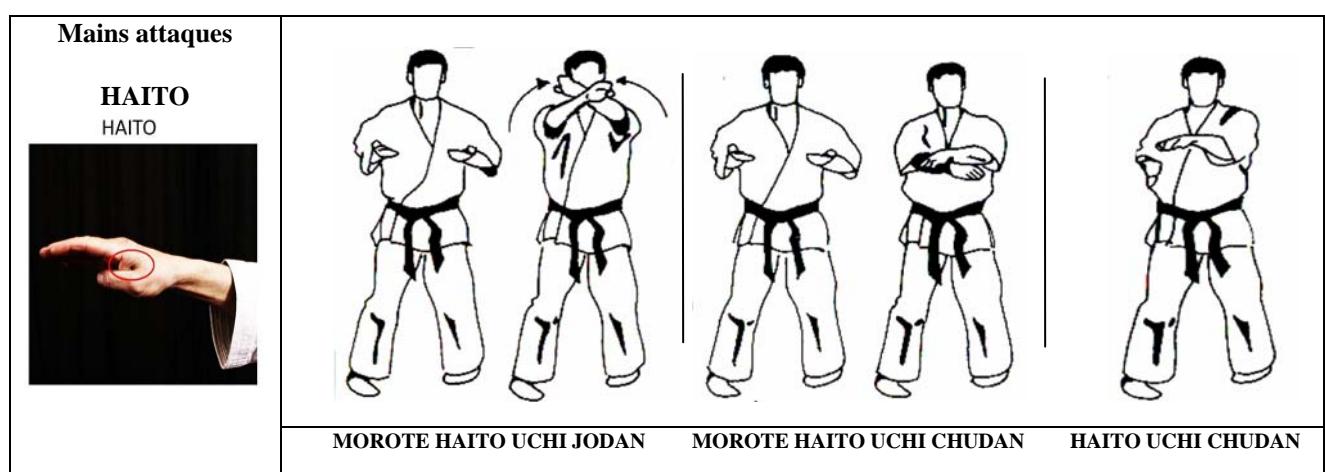
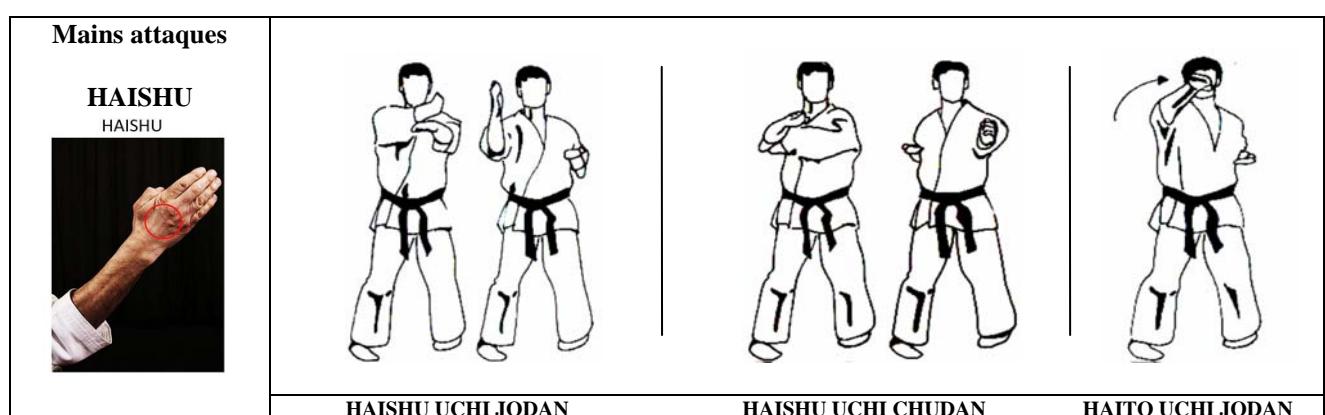
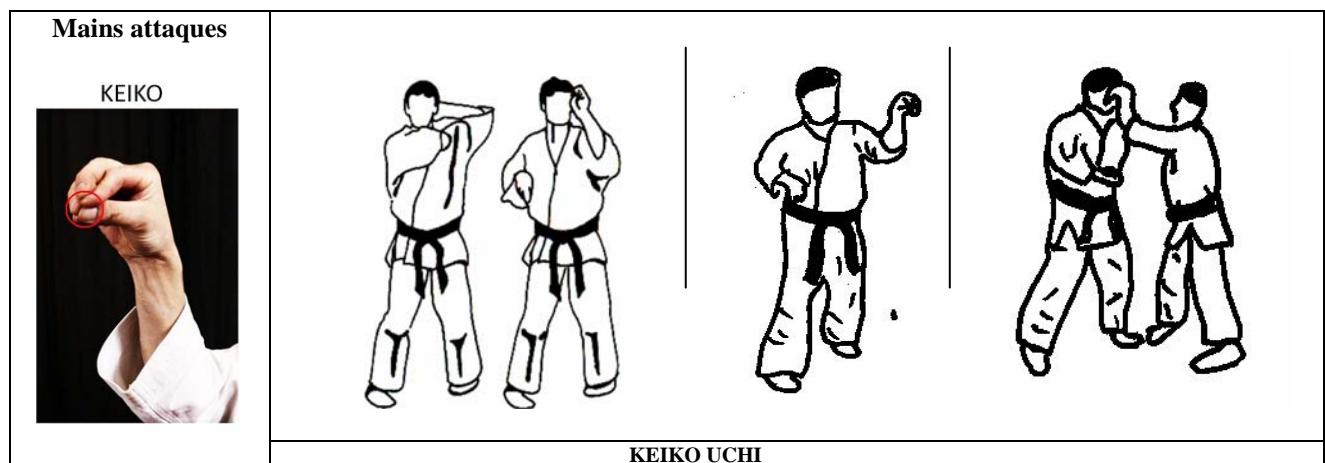


Postures	
TACHIKATA	

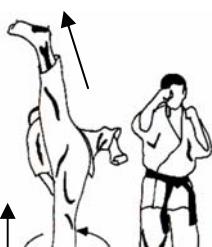
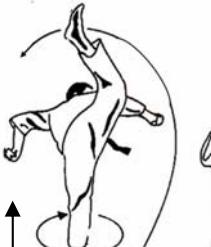


The diagram illustrates three karate defense techniques:

- Mains Défenses**: A photograph of a person's hand showing the palm facing forward, with a red circle highlighting the thumb area.
- HAITO**: A black and white line drawing of a person in a karate stance performing a hand defense, with the right hand held near the chest and the left hand extended forward.
- HAITO**: A black and white line drawing of a person in a karate stance performing a hand defense, with both hands held near the chest.
- CHUDAN HAITO UCHI UKE**: A black and white line drawing of a person in a karate stance performing a middle-level hand defense, with the right hand held near the chest and the left hand extended forward.
- OSAE UKE**: A black and white line drawing of a person in a karate stance performing a hand defense, with both hands held near the chest.

Mains défenses UKE	
	TSUKUI UKE On rencontre ce mouvement dans le kata saihai

<p>Techniques de Pieds</p> <p>KERI</p> <p>Pour la partie du pied utilisée voir Yoko Geri et Mawashi Geri</p>			
	TOBI YOKO GERI	TOBI YOKO GERI	TOBI MAWASHI GERI

<p>Techniques de Pieds</p> <p>KERI</p> <p>KAKATO</p> 	 <p>TOBI USHIRO GERI</p>	 <p>TOBI USHIRO MAWASHI GERI</p>
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