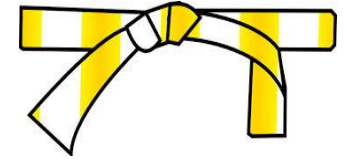


2 H-T-F (HABILITES TECHNIQUES FONDAMENTALES)



TSUGI-ASHI
PAS CHASSES

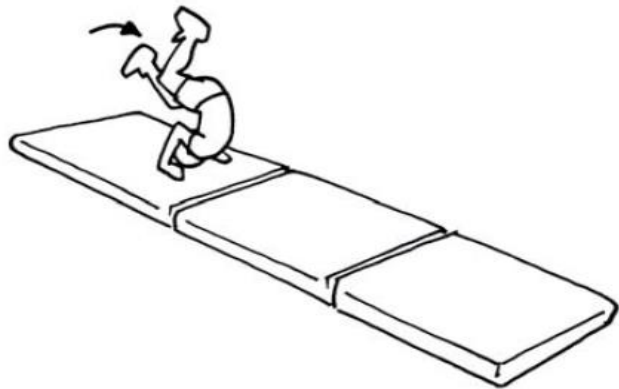


USHIRO-UKEMI
CHUTE ARRIERE



横エビ：体を横にかわす

USHIRO-EBI
LANGOUSTE EN ARRIERE



ROULADE AVANT



ROULADE ARRIERE