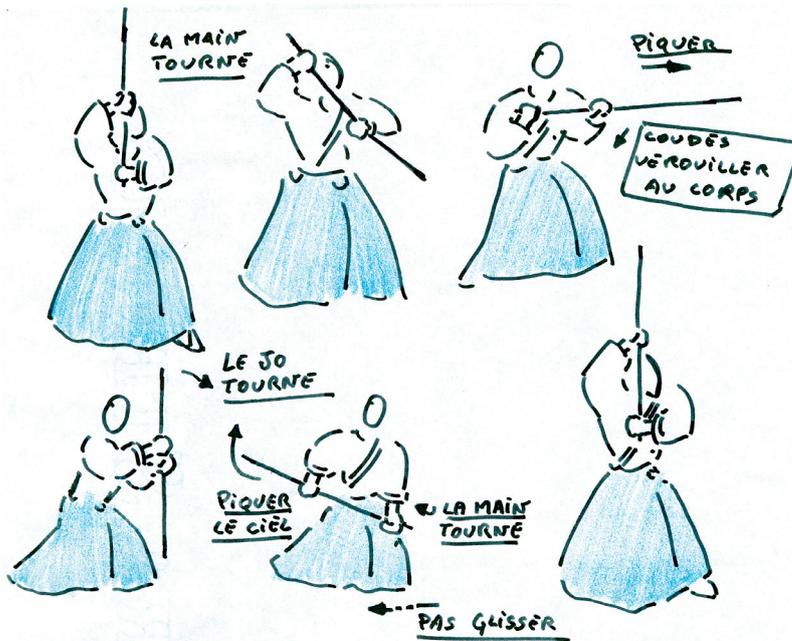


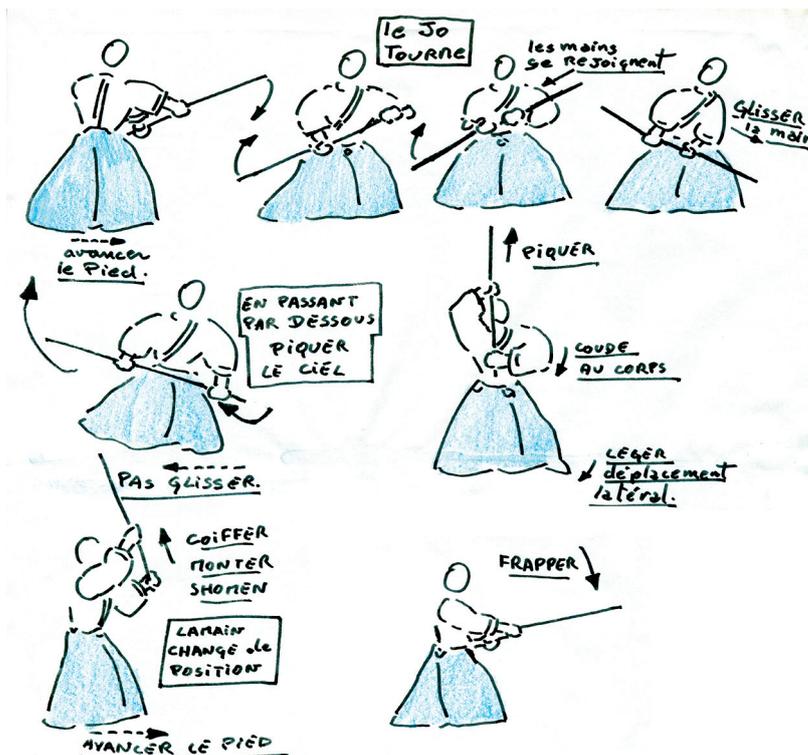


## Les Katas de JO (bâton de 1m28)

### Les 5 «Asso»



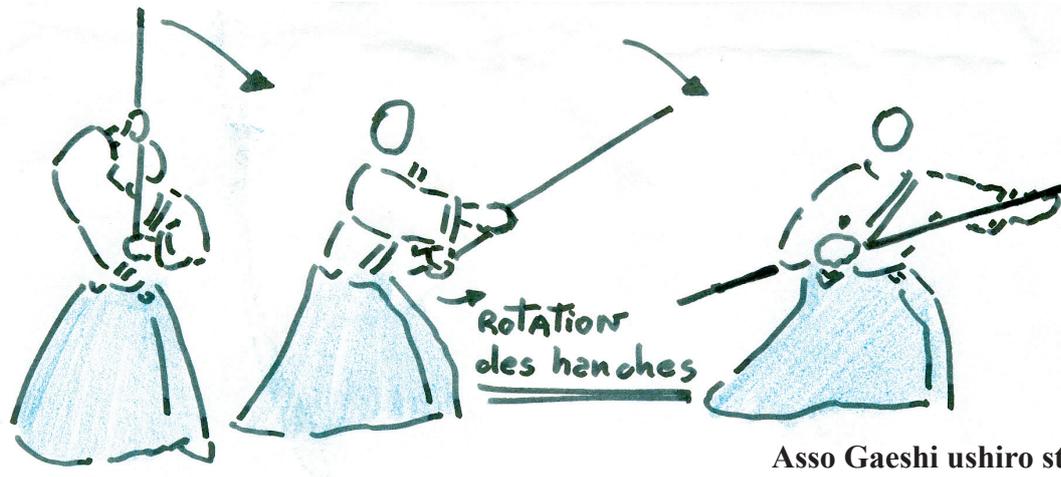
Asso gaeshi stuki



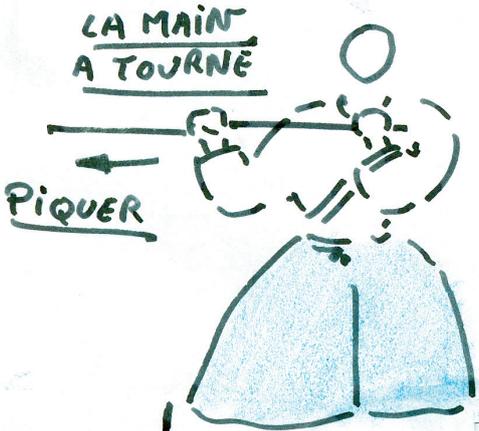
Asso gaeshi uchi



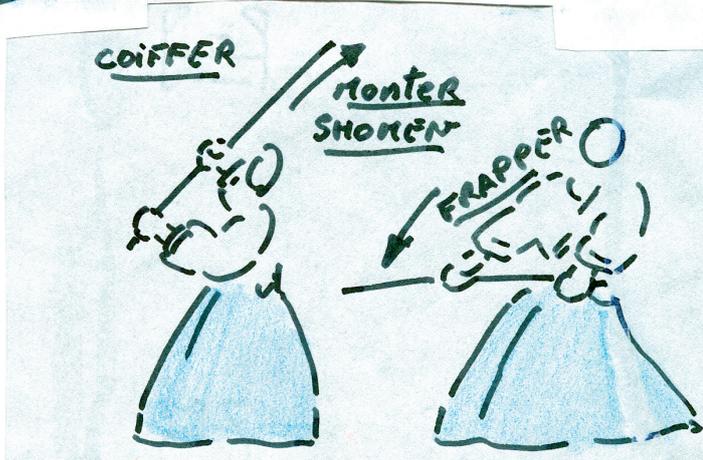
Tamura Sensei



Asso Gaeshi ushiro stuki



TOURNER



Asso Gaeshi ushiro uchi

