

INTERROGATION DE MAÎTRE TAMURA

SHODAN

SW

(Durée 12 à 18 min.)

shomen uchi	ikkyo nikyo sankyo yonkyo gokyo irimi nage kote gaeshi
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HHW

katate dori	shiho nage ikkyo uchi kaiten nage iriminage kote gaeshi
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TW

yokomen uchi	ikkyo nikyo irimi nage kote gaeshi shiho nage
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katadori men uchi	ikkyo irimi nage shiho nage kote gaeshi koshi nage
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chudan tsuki	jyu waza
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ryote dori	tenchi nage koshi nage kokyo nage
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UW

ryote dori	ikkyo sankyo irimi nage shiho nage kote gaeshi koshi nage
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TANTO

chudan tsuki	jyu waza
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JO

chudan tsuki	jyu waza
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jo nage waza	jyu waza
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TANINZU GAKE

ryo kata dori	jyu waza
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