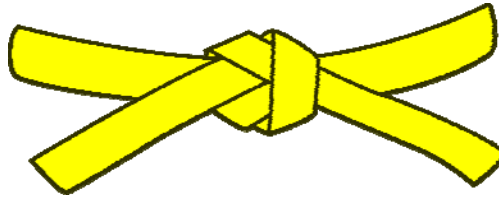




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**Enfant Ceinture Jaune
(30 jours)**

- 1. Mae Ukemi**
- 2. Ushiro Ukemi**
- 3. Shiko**
- 4. Shomen uchi taisabaki**
- 5. Shomen uchi tenkan**
- 6. Tsuki taisabaki**
- 7. Tsuki tenkan**
- 8. Hanmi katatetori ikkyo omote**
- 9. Hanmi katatetori illyo ura**