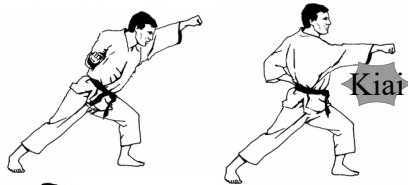


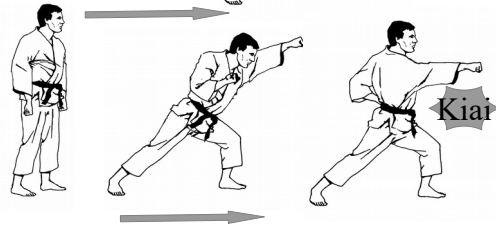
16

16 /ayumi achi
jun tsuki no
tsuki komi
gyaku tsuki



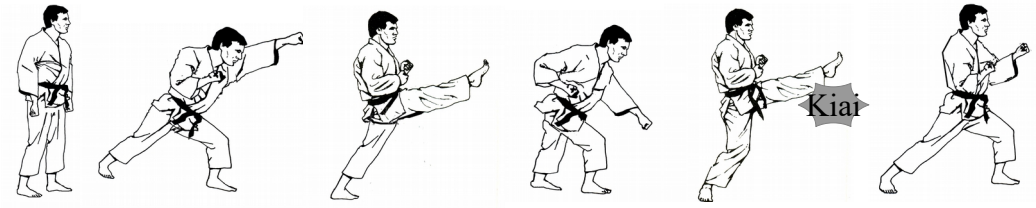
17

17 /hidari
shizentaï
tobi comi
tsuki
gyaku tsuki

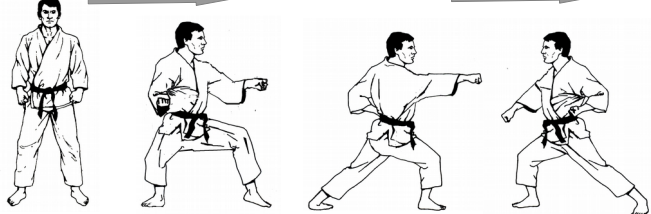
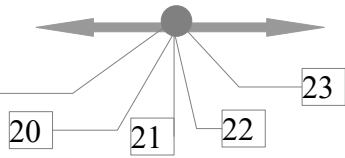


18

18 /hidari
shizentaï
tobi comi
nagashi tsuki
mae geri
gyaku tsuki
no tsuki komi
mae geri
idari kamae



19



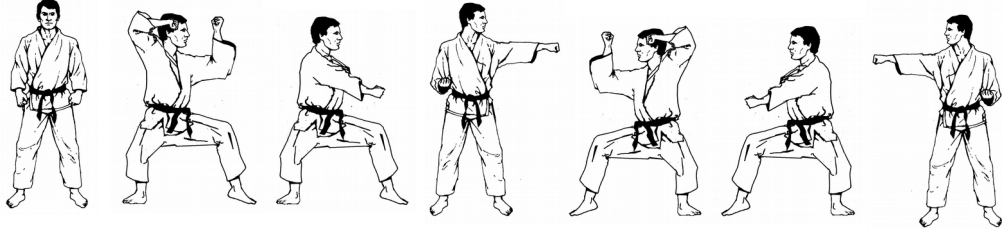
19 /début
pinan nidan

20

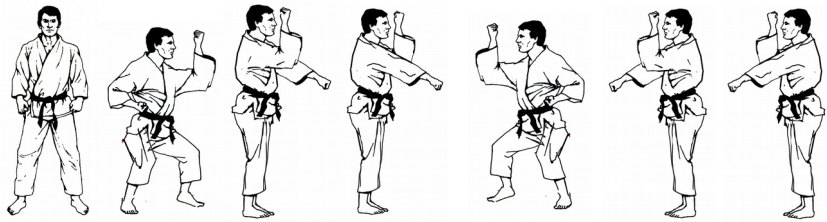
21

22

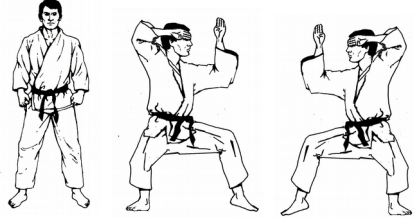
23



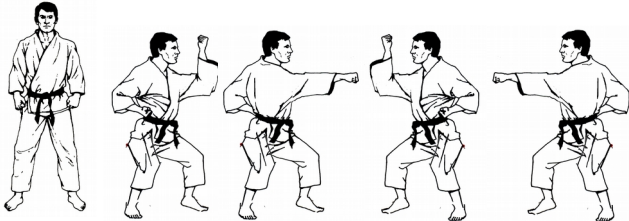
20 /début
pinan shodan



21 /début
pinan sandan



22 /début
pinan yodan



23 /début
pinan godan