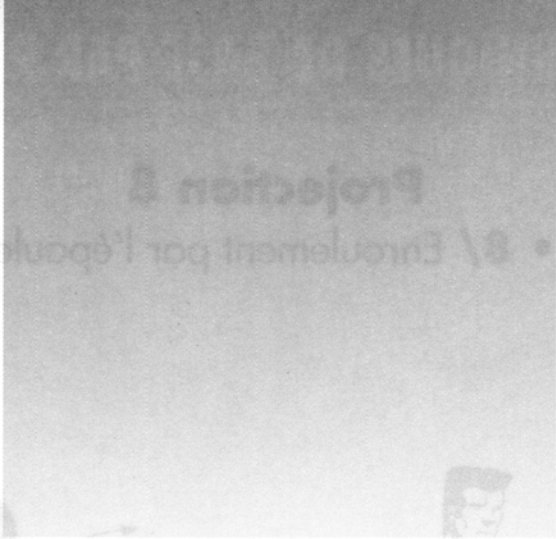




KATAS

DE BASE



Kata 1 et 2

- Position au début et à la fin des katas 1 et 2



Kata 1

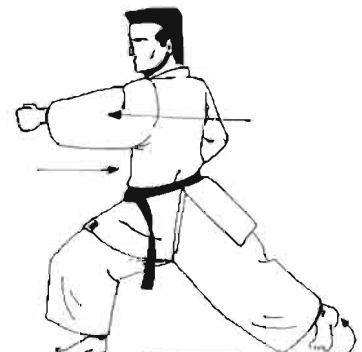
- Tai-Jitsu - Kata Shodan



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Kiai



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• Kata 1



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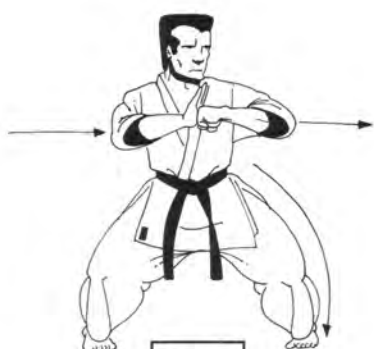
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Kiai



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• Kata 1



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Kata 2

• Tai-Jitsu - Kata Nidan



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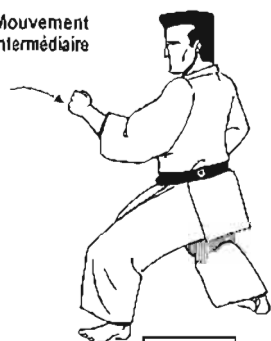


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Mouvement
Intermédiaire



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Kiai



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• Kata 2



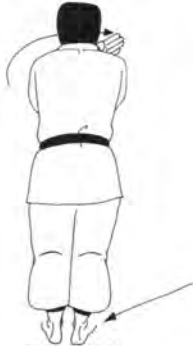
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Mouvement
Intermédiaire



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• Kata 2

Mouvement Intermédiaire



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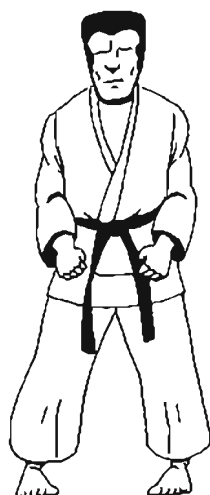
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Kata 3

- Tai-Jitsu - Kata Sandan
- Position au début et à la fin du kata



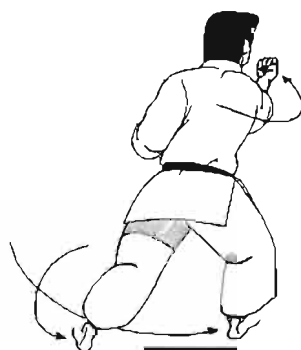
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• Kata 3

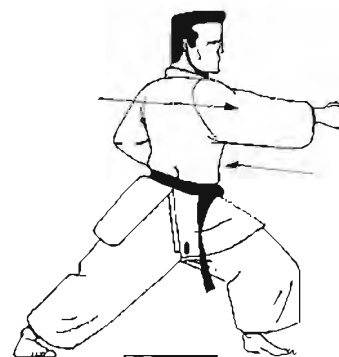
Mouvement
Intermédiaire



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Kiai



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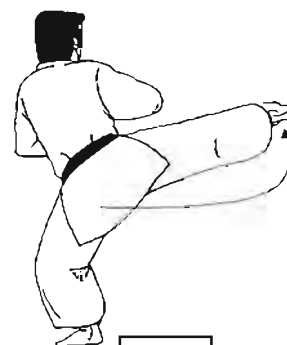
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• Kata 3



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Kiai



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Mouvement
Intermédiaire



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• Kata 3



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