

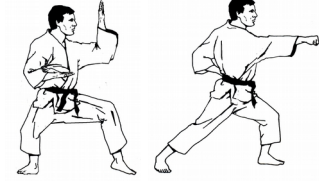
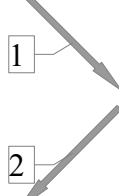
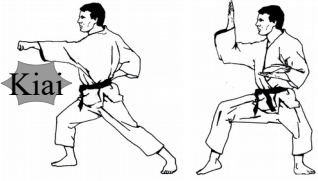
Kata Wado Schin'zui

yoi

Wado Schin'zui

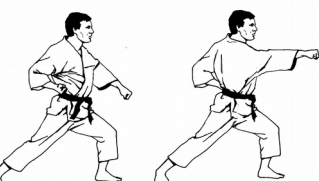
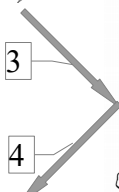
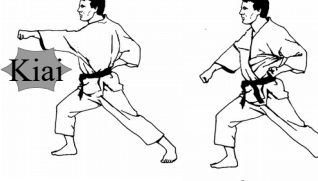


2/ 90° droite
shuto uké
gyaku tsuki



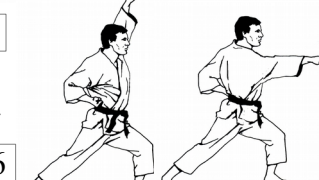
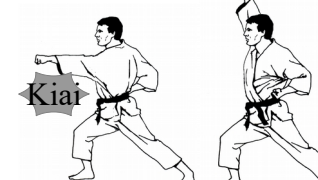
1/ 45° gauche
shuto uké
gyaku tsuki

4/ 90° droite
Gedan barai
gyaku tsuki



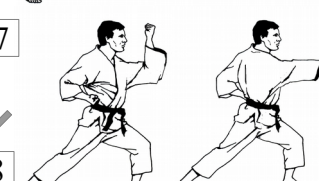
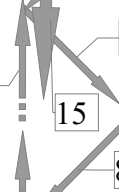
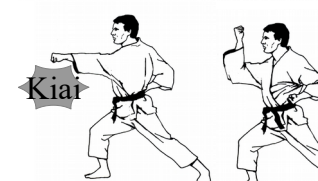
3/ 90° gauche
Gedan barai
gyaku tsuki

6/ 90° droite
Jodan uké
gyaku tsuki



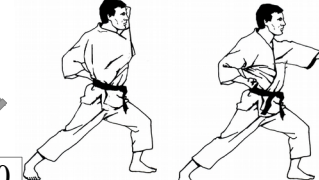
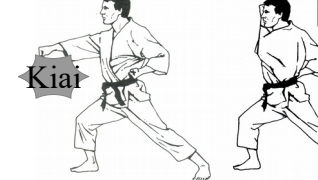
5/ 90° gauche
Jodan uké
gyaku tsuki

8/ 90° droite
utchi uké
gyaku tsuki



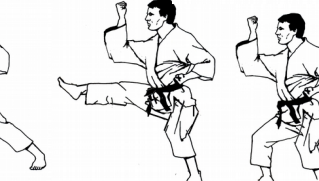
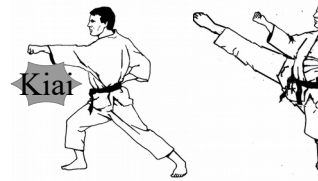
7/ 90° gauche
utchi uké
gyaku tsuki

10/ 90° droite
Gyaku soto uké
tsuki



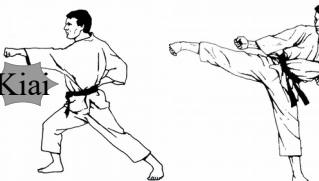
9/ 90° gauche
Gyaku soto uké
tsuki

12/ tsugi achi
mawashi géri
gyaku tsuki



11/ 45° droite
utchi uké
néko achi dachi
maé géri
gyaku tsuki

14/ idari ushiro
géri mawaté
gyaku tsuki



13/ tsugi achi
sokuto géri
gyaku tsuki

15/tobi maé
géri
gyaku tsuki

