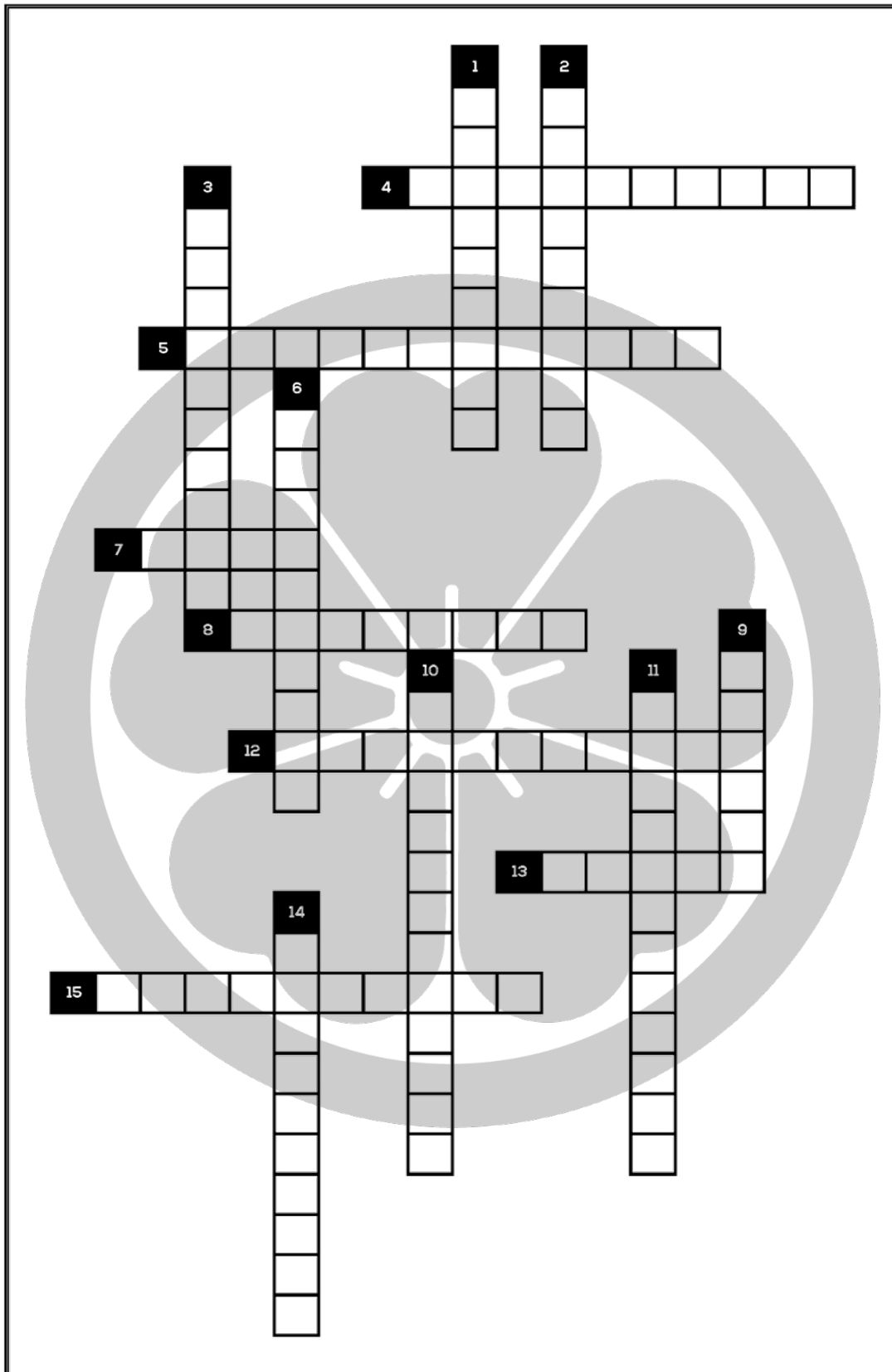




Form N° J-2.1 CROSS WORDS Basic Techniques





Form N° J-2.1 CROSS WORDS Basic Techniques

Word definitions :

| Vertical | | Horizontal | |
|-----------|--|------------|---|
| 1 | 2 nd Basic Technique by Projection | 4 | 5 th Basic Technique by Lock |
| 2 | 1 st Series of Techniques «Strikes» | 5 | 2 nd Basic Technique by Projection |
| 3 | 6 th Basic Technique by Projection | 7 | 1 st Basic Technique by Atemi |
| 6 | 3 rd Basic Technique by Lock | 8 | 3 rd Series of Techniques « Projection » |
| 9 | 6 th Basic Technique by Atemi | 12 | 8 th Basic Technique by Atemi |
| 10 | 2 nd Series of Techniques « Lock » | 13 | 2 ^{sd} Basic Technique by Atemi |
| 11 | 8 th Basic Technique by Lock | 15 | 7 th Basic Technique by Atemi |
| 14 | 4 th Basic Technique by Lock | | |