

LE KATA DE FACE



1- Chudan Tsuki



1'- Jodan Tsuki



2- Nukite



2'- Shuto Uchi



3- Haito Uchi



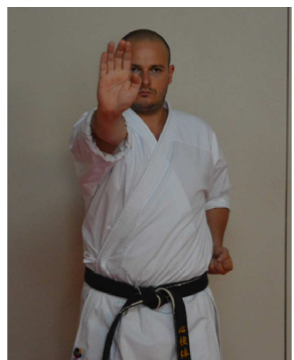
3'- Tetsui Uchi



4- Kagi Tsuki



4'- Yoko Empi Uchi



5- Teisho Uchi



5'- Uraken Uchi



6- Age Empi Uchi



6'- Mawashi Empi Uchi



7- Ura Tsuki



7'- Mawashi Tsuki

LE KATA DE PROFIL



1- Chudan Tsuki



1'- Jodan Tsuki



2- Nukite



2'- Shuto Uchi



3- Haito Uchi



3'- Tetsui Uchi



4- Kagi Tsuki



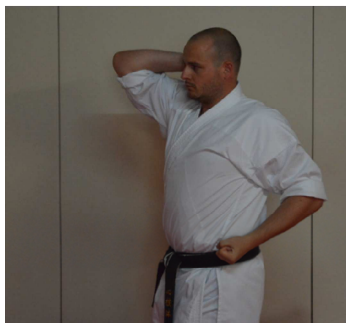
4'- Yoko Empi Uchi



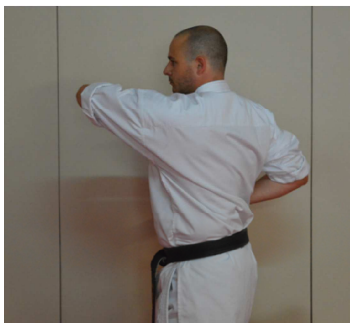
5- Teisho Uchi



5'- Uraken Uchi



6- Age Empi Uchi



6'- Mawashi Empi Uchi



7- Ura Tsuki



7'- Mawashi Tsuki