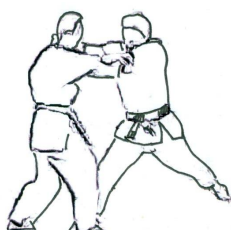
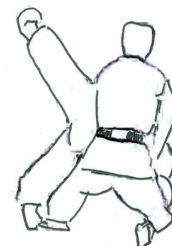


# TAI SABAKI NO KATA

## 1- NALASHI interne → MAE HIKI OTOSHI



## 2- NALASHI externe → LOBUSSE



## 3- HILAKI interne → ASHI TOLI OSHI TAOSHI



## 4- HILAKI externe → UDE KAKE SUTEMI



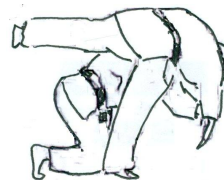
## 5- ILIMI → HALAI ASHI



**6- ILIMI → MUKAE DAOSHI**



**7-ILIMI SANKAI → UCHI MATA ASHI KAKE**



**8- ILIMI SANKAI → SOTO ASHI KAKE**



**9- O ILIMI → TOBI NOLI SUTEMI**

