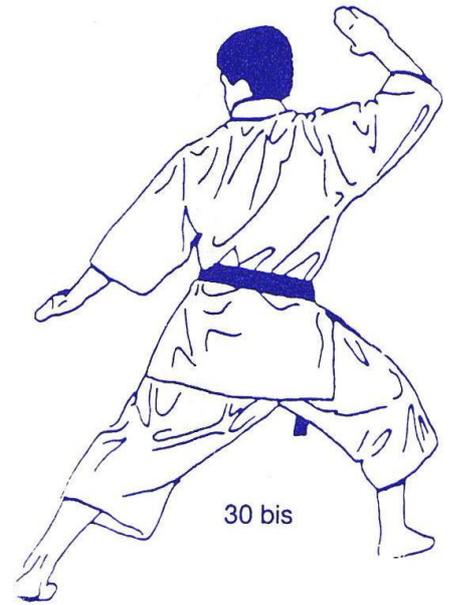
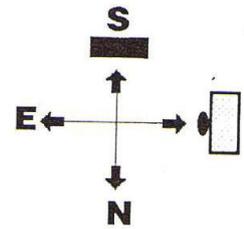




30 - Mouvement intermédiaire
Préparation des techniques



30 bis



31 - Zen Kutsu Dachi gauche
Jodan Nagashi Uke gauche
Gedan Shuto Uchi droit



31 bis