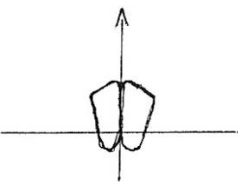
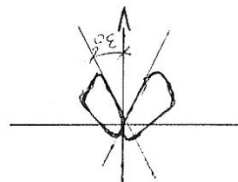
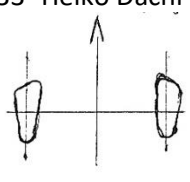
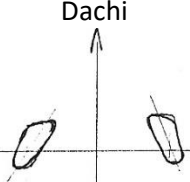
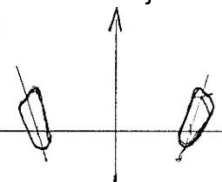

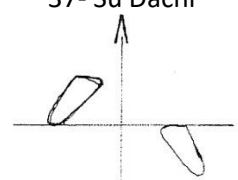
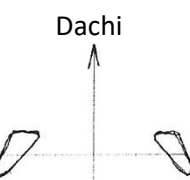
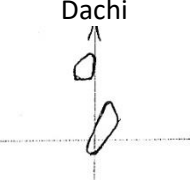
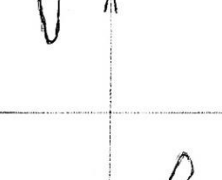
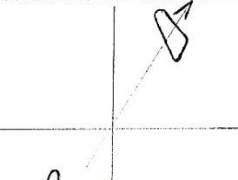
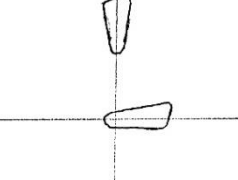
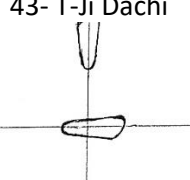
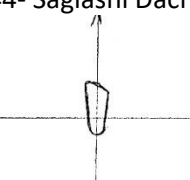
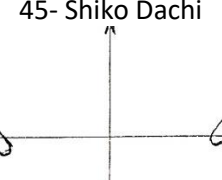
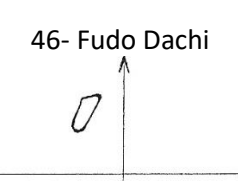
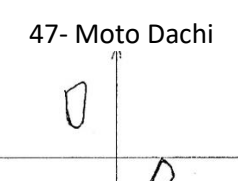
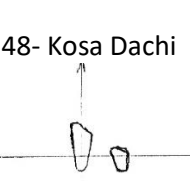

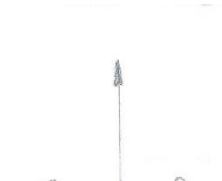


TECHNIQUES DE POING, MAIN, PIED, GENOU, COUDE, BRAS ET POSITION

01- Seiken 	02- Urken 	03- Tetsui 	04- Nakadaka Ippon Ken 	05- Hitosashi Ippon Ken 
06- Shuto 	07- Ura Shuto 	08- Hiraken 	09- Haishu 	10- Shihon Nukite 
11- Ippon Nukite 	12- Nihon Nukite 	13- Te Basami 	14- Oni Basami 	15- Shu Zuki 
16- Koken 	17- Teisho 	18- Seiryuto28- 	19- Kumade 	20- Aiken 
21- Nino Ude 	22- Hiji 	23- Kabuto33- 	24- Koshi Geri 	25- Sokuto Geri 
26- Tsumasaki Geri 	27- Socko Geri 	28- Ushiro Geri 	29- Kakato Geri 	30- Hiza Geri 

<p>31- Heisoku Dachi</p> 	<p>32- Musubi Dachi</p> 	<p>33- Heiko Dachi</p> 	<p>34- Uchi Achiji Dachi</p> 	<p>35- Soto Achiji Dachi</p> 
<p>36- Sanchin Dachi</p> 	<p>37- Su Dachi</p> 	<p>38- Naifanchi Dachi</p> 	<p>39- Neko Achi Dachi</p> 	<p>40- Zen Kutsu Dachi</p> 
<p>41- Ko Kutsu Dachi</p> 	<p>42- Re No Ji Dachi</p> 	<p>43- T-Ji Dachi</p> 	<p>44- Sagiashi Dachi</p> 	<p>45- Shiko Dachi</p> 
<p>46- Fudo Dachi</p> 	<p>47- Moto Dachi</p> 	<p>48- Kosa Dachi</p> 	<p>49- Hangetsu Dachi</p> 	<p>50- Kiba Dachi</p> 
<p>51- Ryote Fuse</p> 