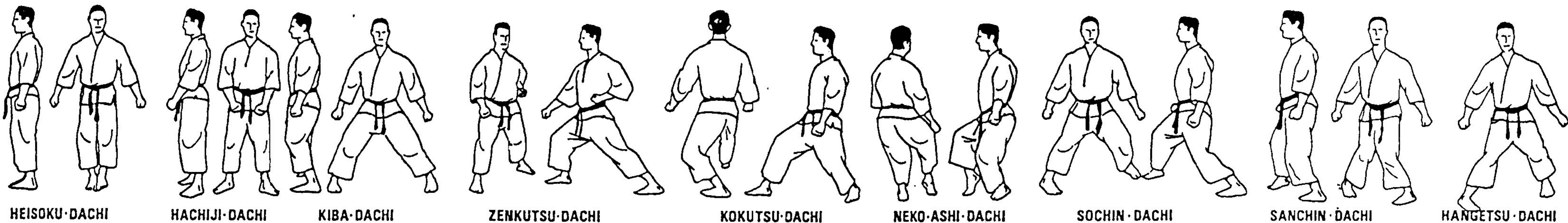


# 空手道

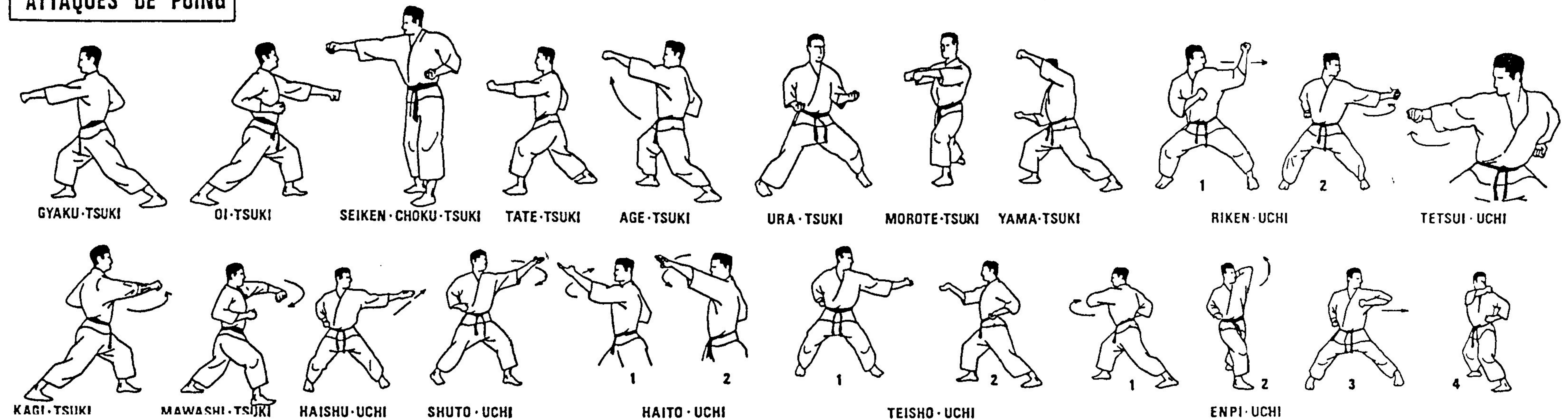
# KARATE

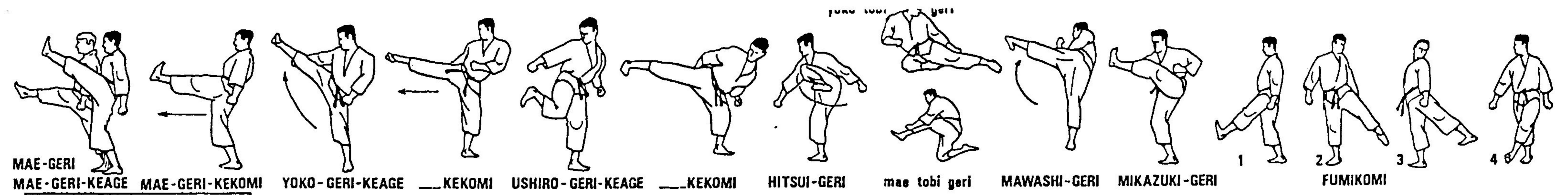
# 空手

## POSTURES



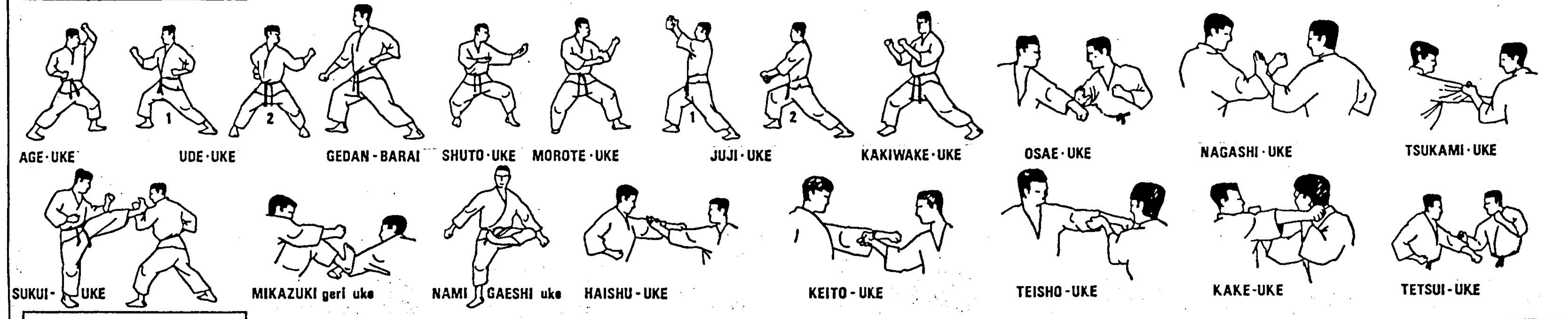
## ATTAQUES DE POING



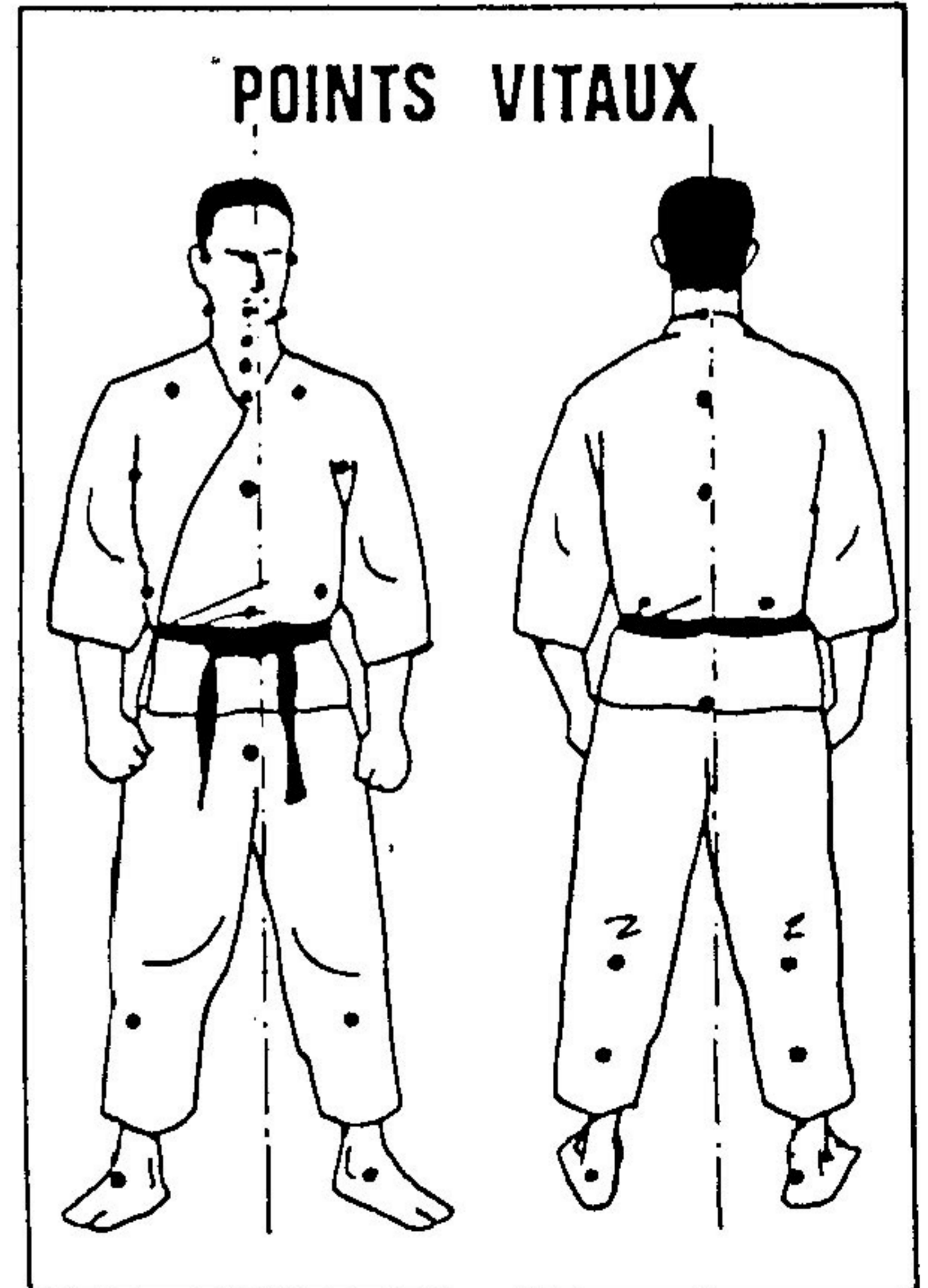
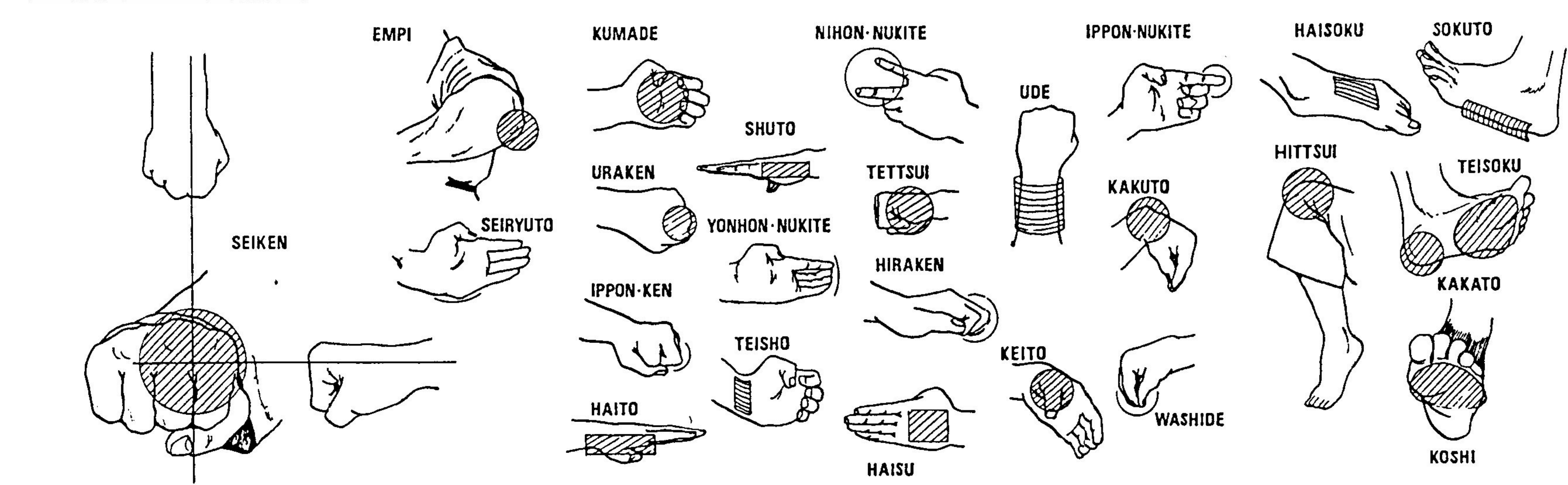


MAE-GERI MAE-GERI-KEAGE MAE-GERI-KEKOMI YOKO-GERI-KEAGE KEKOMI USHIRO-GERI-KEAGE KEKOMI HITSUI-GERI mae tobi geri MAWASHI-GERI MIKAZUKI-GERI FUMIKOMI

**BLOCAGES**



**ARMES**



**POINTS VITAUX**