

Planche 4



Gokyo



Sokumen irimi nage (Naname kokyū nage)



Ude kime nage



Shihoo nage



Kaiten nage



Tenchi nage



Irimi nage

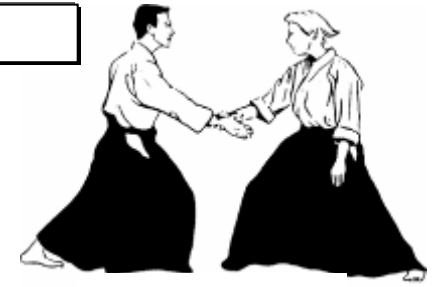


Kote gaeshi

Planche 1



Katate dori (Gyaku hammi)



Ai hammi katate dori



Katate ryote dori (morote dori)



Ryote dori



Muna dori



Kata dori men uchi



Shomen uchi



Yokomen uchi

Planche 2



Chudan tsuki



Jodan tsuki



Mae geri



Ushiro ryote dori



Ushiro ryokata dori



Ushiro ryohiji dori



Ushiro katate dori kubi shime



Ushiro eri dori

Planche 3



Ikkyo



Nikyo



Sankyo



Yonkyo