

Blocages & attaques

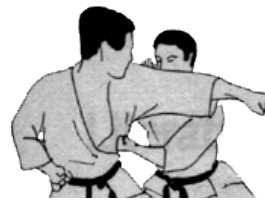
Techniques des membres supérieurs : Ude Wasa



Oi-Zuki



Gyaku-Zuki



Ura-Tsuki



Heiko-Tsuki



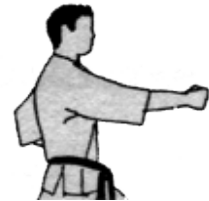
Yama-Tsuki



Hasami-Tsuki



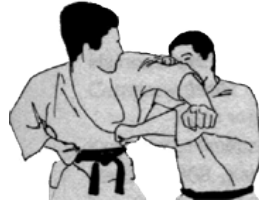
Awase-Tsuki



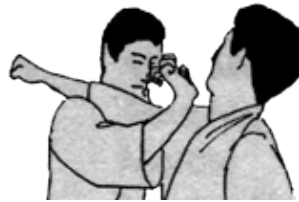
Tate-Tsuki



Mawashi-Tsuki
/Naiwan /Shuwan



Kagi-Tsuki
/Nukite /Shuto



Shotei-Tsuki



Age-Tsuki

Techniques des membres supérieurs : Uchi Wasa



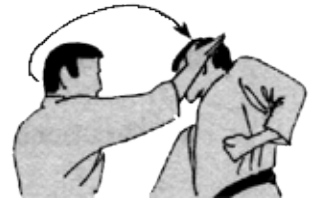
Uraken-Uchi



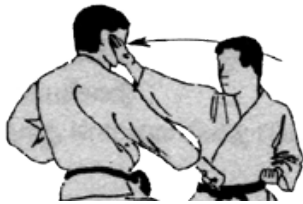
Tettsui-Uchi



Haito-Uchi



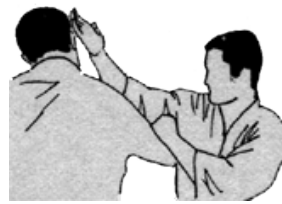
Shuto-Uchi



Shuto-Uchi (Externe)



Uraken-Uchi Chudan



Haishu-Uchi



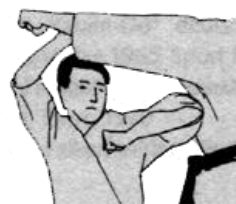
Shotei-Uchi



Mae-Empi-Uchi
/Naiwan /Shuwan



Tate-Empi-Uchi
/Nukite /Shuto



Yoko-Empi-Uchi



Ushiro-Empi-Uchi

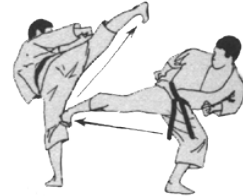
Techniques des membres inférieurs : Ashi Wasa



Mae-Geri Keage



Mae-Geri Kekomi



Yoko-Geri Kekomi



Yoko-Geri Keage



Ushiro-Geri Kekomi



Ushiro-Geri Keage



Mawashi-Geri



Gyaku-Mawashi-Geri



Mikazuki-Geri



Ura-Mawashi-Geri



Fumikomi de face



Fumikomi de dos



Fumikomi de côté



Fumikomi vers l'intérieur

Techniques de genoux (Hiza-Geri) & Coups de pieds sautés :



Hiza-Geri



Mawashi-Hiza-Geri

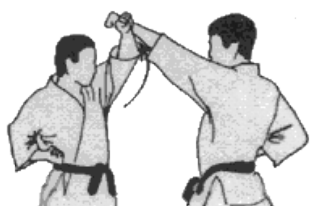


Mae-Tobi-Geri



Yoko-Tobi-Geri

Techniques de blocages avec les membres supérieurs : Uke-Waza Jodan



Age-Uke



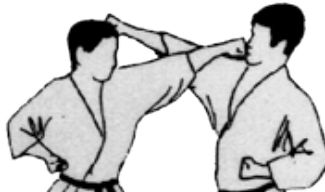
Nagashi-Uke



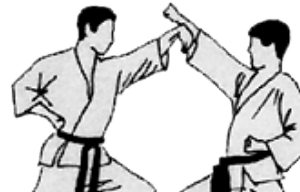
Jodan-Juji-Uke



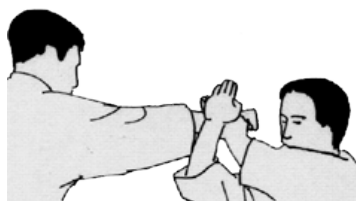
Haiwan-Nagashi-Uke



Tsuki-Uke

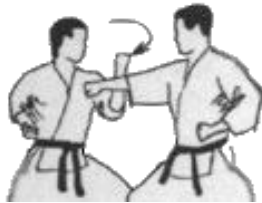


Kakuto-Uke



Sokumen-Awase-Uke

Techniques de blocages avec les membres supérieurs : Uke-Waza Chudan



Soto-Uke



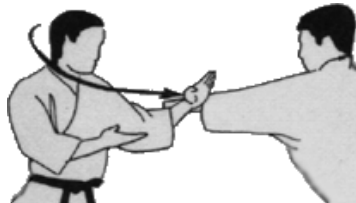
Uchi-Uke



Morote-Uchi-Uke



Shuto-Uke



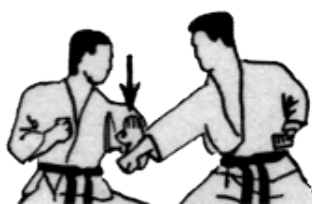
Shuto-Uke



Tate-Shuto-Uke



Otoshi-Uke



Te-Osae-Uke

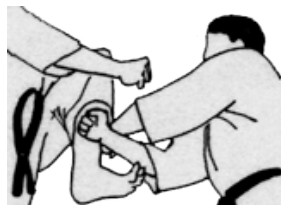


Kakiwake-Uke

Techniques de blocages avec les bras et les jambes : Uke-Waza



Gedan-Barai



Gedan-Juji-Uke



Teisho-Awase-Uke



Gedan-Uke avec Haiwan



Sukui-Uke



Sukui-Uke (extérieur)



Sukui-Uke (tranchant de main)



Mikazuki-Geri-Uke



Nami-Ashi

Positions



Heisoku-Dachi



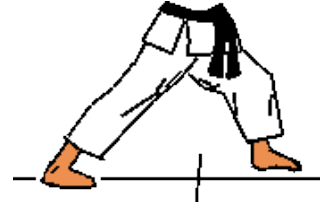
Musubi-Dachi



Heiko-Dachi



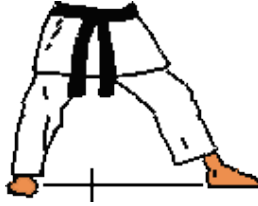
Hachiji-Dachi
/Shizentai



Zenkutsu-Dachi



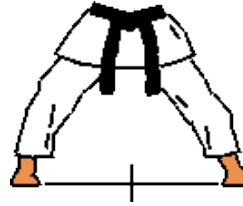
Sochin-Dachi



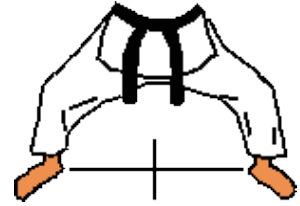
Kokutsu-Dachi



Renoji-Dachi



Kiba-Dachi



Shiko-Dachi



Hangetsu-Dachi



Sanchin-Dachi



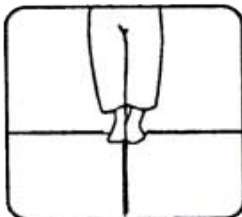
Kosa-Dachi/Kake-Dachi



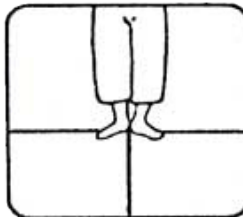
Nekoashi-Dachi



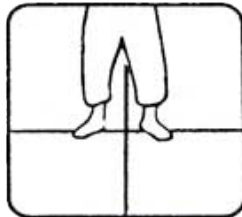
Tsuru-Ashi-Dachi
/Sagiashi-Dachi



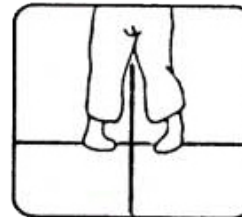
Heisoku Dachi



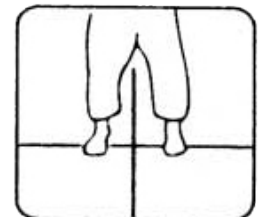
Musubi Dachi



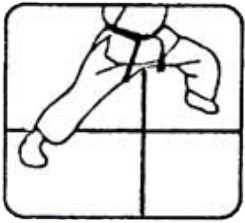
Hachiji Dachi



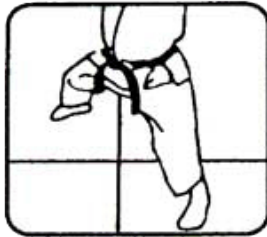
Uchi Achiji Dachi



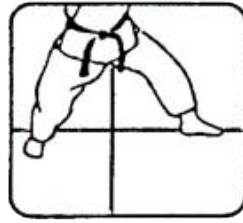
Heiko Dachi



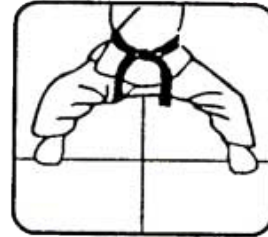
Zen Kutsu Dachi



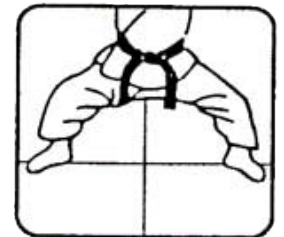
Fudo Dachi



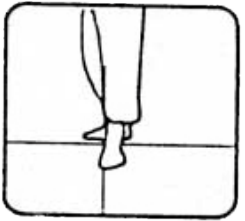
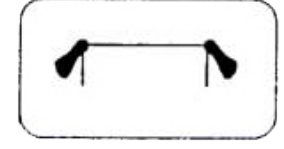
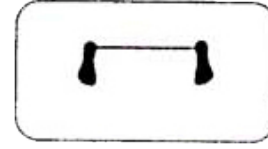
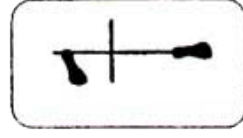
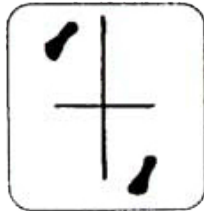
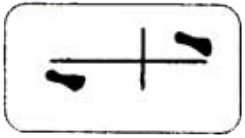
Kokutsu Dachi



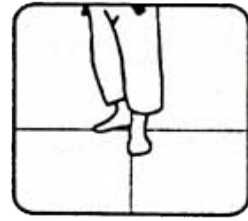
Kiba Dachi



Shiko Dachi



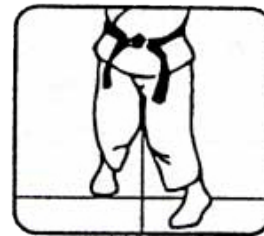
Teiji Dachi



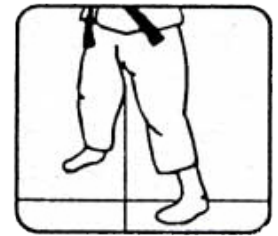
Renoji Dachi



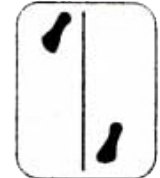
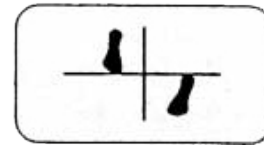
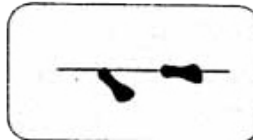
Neko Ashi Dachi



Sanchin Dachi



Hangetsu Dachi



Points d'impact



Seiken



Uraken



Tettsui/Kensui



Hiraken



Ippon-Nukite



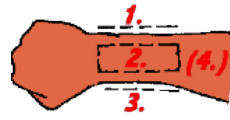
Nihon-Nukite



Ippon-Ken



Nakadaka-Ken



Gaiwan /Haiwan
/Naiwan /Shuwan



Haito /Haishu
/Nukite /Shuto



Kumade



Keito



Kakuto/Koken



Washide



Seiryuto



Teisho/Shotei



Haisoku/Ashi no ko



Sokuto
Kakato



Koshi



Empi/Hiji



Hiza

Bien fermer le poing !!

