

LES TECHNIQUES DE BLOCAGES



Age-Uke



Soto-Uke



Uchi-Uke



Morote-Uchi-Uke



Shuto-Uke



Otoshi-Uke



Kakiwake-Uke



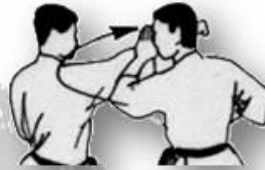
Tsuki-Uke



Te-Osae-Uke



Jodan-Juji-Uke



Nagashi-Uke



Tate-Shuto-Uke



Haiwan-Nagashi-Uke



Kakuto-Uke



Sokumen-Awase-Uke

LES TECHNIQUES DE BLOCAGES



Gedan-Barai



Teisho-Awase-Uke



Nami-Ashi



Gedan-Uke avec Haiwan



Sukui-Uke



Sukui-Uke (extérieur)



Gedan-Juji-Uke



Sukui-Uke (tranchant de main)



Mikazuki-Geri-Uke

LES TECHNIQUES DE BLOCAGES



JODAN - AGE
UKE



GEDAN - BARAI



UCHI - UKE
/ UDE - UKE



SOTO - UKE



SHUTO - UKE



OSAE - UKE



TEISHO - UKE



GEDAN - JUJI
UKE



JODAN - JUJI
UKE



HAISHU - UKE



NAGASHI - UKE



SUKUI - UKE



MOROTE - UKE



SOKUMEN - AWASE
UKE