



Katas NIDAN (1/2)

Suwari waza :

matsuba dori

te kagami

ude osae dori (+ryo)

mune osae dori (+ryo)

konoha gaeshi (bas + haut)

aya dori

shomen ushi komi dori

Hantachi waza :

mae ryote osae dori

Tachi waza :

matsuba dori

tachi te kagami

ude osae dori (+ryo)

mune osae dori (+ryo)

ude konoha gaeshi (bas + haut)

mune konoha gaeshi

maki komi

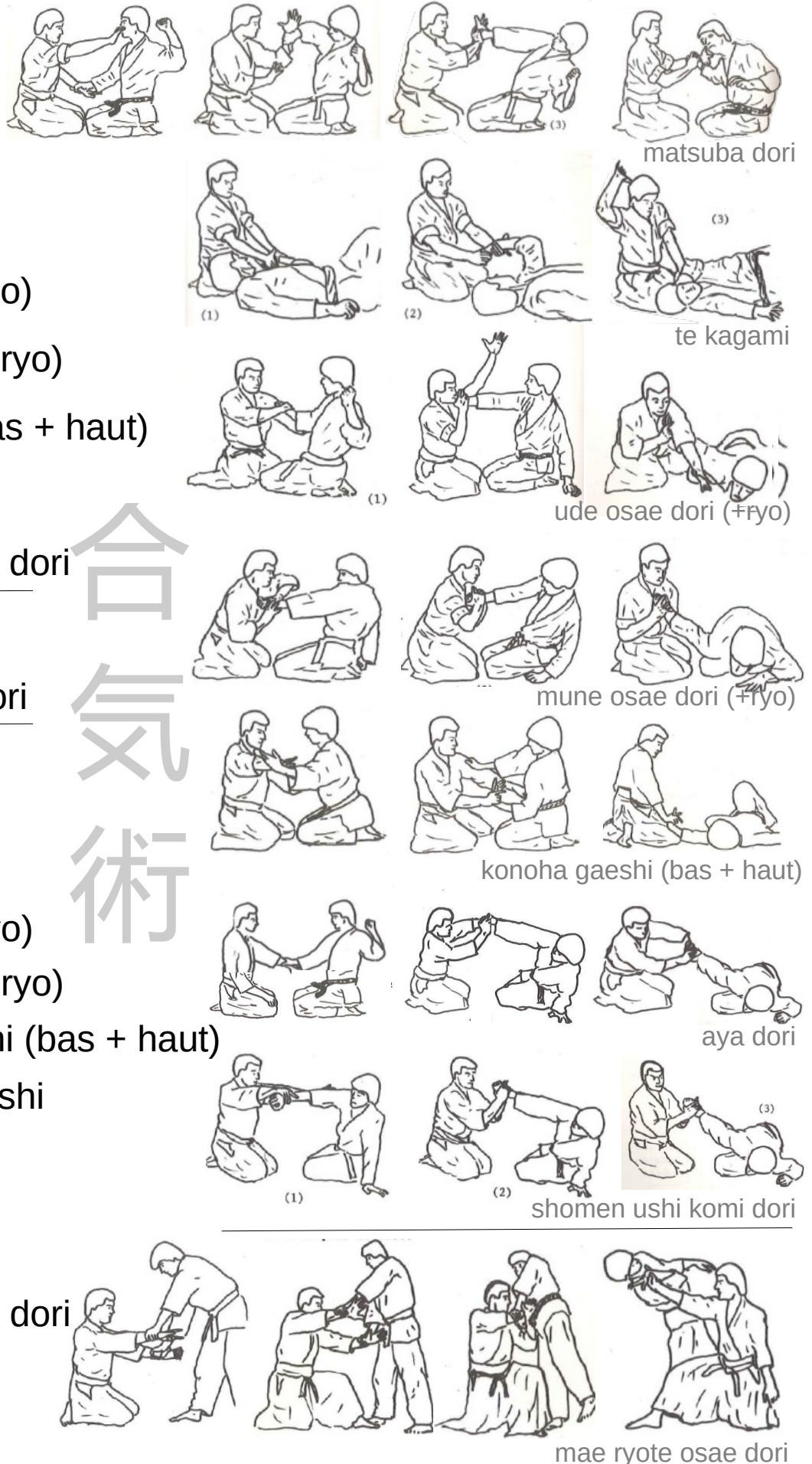
shuto jime

aya dori

shomen ushi komi dori

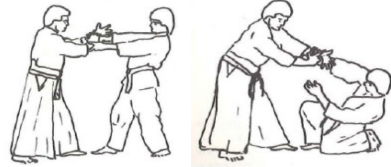
mae nihon nage

ushiro nihon nage

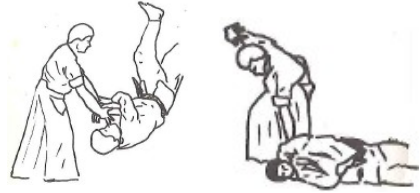


Katas NIDAN (2/2)

matsuba dori



tachi te kagami



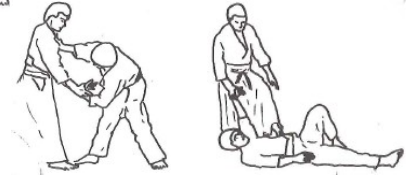
ude osae dori (+ryo)



mune osae dori (+ryo)



ude konoha gaeshi (bas + haut)



mune konoha gaeshi

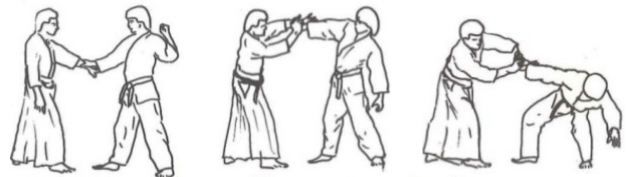
maki komi



shuto jime



aya dori



shomen ushi komi dori



Mae nihon nage



Ushiro nihon nage

