

# HASHAKUKEN SHODAN



Sasagakule



Soto halai uke gedan haito



Halai uchi haito



Mawashi geli gedan



Do gaeshi



Soto halai uke gedan haito



Halai uchi haito



Mawashi geli gedan



Do gaeshi



Soto halai uke yodan



Mawashi geli gedan



Mawashi geli yodan



Soto halai uchi ulaken



Gyaku halai mawashi tsuki



Soto halai uke yodan



Mawashi geli gedan



Mawashi geli yodan



Soto halai uchi ulaken



Gyaku halai mawashi tsuki



Soto halai uke yodan



Mawashi geli gedan



Mawashi geli yodan



Soto halai uchi ulaken



Soto halai uke ulaken



Gyaku halai mawashi tsuki



Repousser Hitsui geli



Dégagement Shuto



Dégagement



Lobusse



Soto halai uke ulaken



Gyaku halai mawashi tsuki



Repousser Hitsui geli



Dégagement Shuto



Dégagement Shuto



Lobusse



Soto halai uke ulaken



Gyaku halai mawashi tsuki



Mawashi geli yodan



Mawali ulaken uchi



Mawali ula mawashi



Mawali ulaken uchi



Ecarter les bras



Ashi toli oshi taoshi



Halai ashi



Soto halai uke ulaken



Gyaku halai mawashi tsuki



Mawashi geli yodan



Mawali ulaken uchi



Mawali ula mawashi



Ecarter les bras



Ashi toli oshi taoshi



Halai ashi



Dégagement



Otoshi uchi shuto



Otoshi uchi haito



Double teisho



Dégagement



Otoshi uchi shuto



Otoshi uchi haito



Double teisho