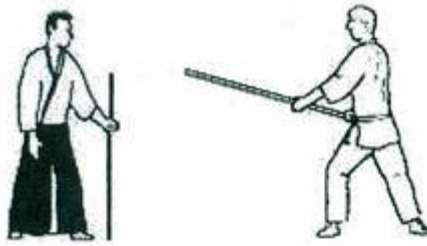


KUMI JO / BUNKAI

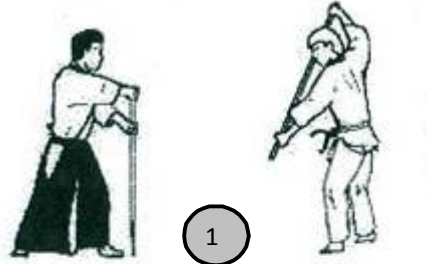
KATA DE JO EN 31 MOUVEMENTS

KAMAE



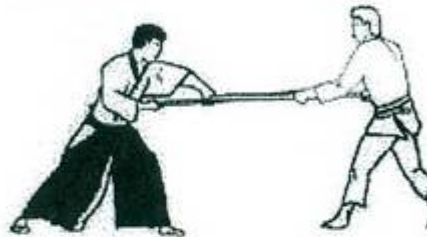
CHUDAN KAMAE

SAISIE DU JO (GAESHI)

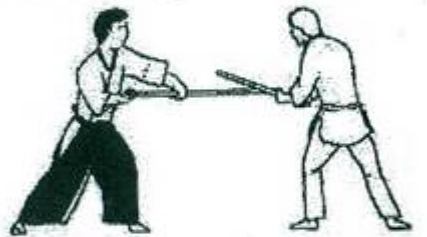


ARMER

GAESHI TSUKI



CHUDAN TSUKI

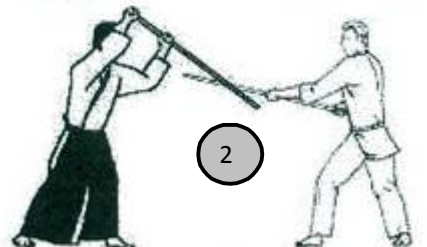


DEGAGER LE JO DE TORI



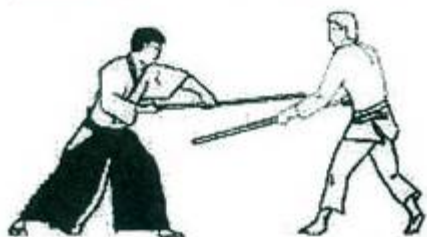
ARMER

2 PARADE EN GAESHI



1 CHUDAN TSUKI

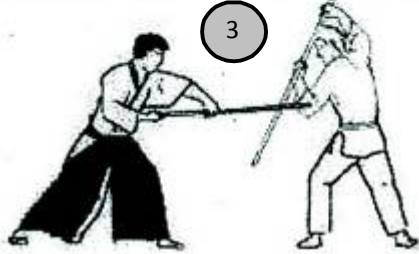
FRAPPER LE JO DE UKE



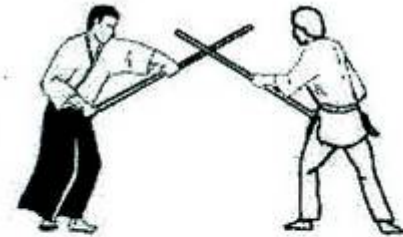
ARMER



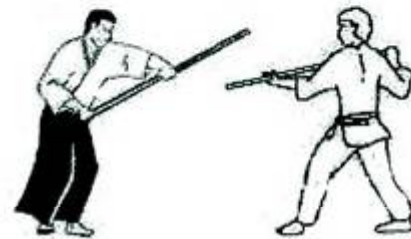
GAESHI TSUKI



PARADE

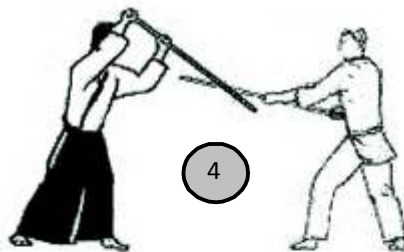


DEGAGER LE JO DE TORI



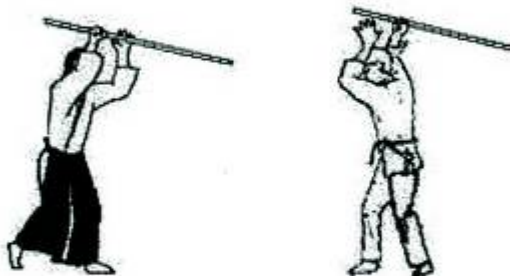
ARMER

2 PARADE EN GAESHI



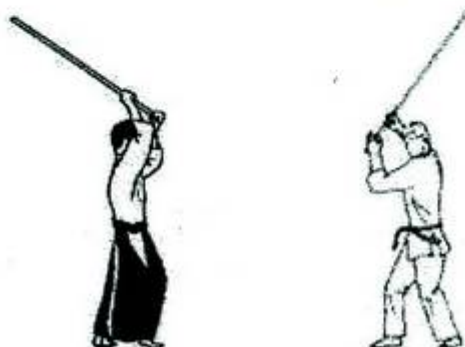
1 CHUDAN TSUKI

**1 ARMER
POUR YOKO MEN UCHI**

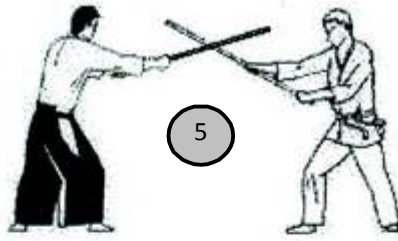


**USHIRO HIDARI ASHI
ARMER POUR YOKO MEN**

IRIMI MIGI ASHI

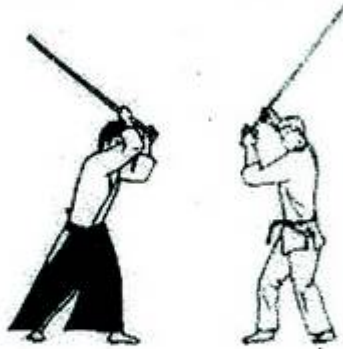


YOKO MEN UCHI

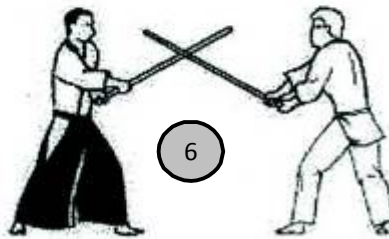


YOKO MEN UCHI

IRIMI MIGI ASHI

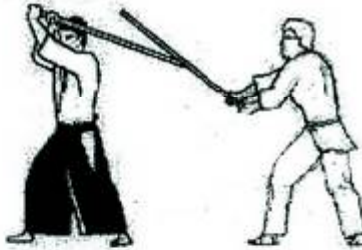


1 GYAKU YOKO MEN UCHI

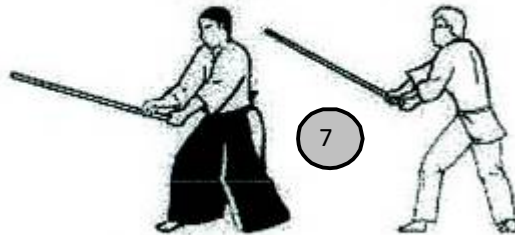


**2 USHIRO MIGI ASHI
GYAKU YOKO MEN UCHI**

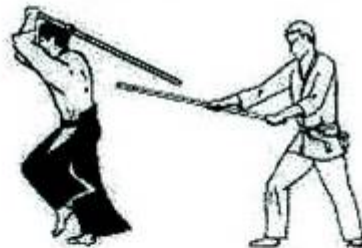
TENKAN / PROTECTION



YOKO MEN UCHI

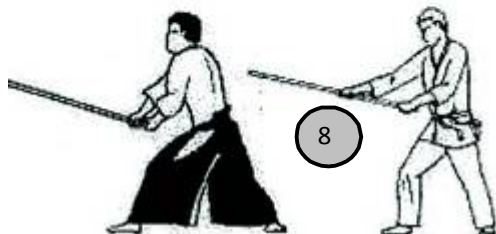


HIDARI IRIMI ASHI

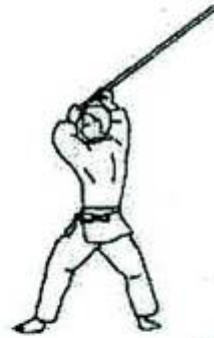
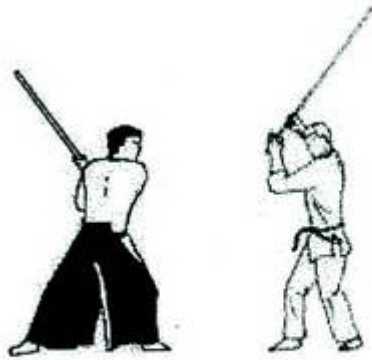


IRIMI MIGI ASHI

GYAKU YOKO MEN UCHI



**TENKAN
PREPARATION USHIRO
HARAI**

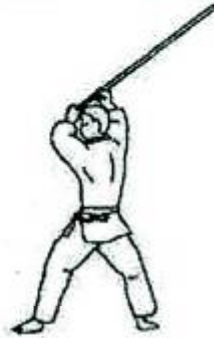


**USHIRO MIGI ASHI
JODAN KAMAE**

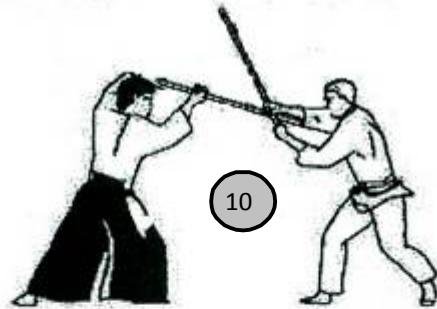
**USHIRO MIGI ASHI
USHIRO HARAI**



9



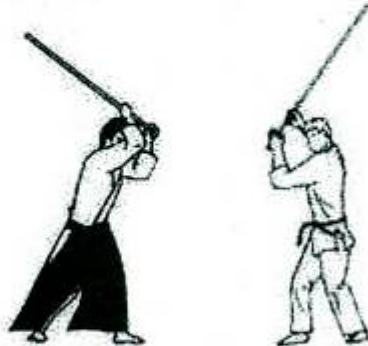
**2 IRIMI MIGI ASHI
URA KOTE**



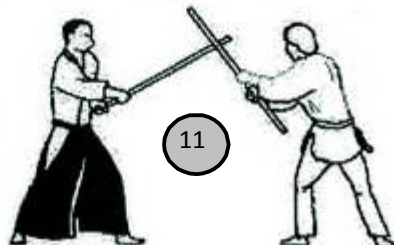
10

**1 IRIMI MIGI ASHI
SHOMEN UCHI KOMI**

**IRIMI HIDARI ASHI
ARMER**



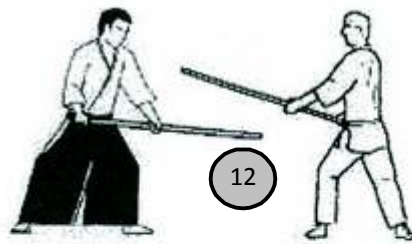
GYAKU YOKO ME UCHI



11

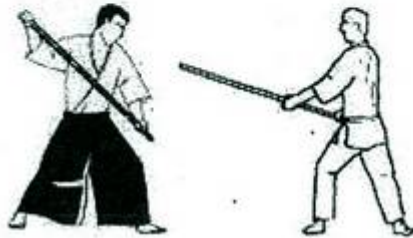
**USHIRO MIGI ASHI
PARADE EN INVERSANT
LES MAINS**

**CHUDAN KAMAE EN
CHANGEANT DE MAIN**

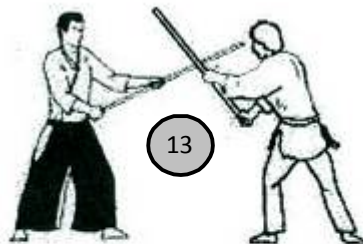


CHUDAN KAMAE

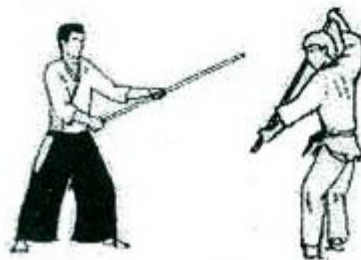
ARMER LE JO



CHUDAN TSUKI

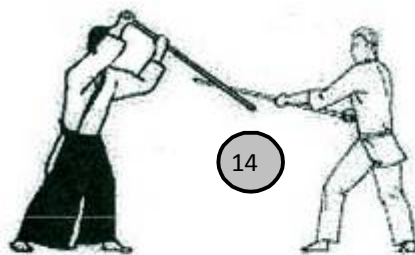


PARADE



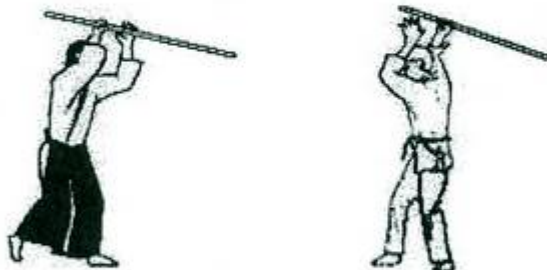
ARMER LE JO

2 PARADE



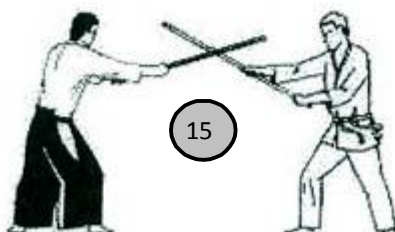
1 CHUDAN TSUKI

**PREPARER
YOKOMEN UCHI**



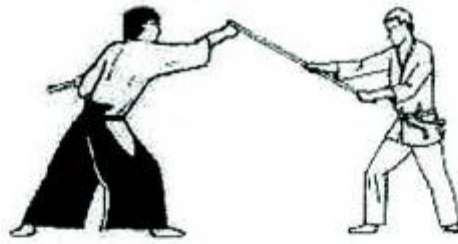
**USHIRO HIDARI ASHI
PREPARER YOKO MEN**

**IRIMI MIGI ASHI
YOKOMEN UCHI**



YOKOMEN UCHI

**PREPARER
USHIRO TSUKI**



USHIRO TSUKI GEDAN



16



CHANGER DE MAINS

**1 IRIMI HIDARI ASHI
GEDAN GAESHI**

17



**2 USHIRO MIGI ASHI
PARADE**

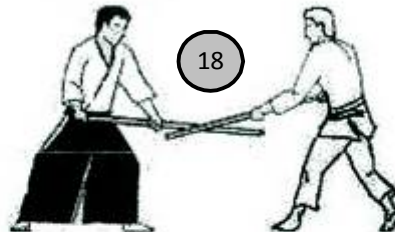
CHANGER DE MAINS



ARMER LE JO

2 PARADE

18



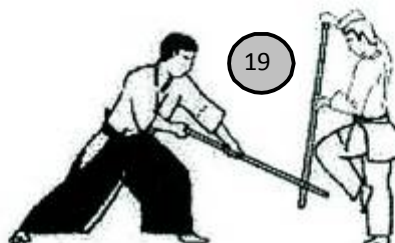
1 CHUDAN TSUKI

ARMER LE JO



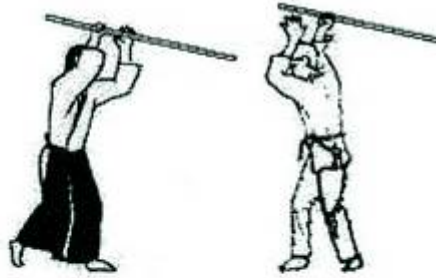
1 HIZA TSUKI

19



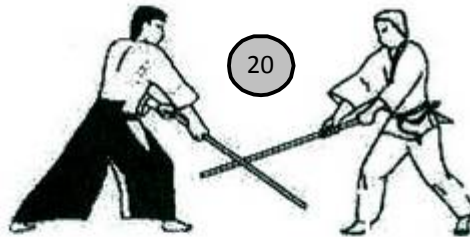
2 PARADE

**PREPARER
YOKOMEN UCHI**



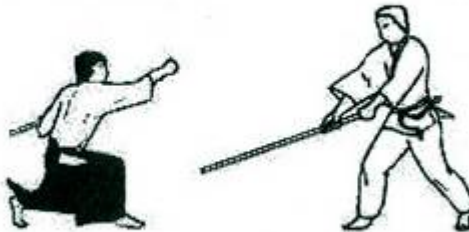
**USHIRO HIDARI ASHI
(TRIANGULATION)
PREPARER YOKOMEN**

**IRIMI MIGI ASHI
(TRIANGULATION)
YOKOMEN UCHI (GEDAN)**

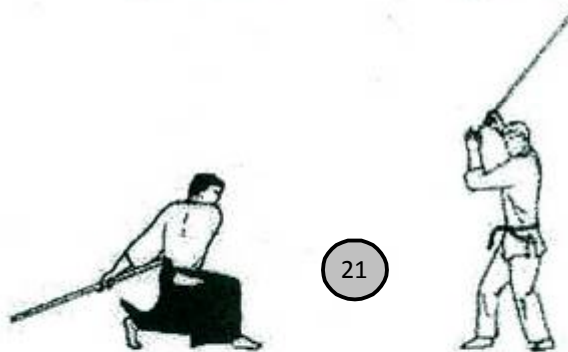


**PARADE EN
YOKOMEN UCHI**

**ZA HO
PREPARER USHIRO TSUKI**

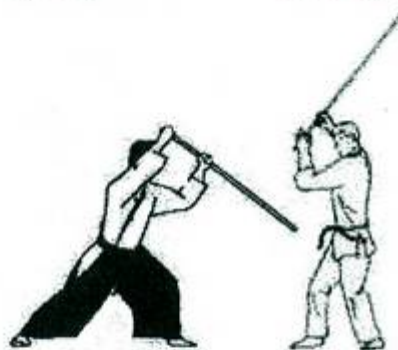


USHIRO TSUKI

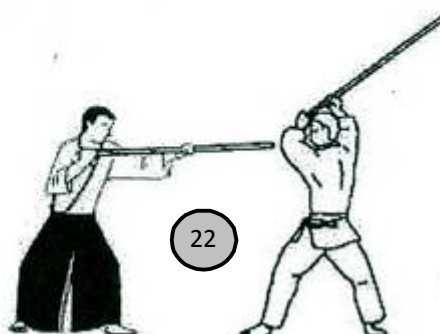


**ARMER POUR SHOMEN
UCHI**

**TACHI
IRIMI HIDARI ASHI
PREPARER JODAN TSUKI**

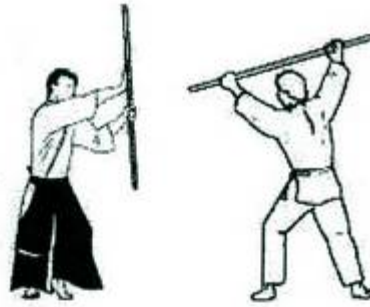


JODAN TSUKI



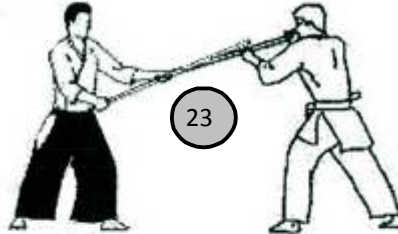
**USHIRO MIGI ASHI
JODAN KAMAE**

CHANGER DE MAINS



PREPARER JODAN TSUKI

2 PARADE EXTERIEURE

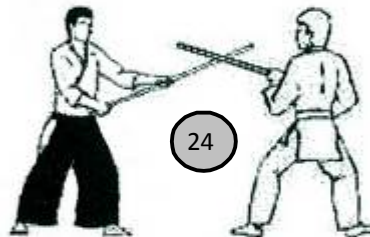


1 JODAN TSUKI

ARMER LE JO

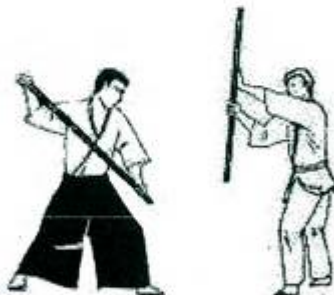


CHUDAN TSUKI



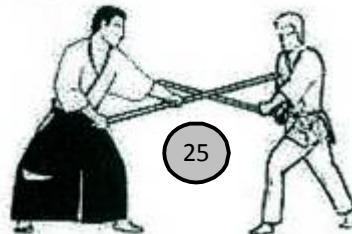
PARADE

ARMER LE JO



CHANGER DE MAINS

1 JODAN TSUKI



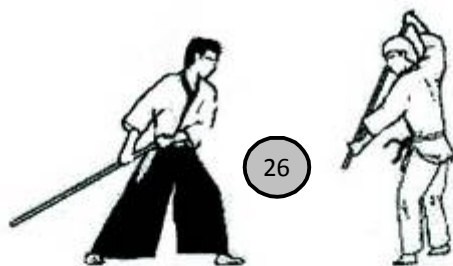
PARADE EXTERIEURE

**PREPARER
USHIRO TSUKI**

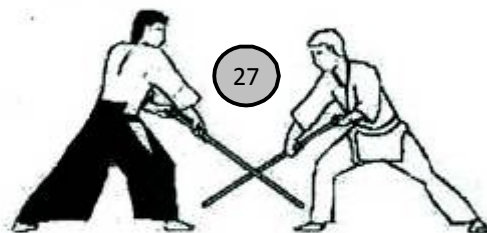


ARMER LE JO

USHIRO TSUKI

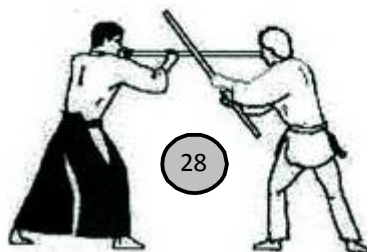


**1 HIRIMI MIGI ASHI
GEDAN GAESHI**



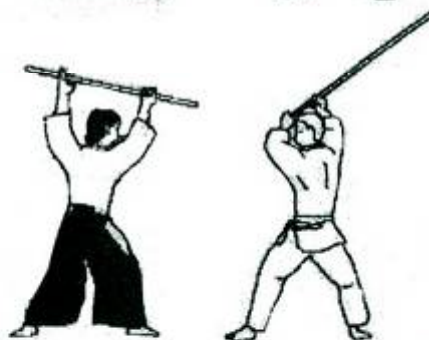
**2 USHIRO HIDARI ASHI
(TRIANGULATION)
PARADE
CHANGER LES MAINS**

1 JODAN TSUKI



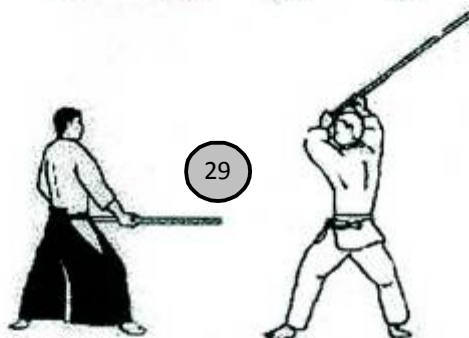
**2 USHIRO MIGI ASHI
(TRIANGULATION)
PARADE/CHANGER LES MAINS
(EXTERIEUR)**

TOURNER LE JO

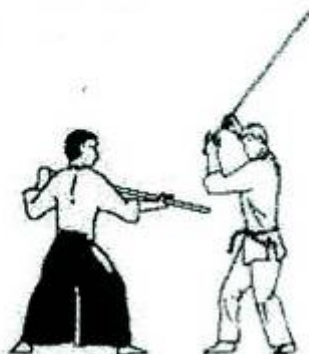


**CHANGER LES MAINS
JODAN KAMAE**

CHUDAN KAMAE

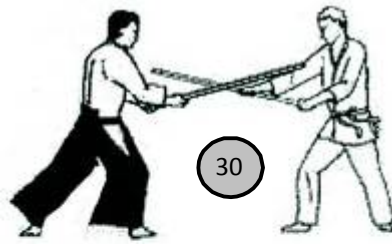


ARMER LE JO



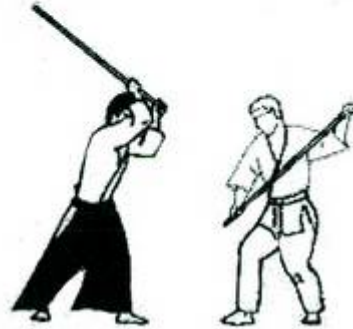
USHIRO HIDARI ASHI

CHUDAN TSUKI



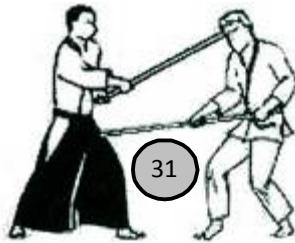
**PARADE
SHOMEN UCHI KOMI**

**IRIMI HIDARI ASHI
ARMER LE JO**

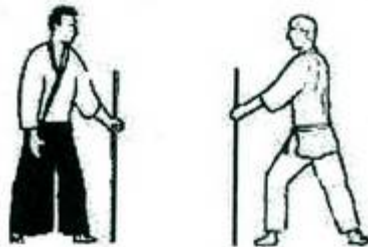


ARMER LE JO

GYAKU YOKOMEN UCHI



KAMAE



KAMAE

FIN DU KATA