation du Gedan Barai

18 bis



17 - Zen Kutsu Dachi droit  
Chudan Oi Zuki droit

