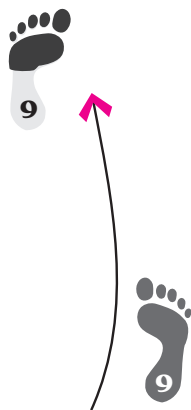
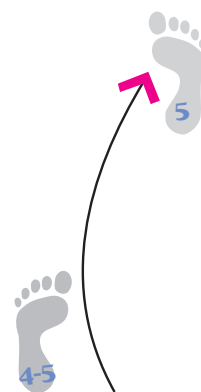


17 Ghedan uke
18 Gyakuzuki
KAMAE



16 Maegeri

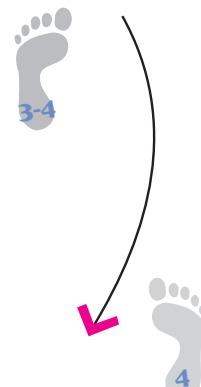


7 Oikomi Oizuki
8 Gyakuzuki

**poi MIGI kamae,
fino alla 36esima tecnica**



tsuri ashi - jodan **13** Ucikomiuke
tsuri ashi - ghedan **14** Ucikomiuke
15 gyakuzuki
kamae



3 Jodan ucikomi Uke
4 Chudan ucikomi Uke
5 Giakuzuki, **6** uraken



tsuri ashi - jodan **11** Ucikomiuke
tsuri ashi - ghedan **12** Ucikomiuke



1 Oizuki,
2 Gyakuzuki



Tsuri ashi **9** Kizamizuki
Tsugi ashi **10** Gyakuzuki



Hidari Kamae



YOI

TaiDa ich 36 tecniche