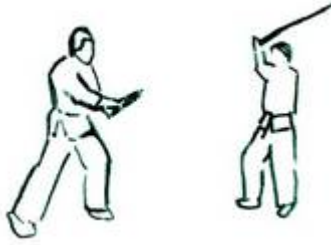
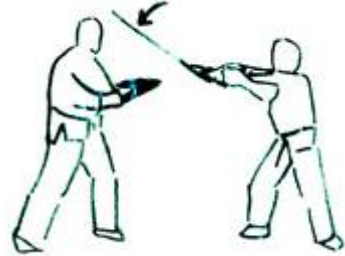


NUNCHAKU KUMIDACHI

J Bonté



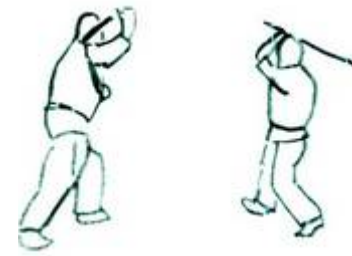
Chudan kamae



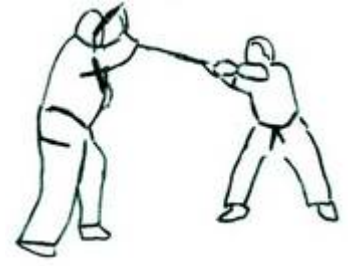
Otoshi uchi



Age uke jodan



Otoshi gesa uchi



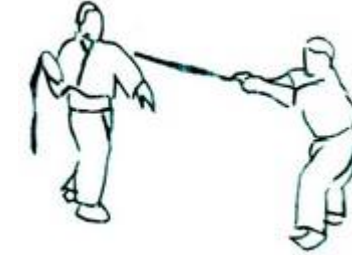
Tsuki sur boken



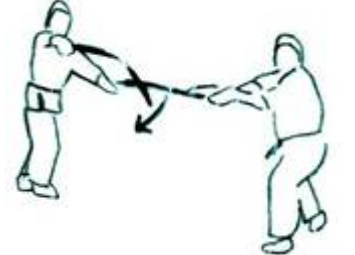
Soto otoshi gesa uchi



Soto halai uke



Otoshi uchi sur le ken



Age uchi poignet



Hasso kamae



Age uchi poignet



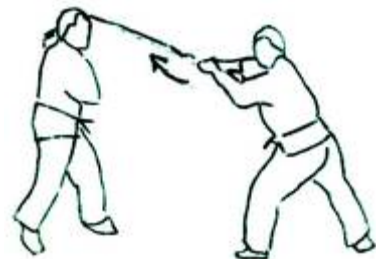
Hasso kamae



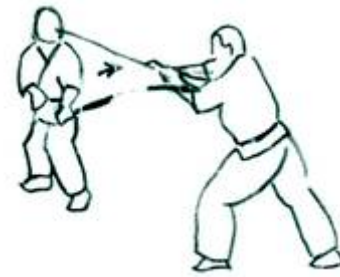
Otoshi gesa uchi



Tsuki sur boken



Otoshi gesa uchi





Soto halai uke



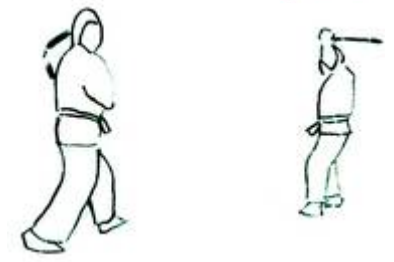
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Hasso kamae



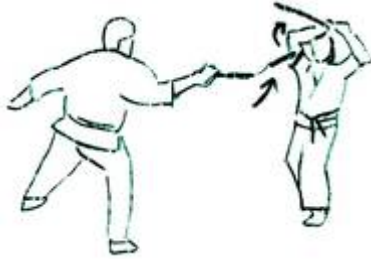
Age uchi poignet



Jodan kamae



Soto age gesa poignet



Recul coude



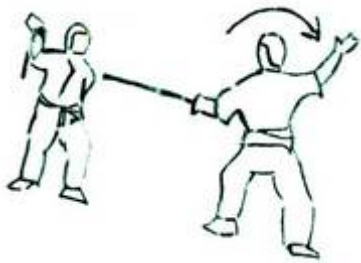
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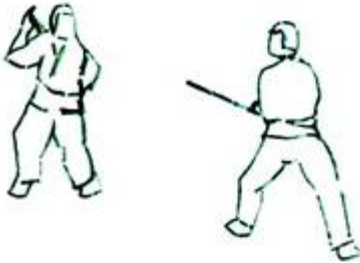
Otoshi gesa uchi



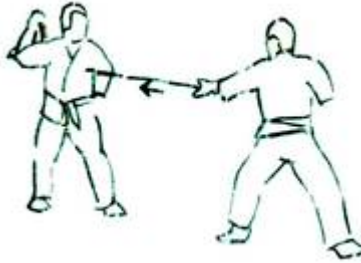
Gyaku soto age gesa uchi poignet



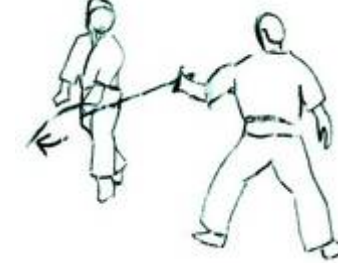
Nunchaku oblique dans le dos



Tsuki une main



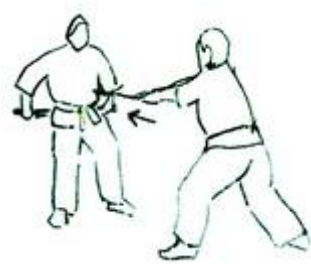
Halai uke



Soto halai uchi



Nunchaku horizontal dans le dos



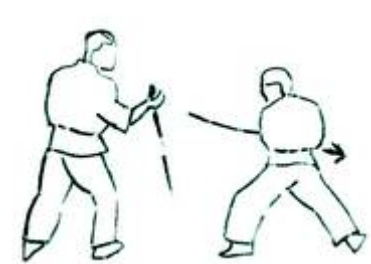
Tsuki deux mains



Uchi uke



Otoshi poignet



Recul

J Bonke



Soto halai uke Tsuki



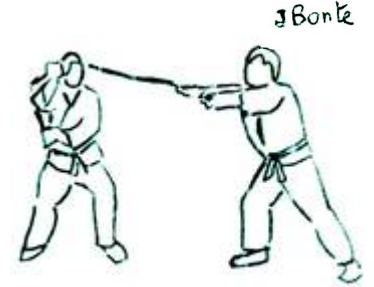
Age uchi poignet



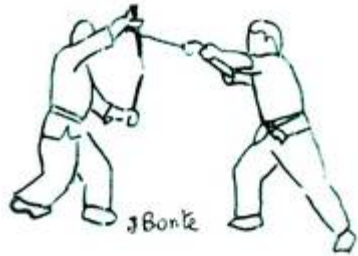
Hasso kamae



Jodan kamae



Otoshi gesa uchi



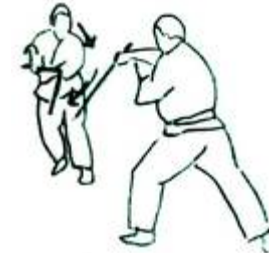
Soto halai uke



Age uke Gyaku soto otoshi gesa uchi



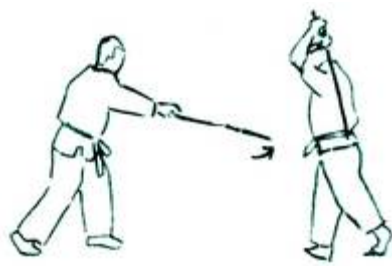
Otoshi uchi sur le ken



Otoshi uchi



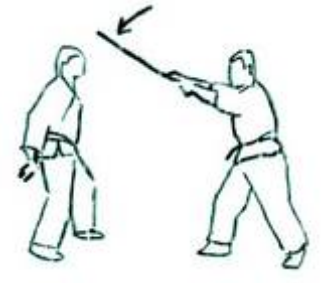
Gyaku halai uchi



Recul



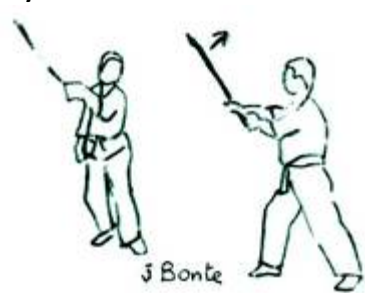
Gyaku soto halai uchi Recul



Otoshi uchi



Age gesa uke



Soto age gesa uchi poignet



Otoshi uchi



Halai uke

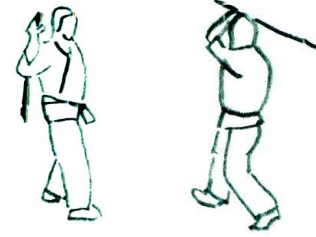


Nunchaku derrière le cou



Soto halai uchi

Recul



Otoshi gesa uchi



Otoshi gesa uke



Otoshi gesa uchi



Otoshi uchi sur le ken



Ushilo ô ilimi



Ushilo ô ilimi

