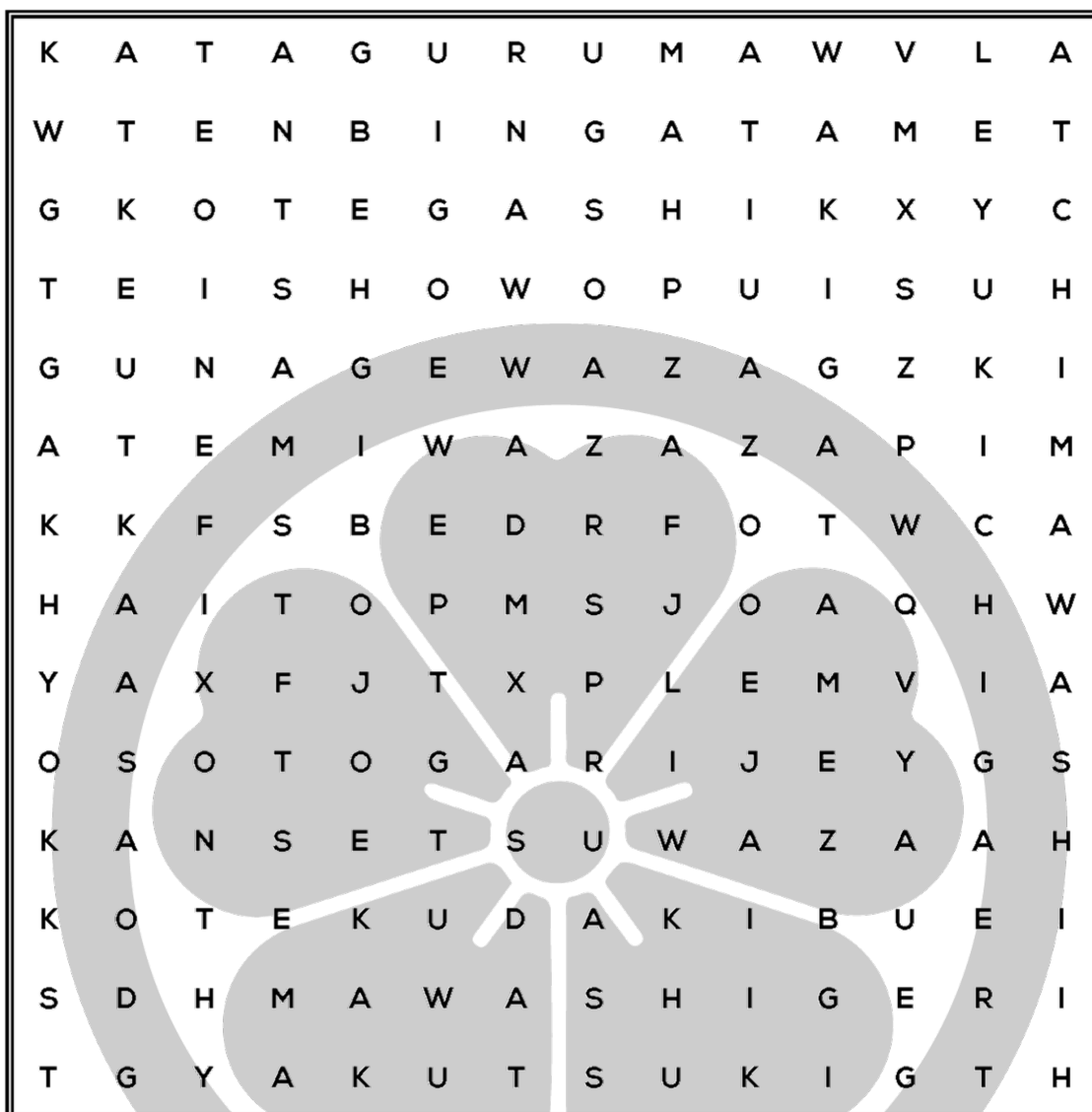




Fiche N° J-3.1 MOTS CACHES Les Techniques de base



ATCHI MAWASHI

HAITO

KOTE KUDAKI

TEISHO

ATEMI WAZA

KANSETSU WAZA

MAWASHI GERI

TENBIN GATAME

EMPI

KATA GURUMA

NAGE WAZA

WAKI GATAME

GYAKU TSUKI

KOTE GASHI

O SOTO GARI

YUKI CHIGAE