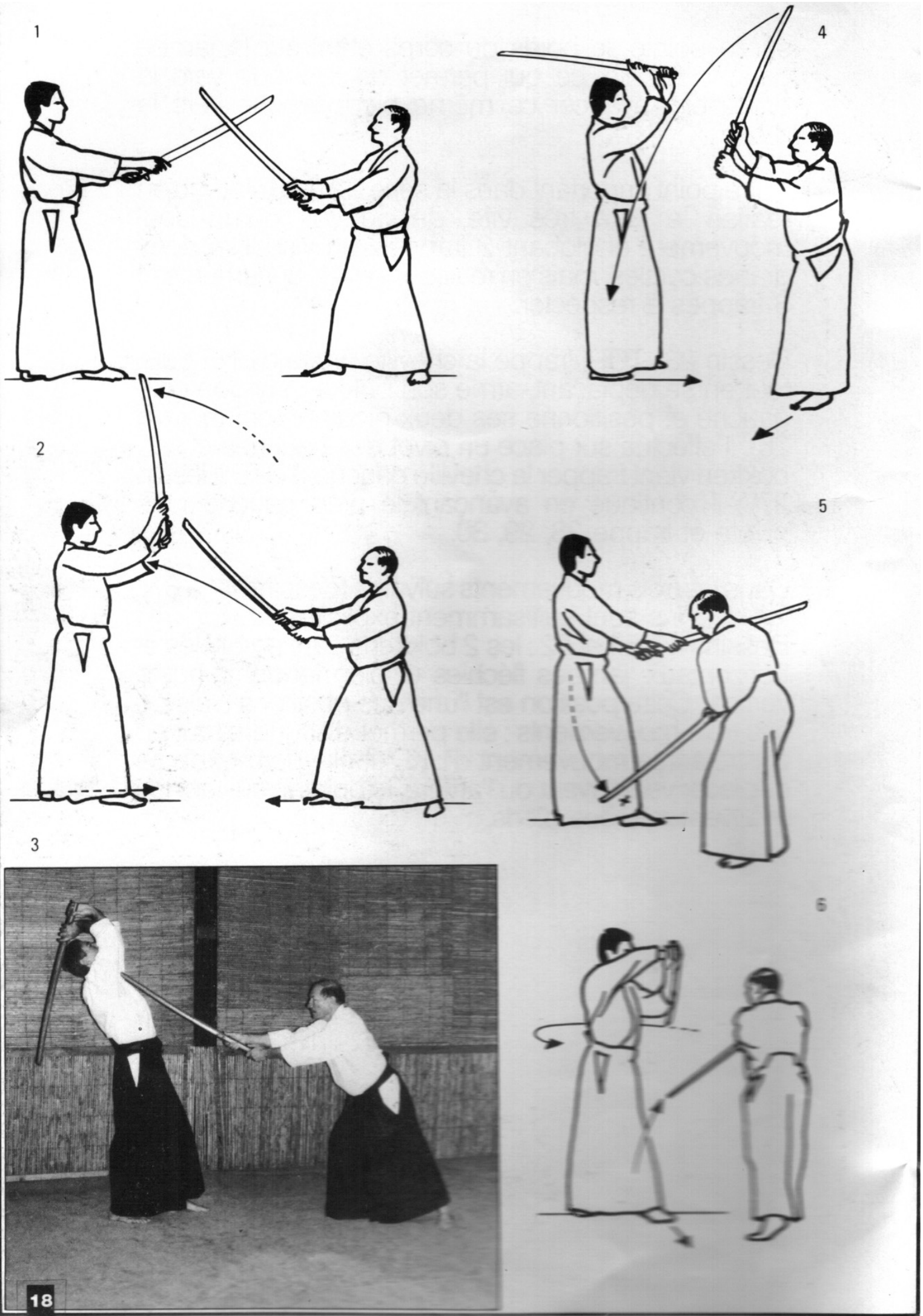
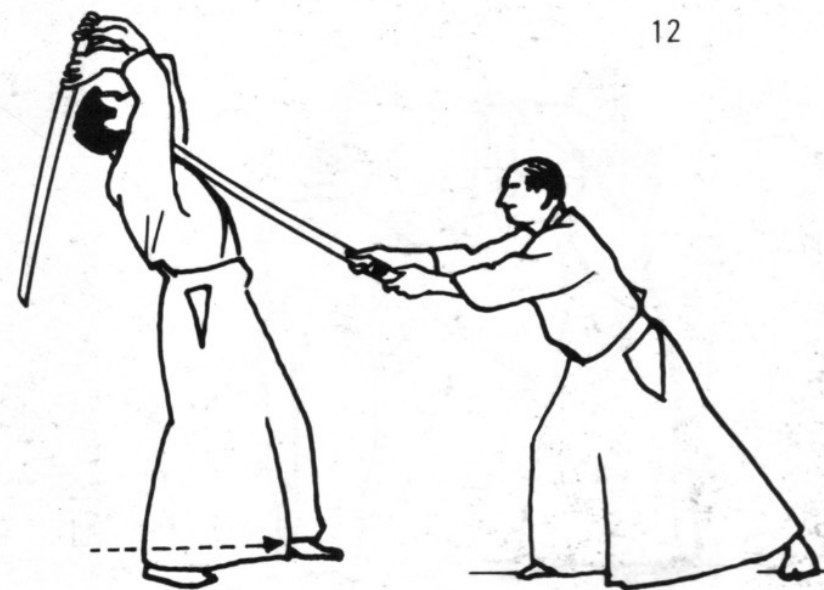
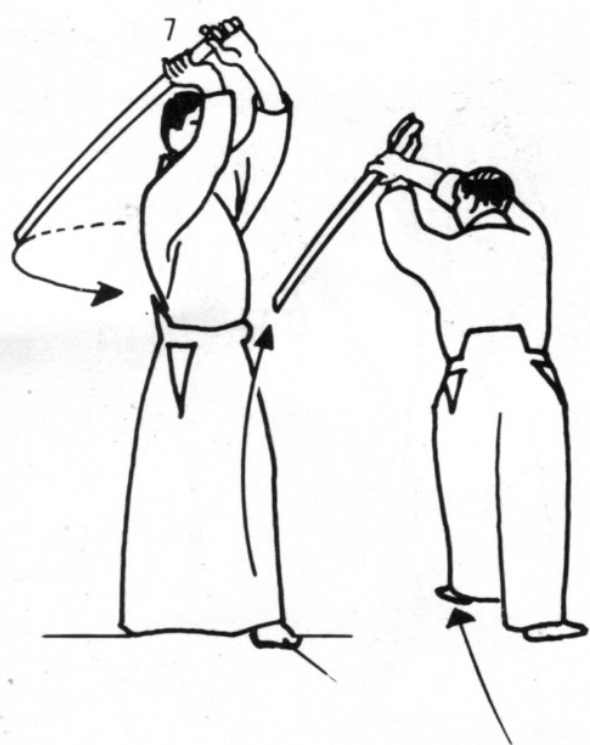


## **KATA DE 10 FRAPPES AU BOKKEN**





13



16



14



17



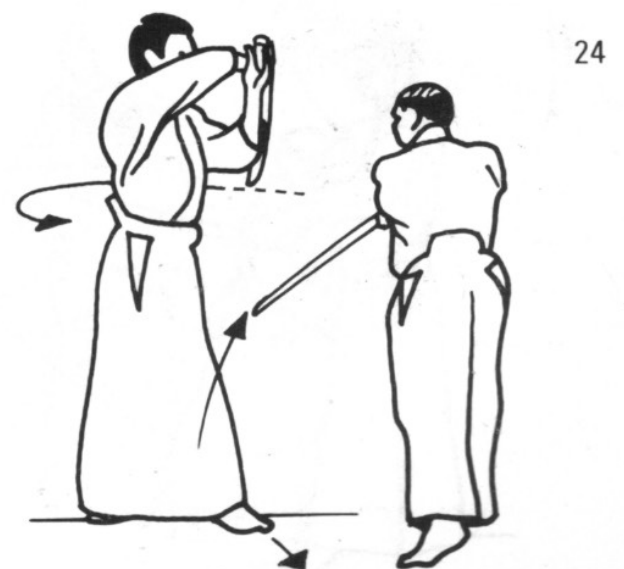
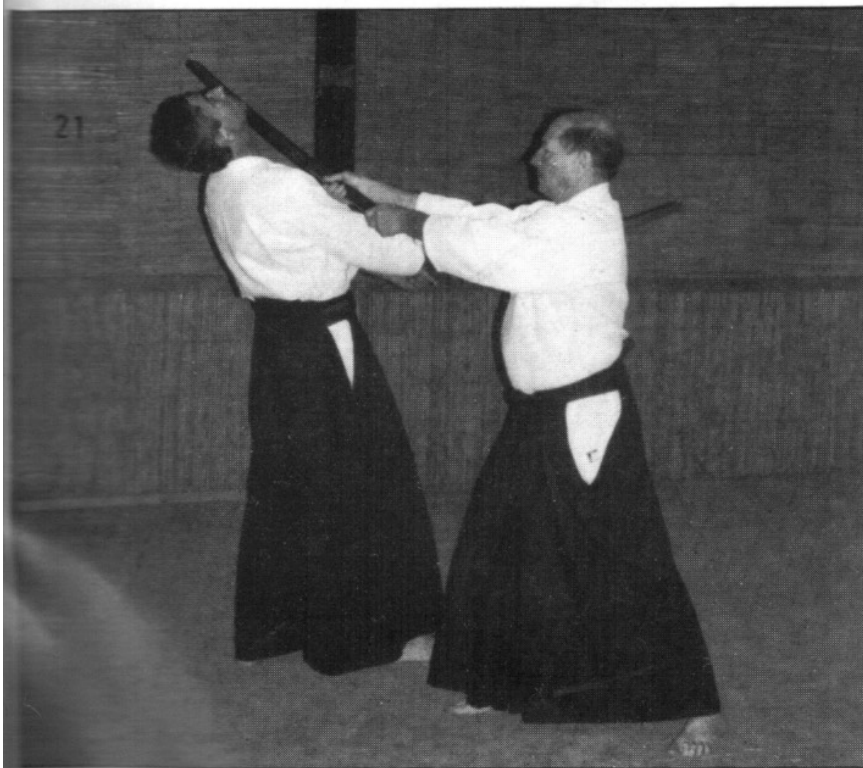
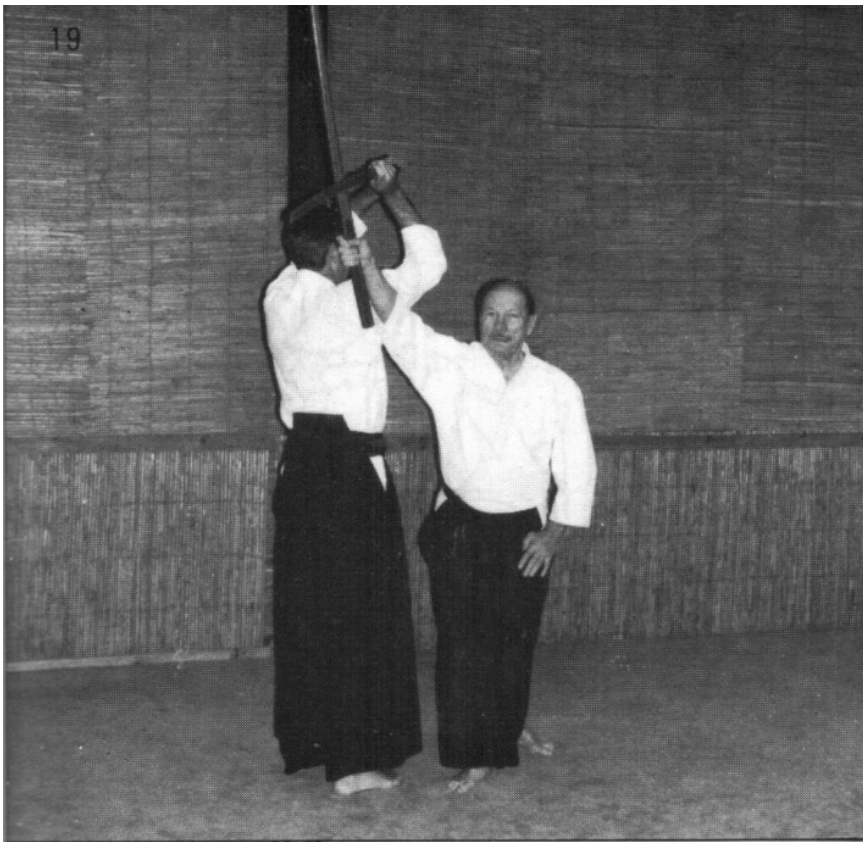
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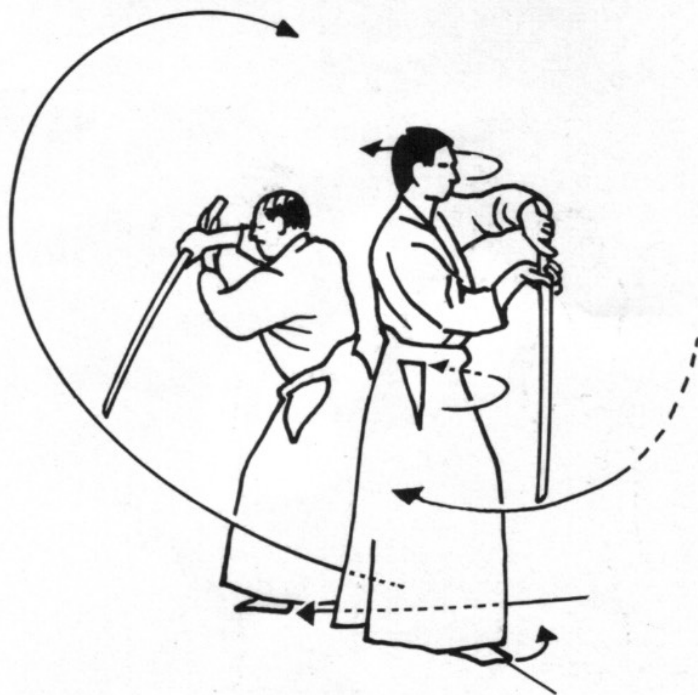




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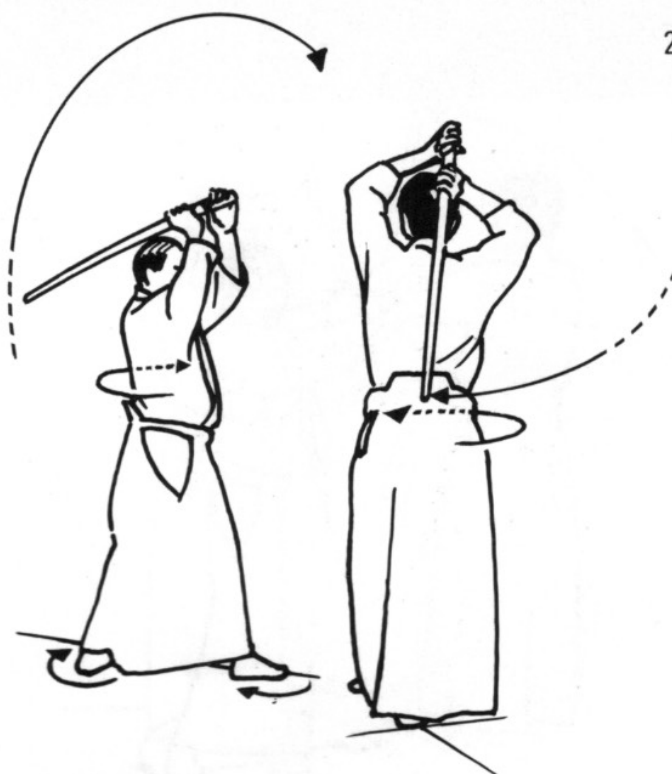
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26



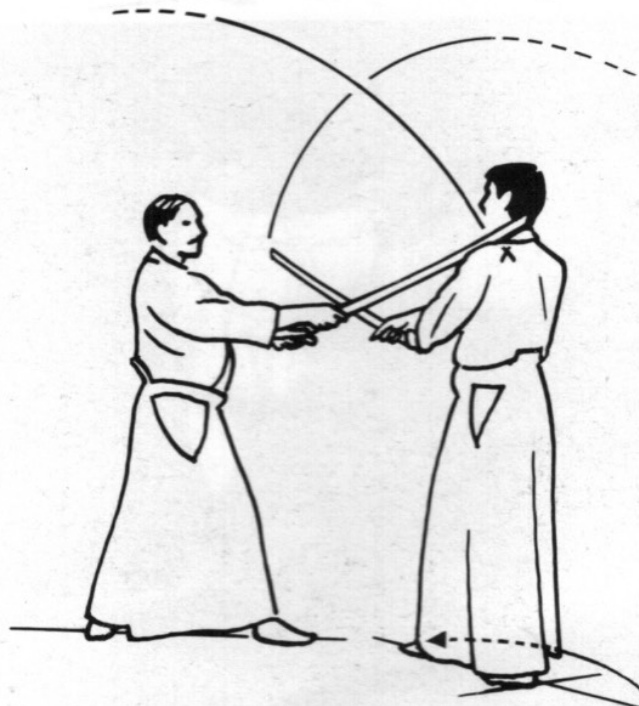
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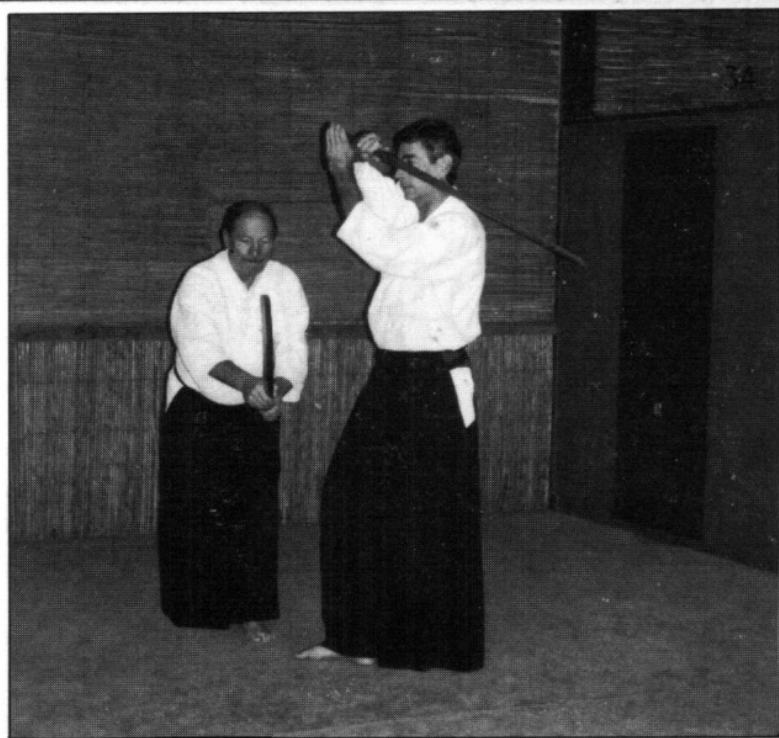
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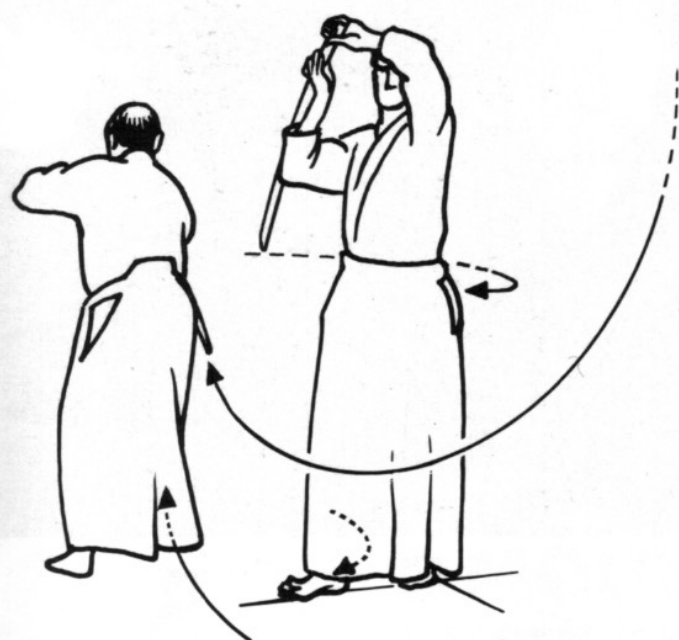
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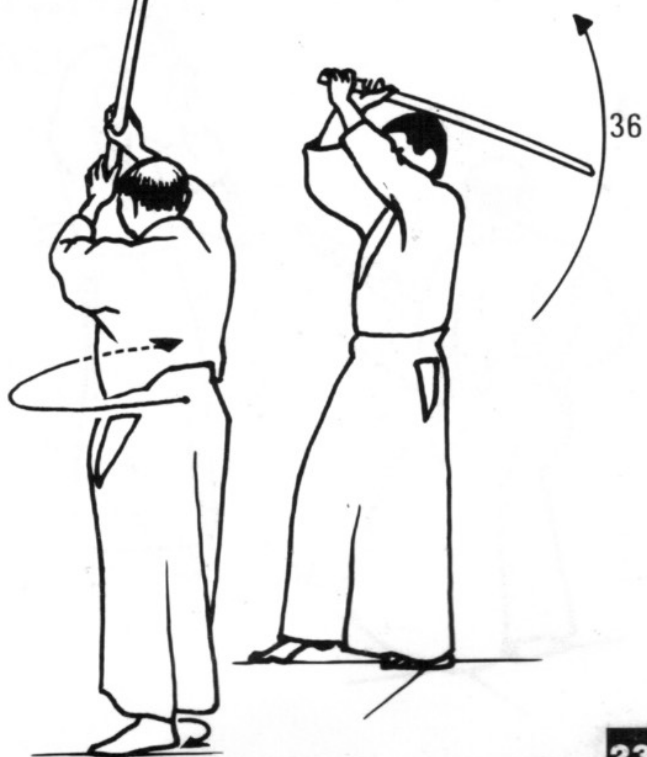
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32

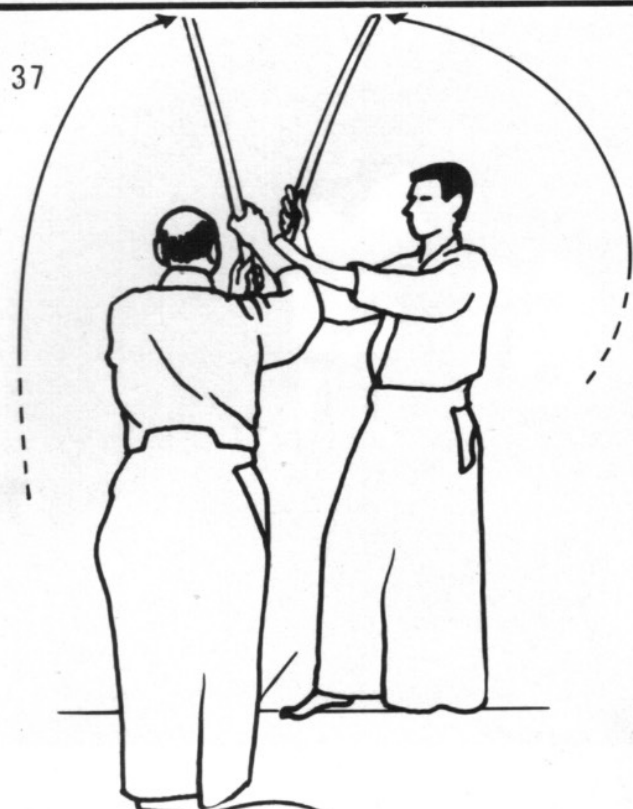


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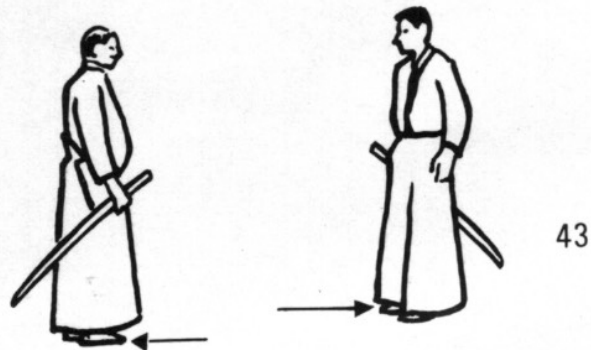
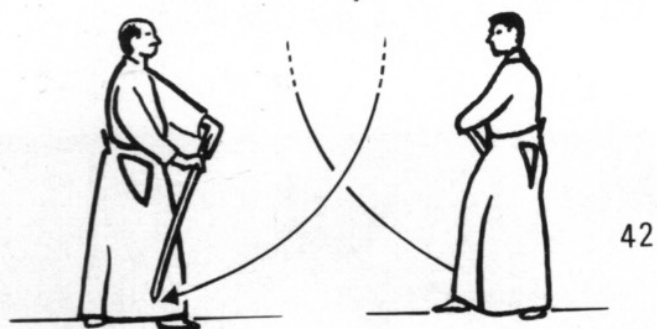
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38



39





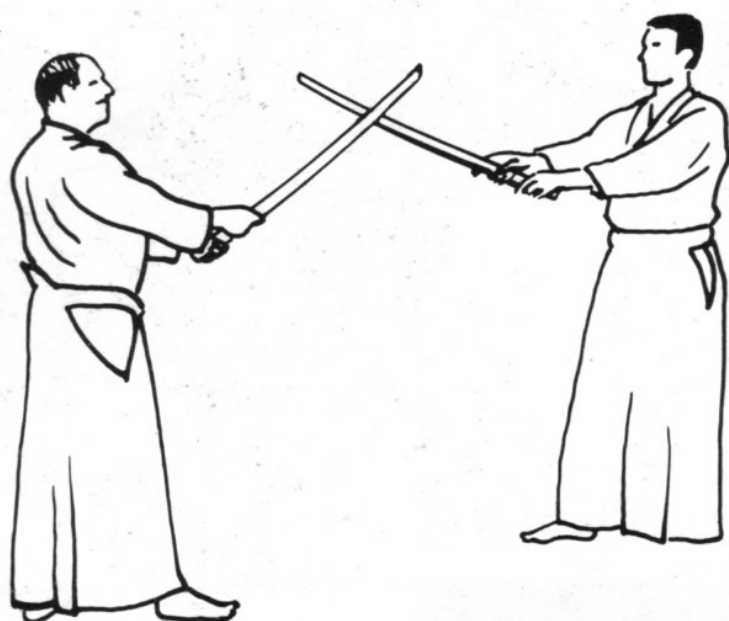


## **3 MOUVEMENTS SUPPLÉMENTAIRES**

(ETUDE DES PAS PIVOTS)

44

1er-MOUVEMENT



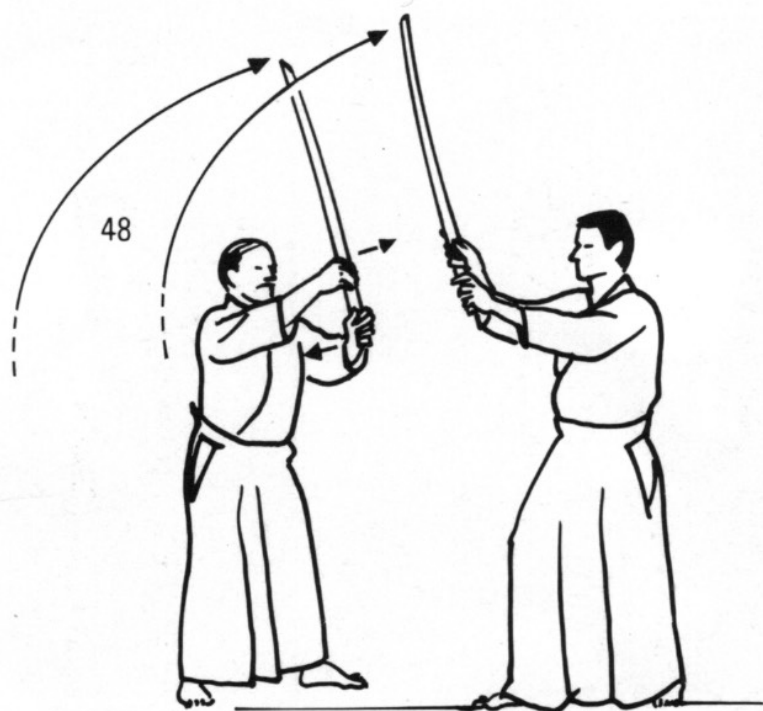
47



45



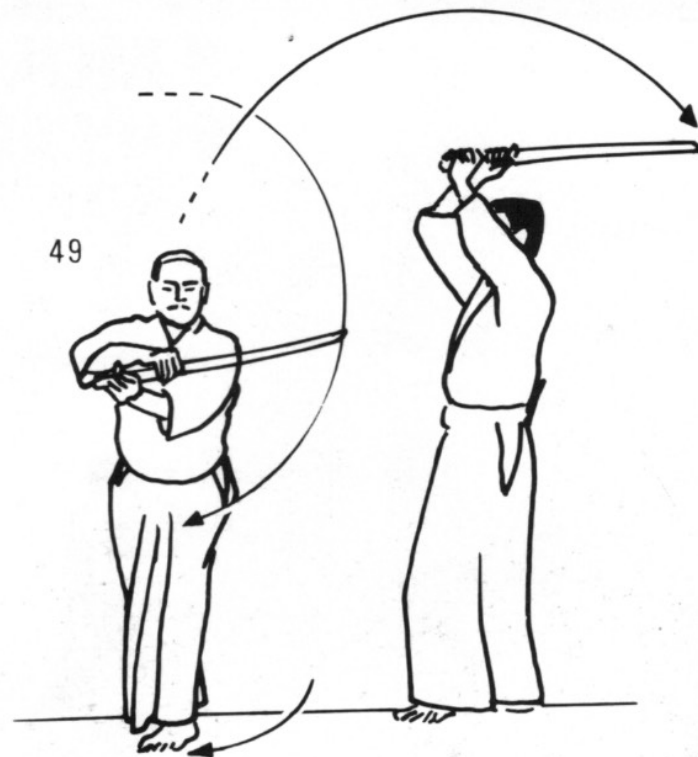
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46



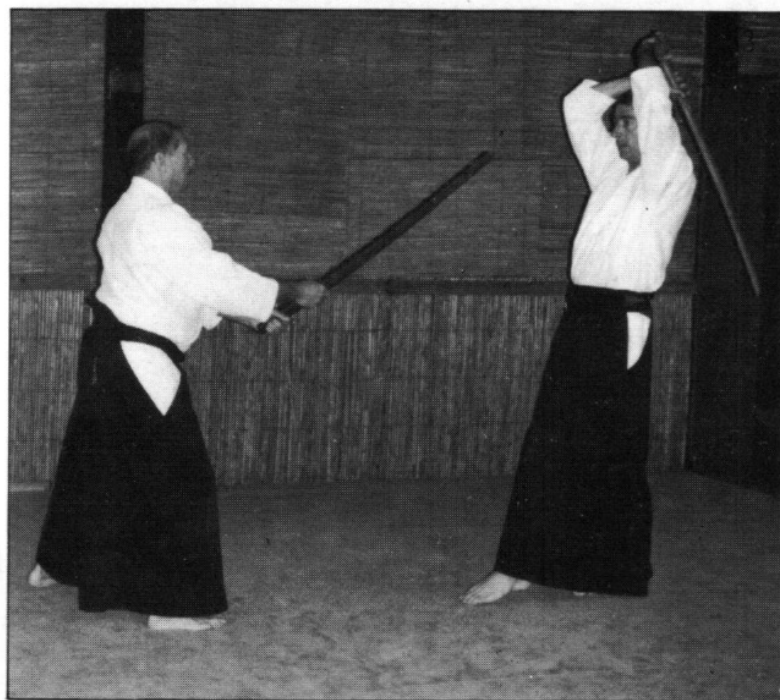
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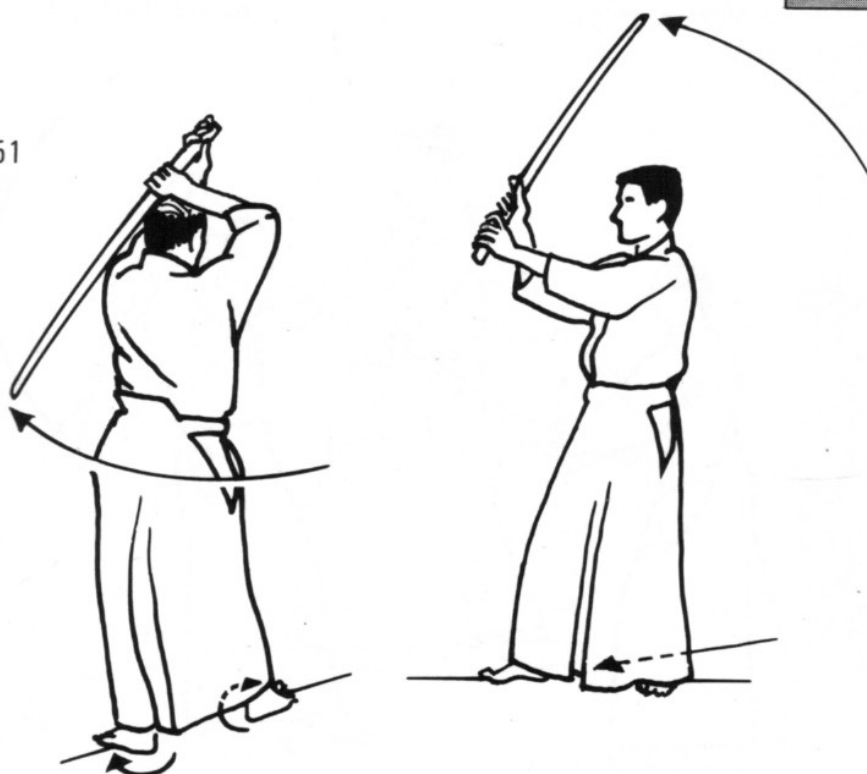
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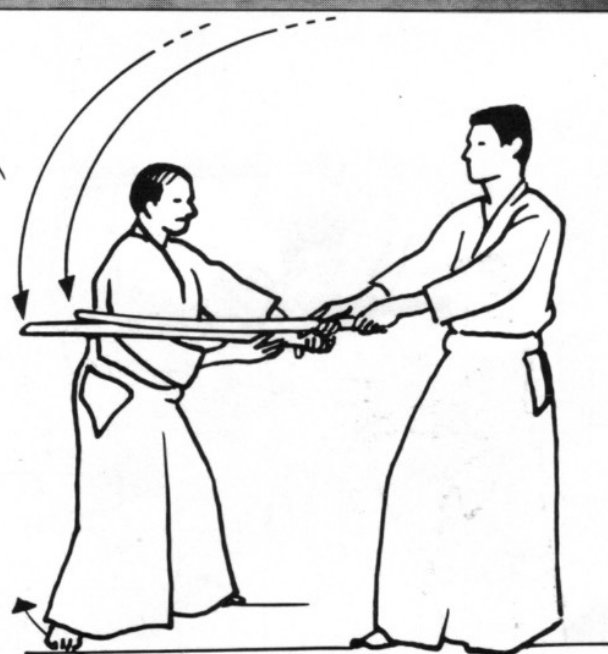
2eme MOUVEMENT



51



54



52

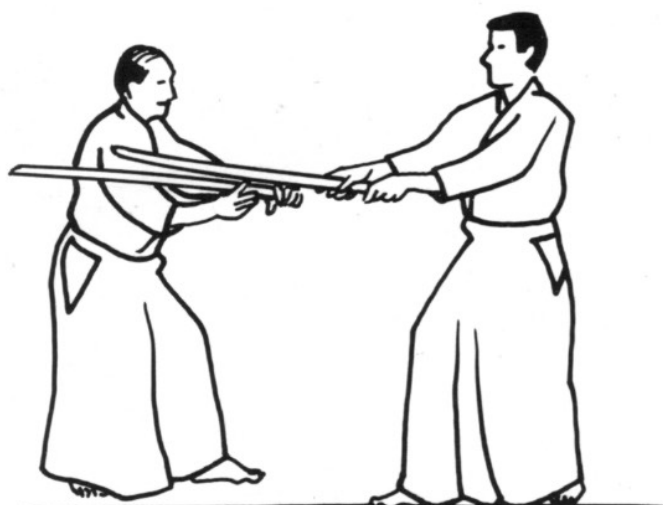


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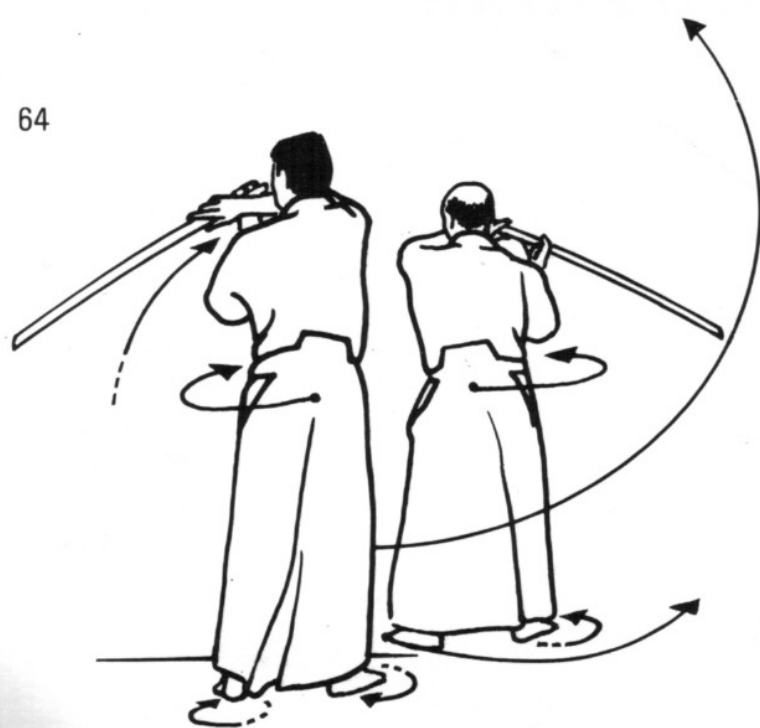
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63



64



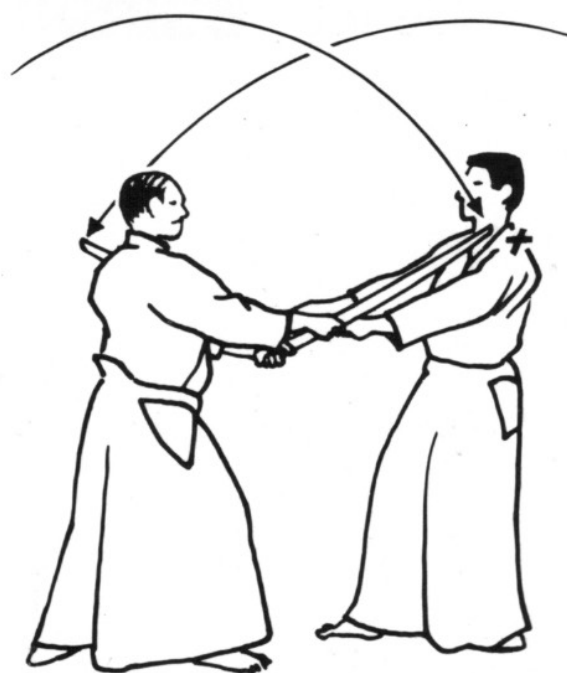
65



66



67



Vue de l'autre côté