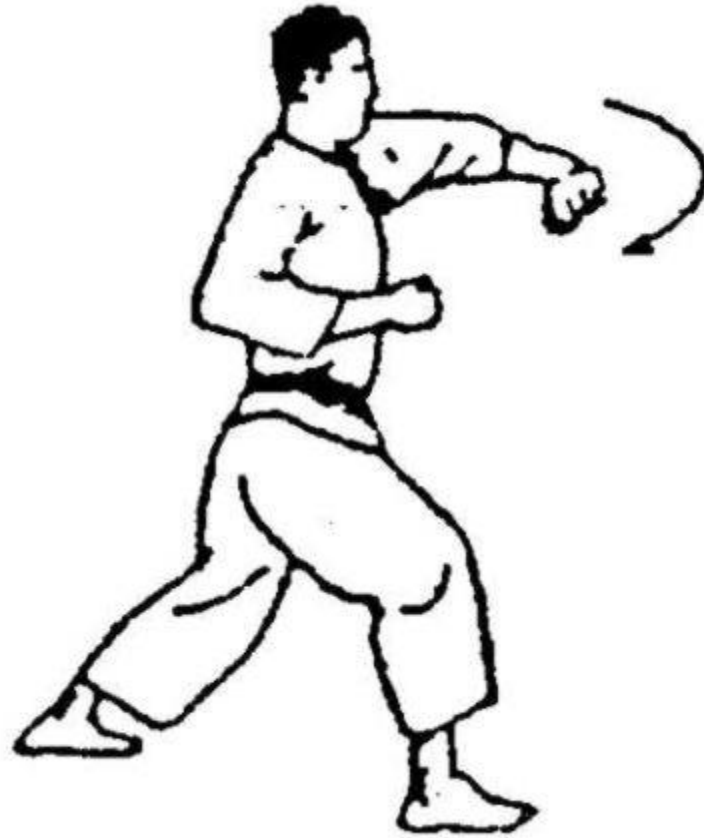
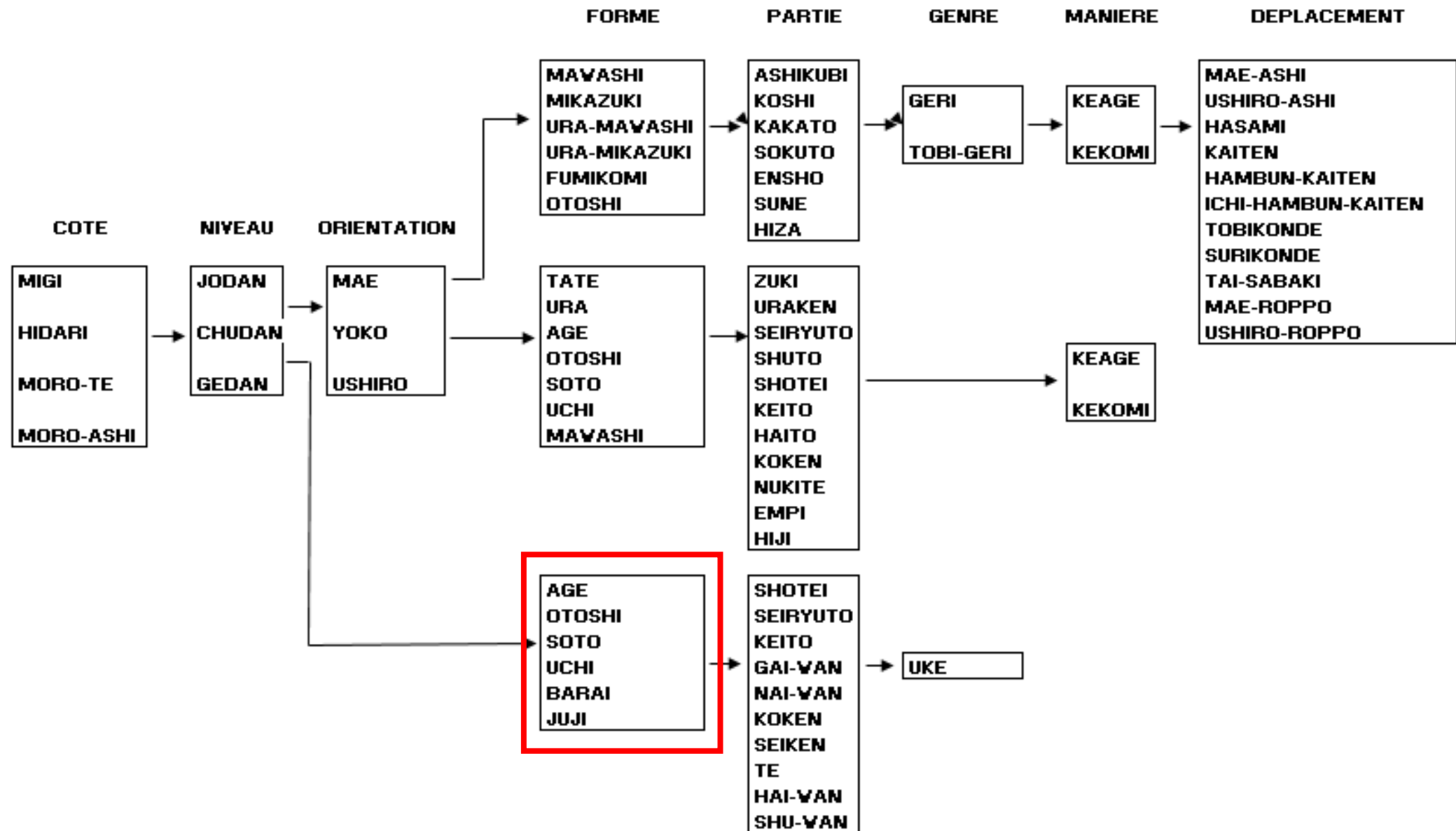


Atemi (Coups frappés)

Mawashi (Circulaire)



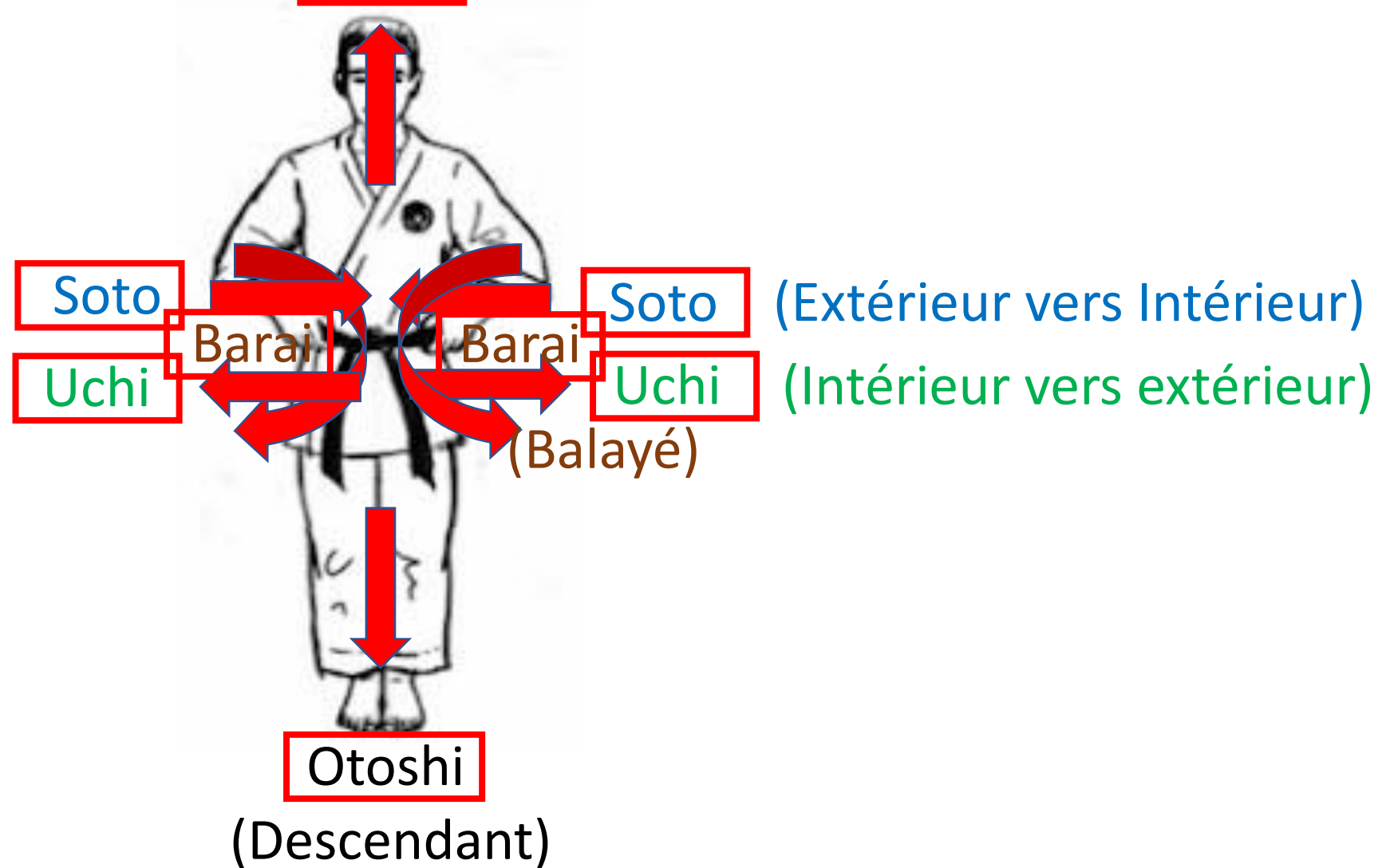
NOMENCLATURE DES TERMES JAPONAIS



Uke (Blocage)

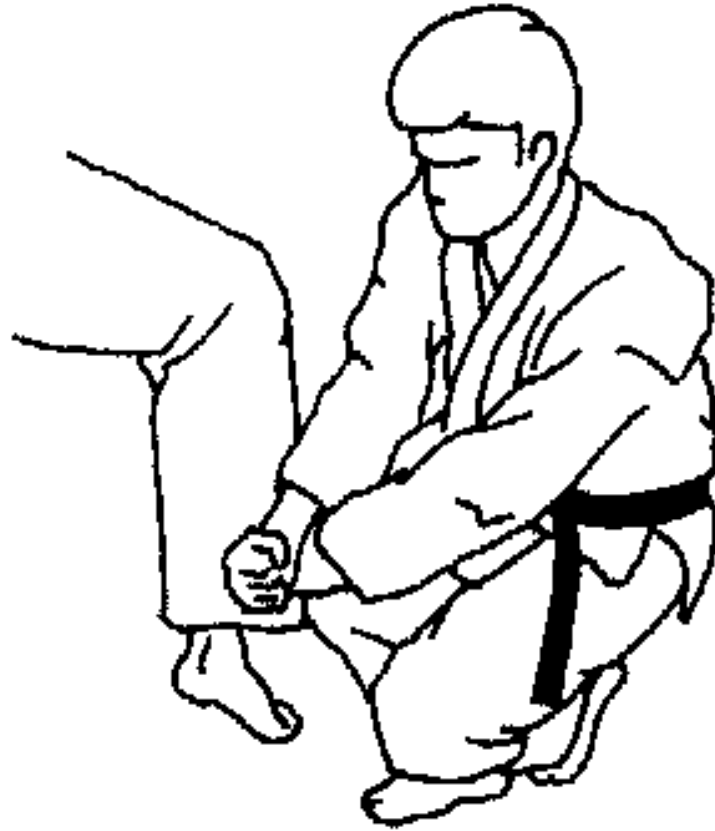
(Remontant)

Age

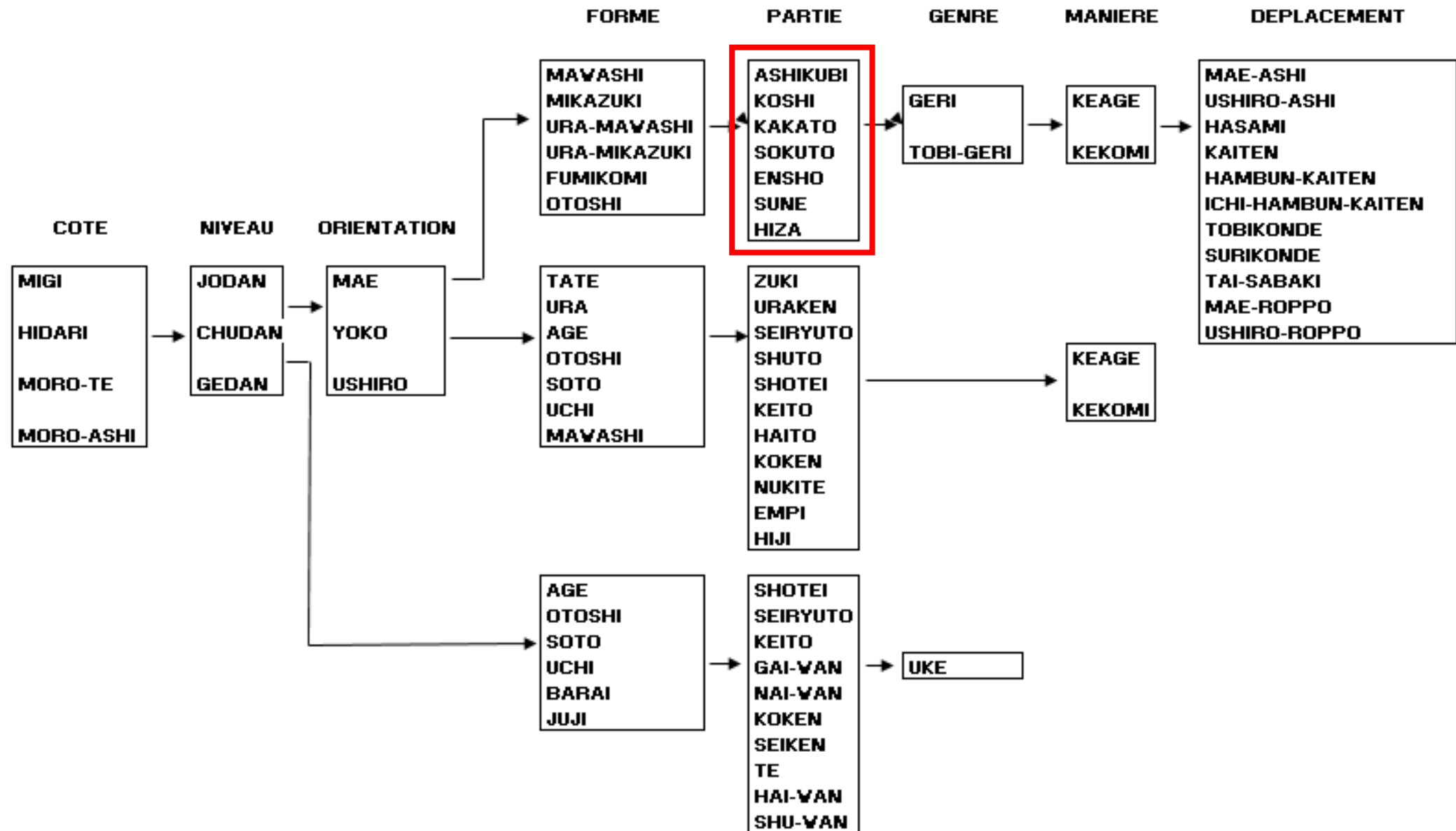


Uke (Blocage)

Juji (Croisé)



NOMENCLATURE DES TERMES JAPONAIS



Pied (ashi)



Teisoku



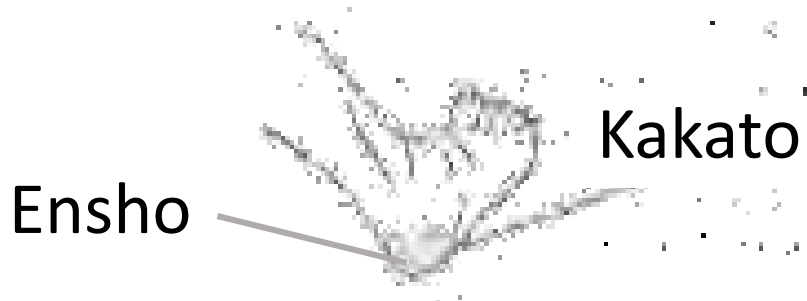
Sokuto



Ashi-kubi

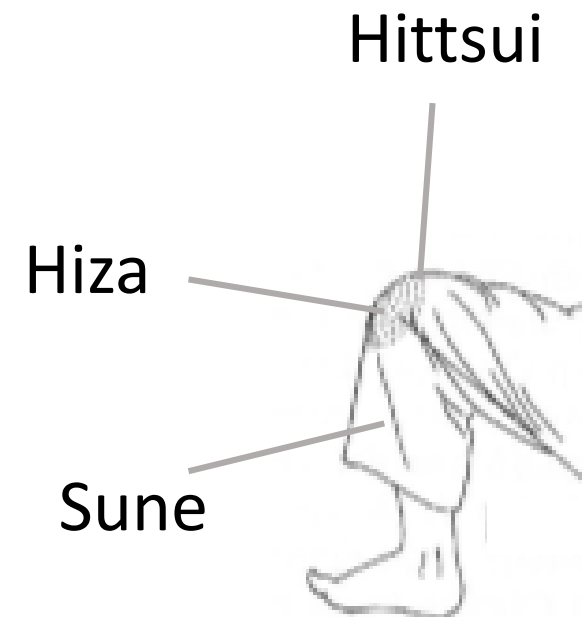


Koshi



Kakato

Ensho

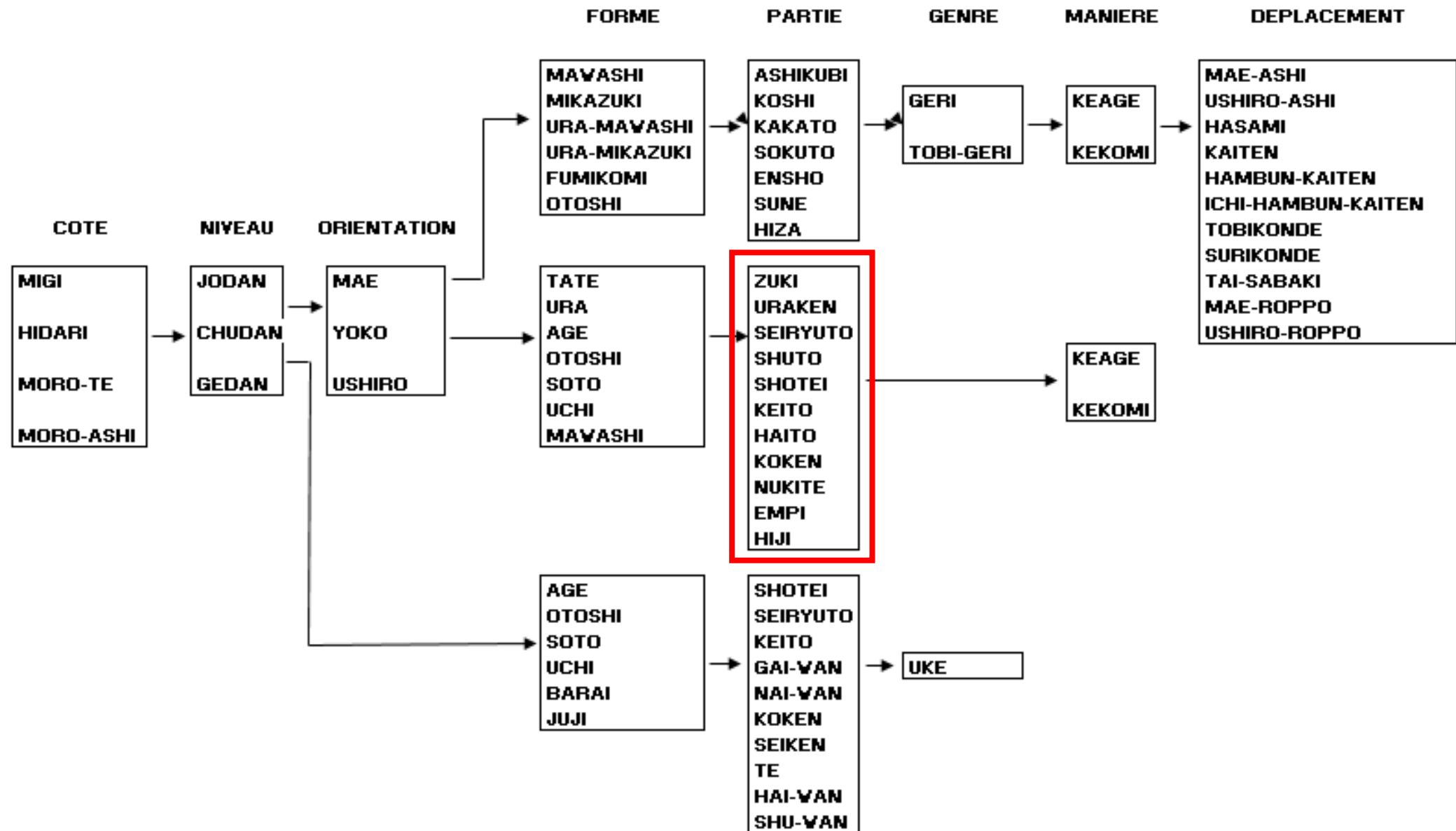


Hittsui

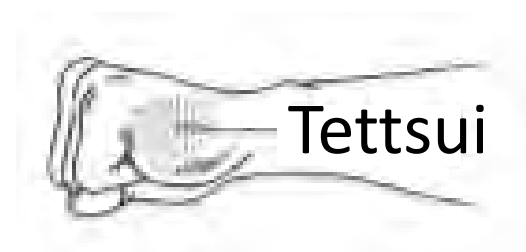
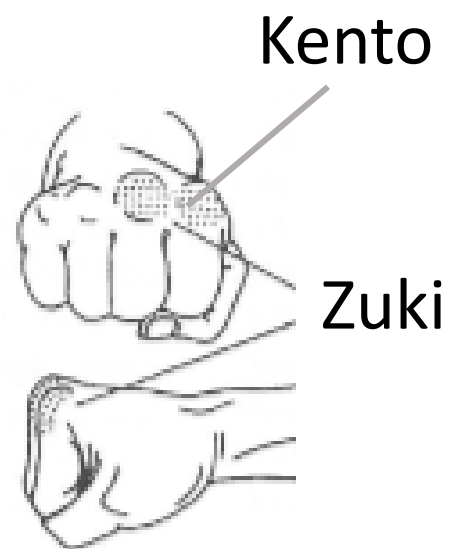
Hiza

Sune

NOMENCLATURE DES TERMES JAPONAIS



Poing (Seiken)



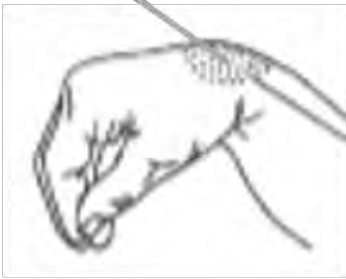
Main (te)



Shotei



Koken



Keito



Hiji



Empi

Seiryuto



Nukite



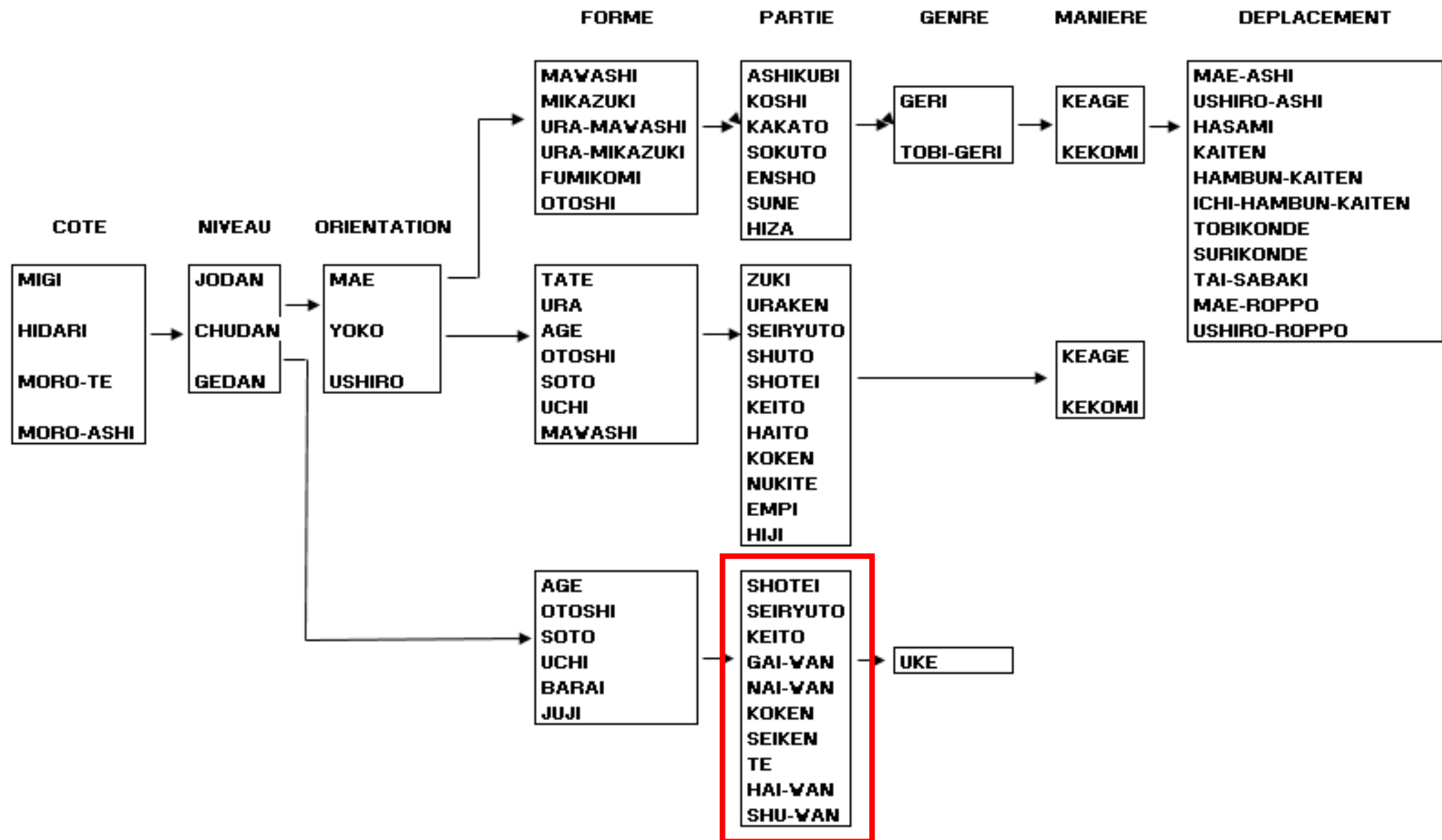
Shuto



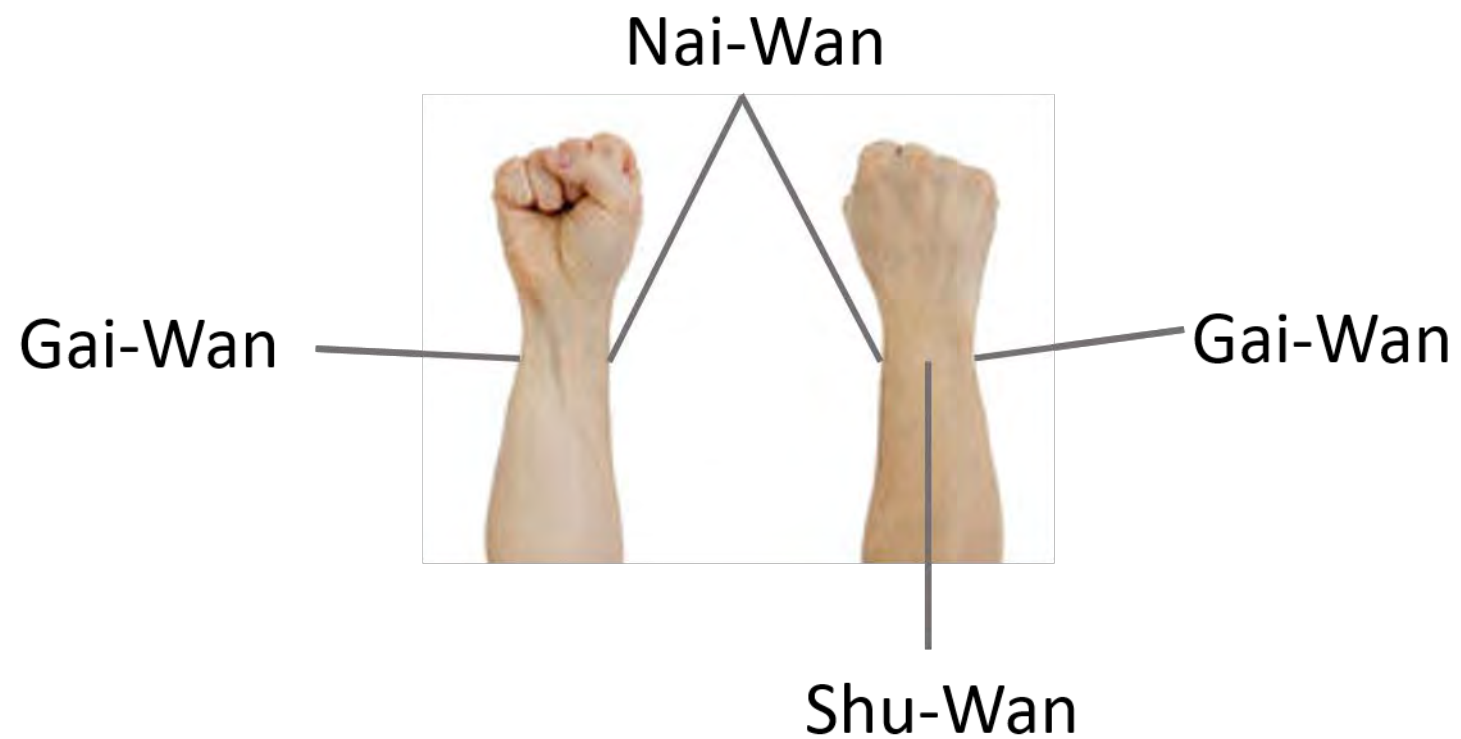
Haito



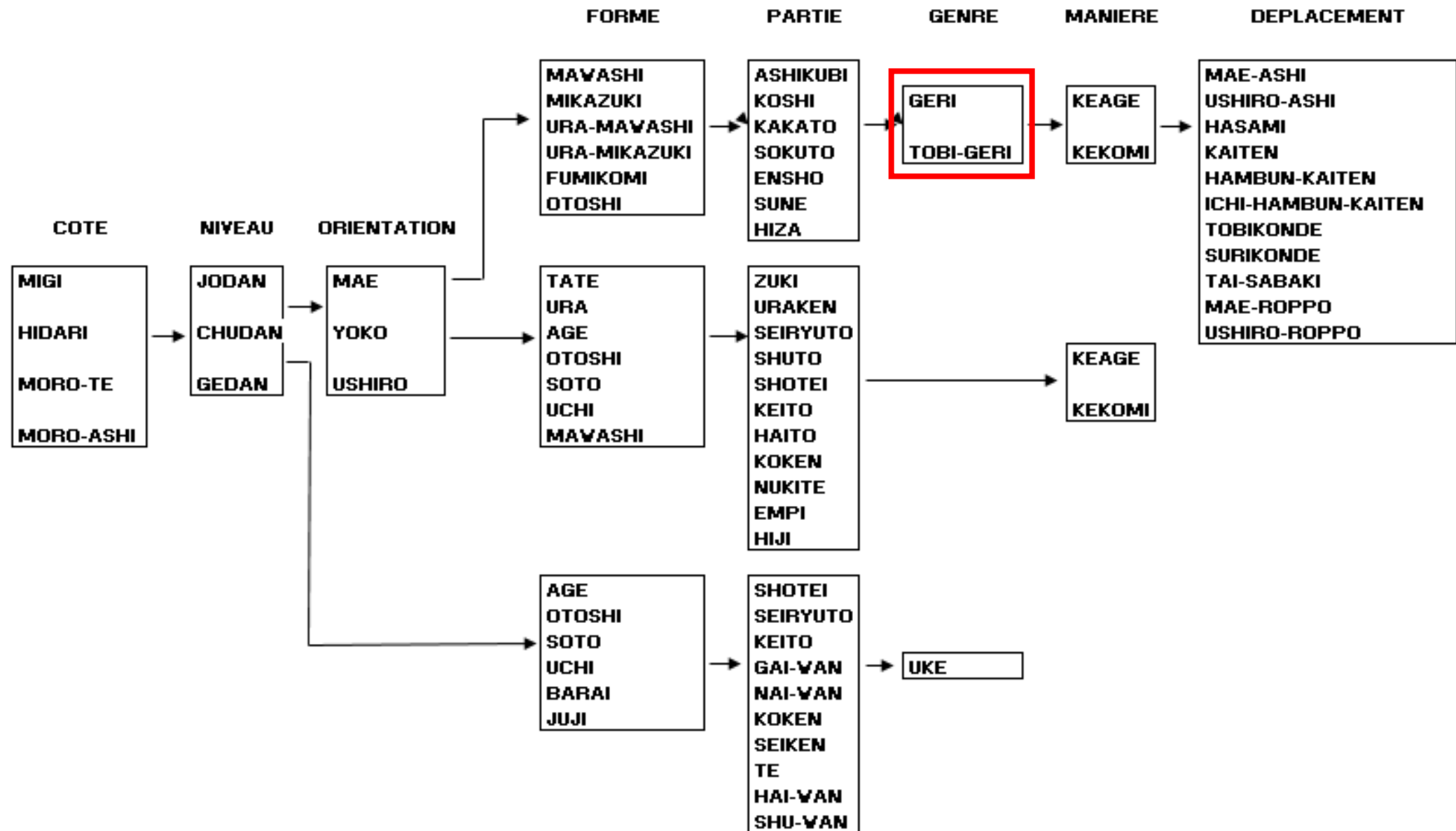
NOMENCLATURE DES TERMES JAPONAIS



Avant-Bras (Ude)



NOMENCLATURE DES TERMES JAPONAIS



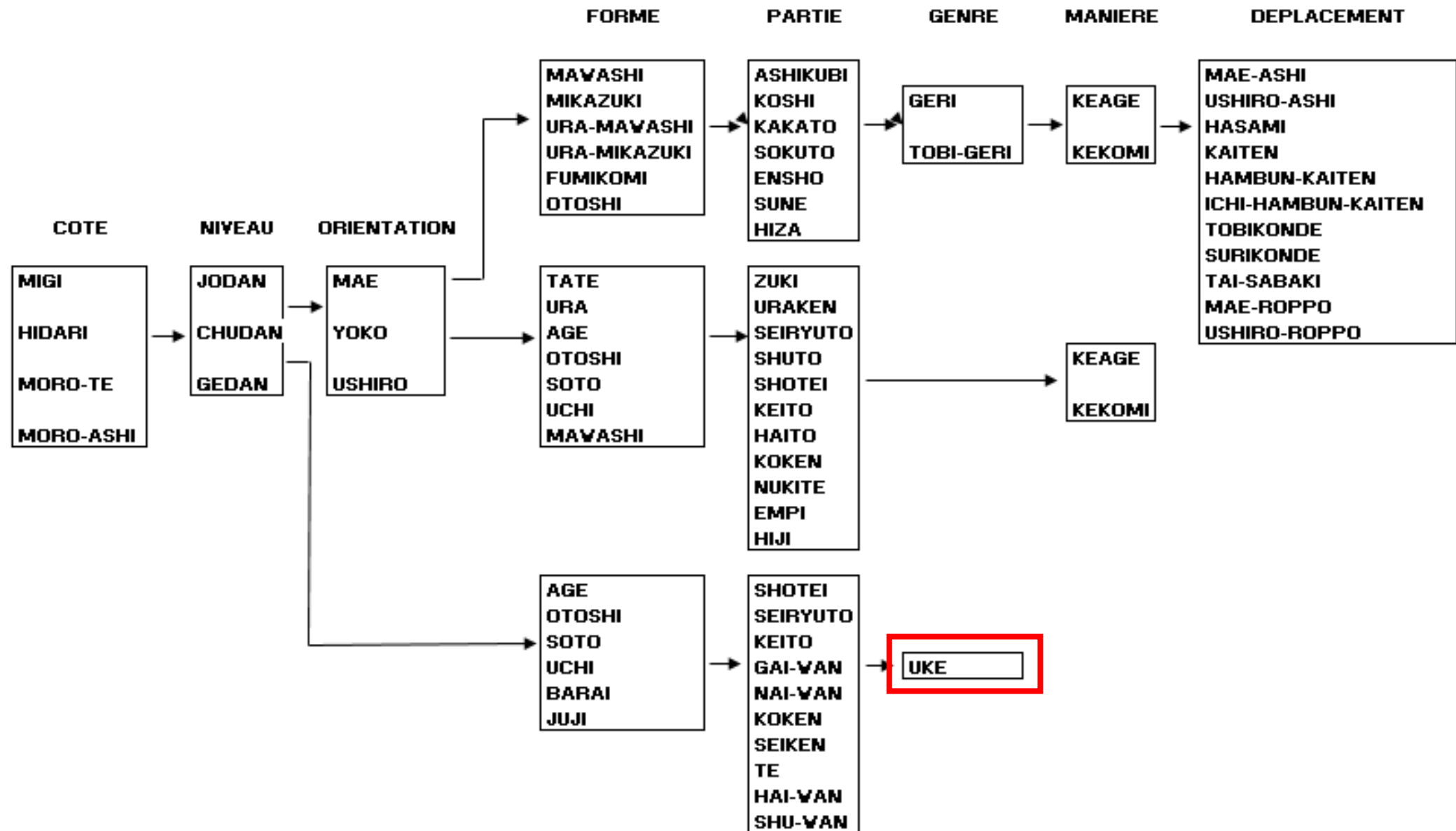


Tobi-Geri
(Coup de pied sauté)

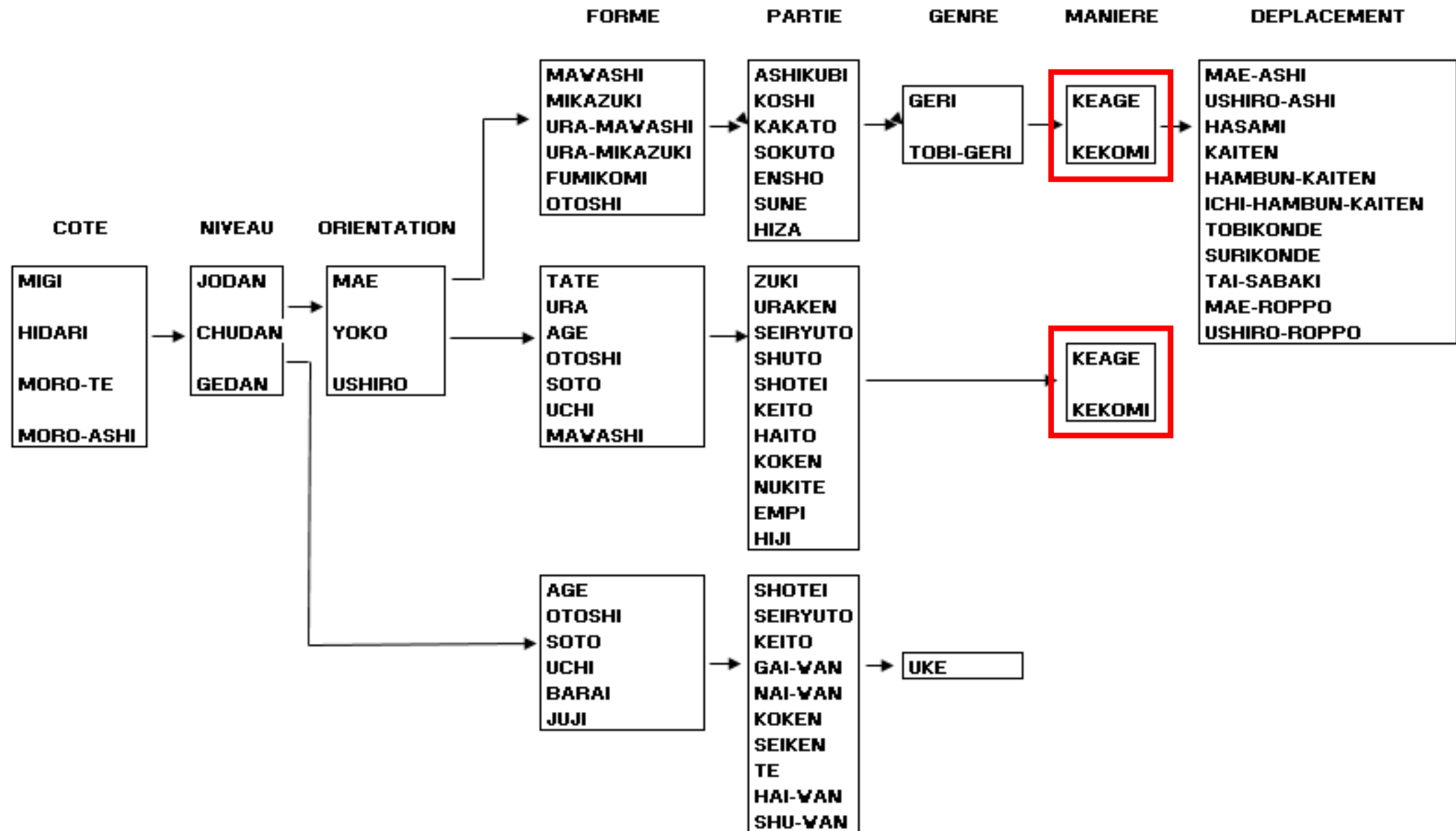


Geri
(Coup de pied)

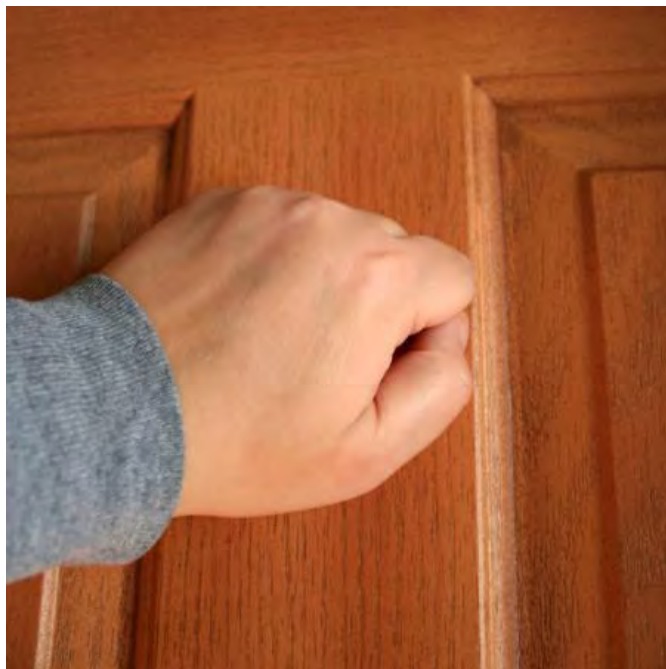
NOMENCLATURE DES TERMES JAPONAIS



NOMENCLATURE DES TERMES JAPONAIS



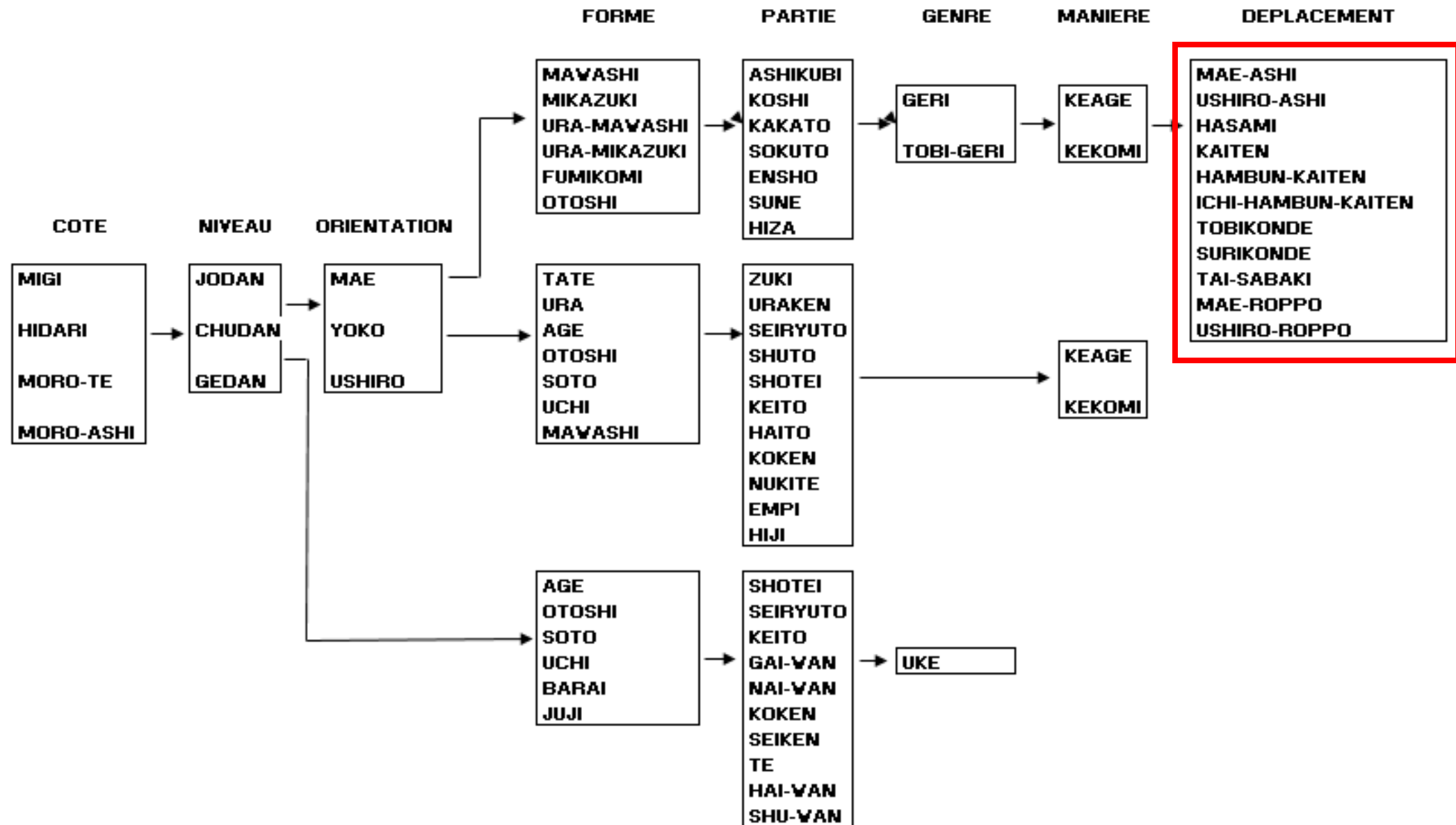
Keage (Percutant)



Kekomi (Défonçant)



NOMENCLATURE DES TERMES JAPONAIS



Chika-Ma
(Courte distance)



Ma (Distance)

To-Ma
(Longue distance)



Ma
(Moyenne distance)



Kohai

(Junior)



Senpai

(Senior)



Sensei

(Né avant)



Shihan

(Maître)



Merci et Bonne Pratique du Japonais

